

 What Parents
Need To Know

 How Will This
Affect My Child

Parent Information Sheet

Nutrition & Wellness

Policy 8510

In accordance with federal law, it is the policy of the Manatee County School Board to provide students access to healthy foods and beverages, provide opportunities for developmentally appropriate physical activity, and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Here is how it will affect you and your child:

Breakfast, Lunch, & Snack

1. Students will have at least **10 minutes of eating time for breakfast** and **15 minutes for lunch**
2. Students must take **1/2 cup of fruit or vegetable and 2 other components (food groups)** to qualify as a complete meal
3. Students will have access to **water** in all cafeterias
4. All **nutritional content** is available online and through the Nutrislice mobile app.
5. Parents can bring food for breakfast, lunch or snack into the cafeteria for their child only

Classroom Celebrations

1. Elementary schools can **celebrate in the last hour of the school day**
2. Food served must meet Smart Snack Nutritional Standards (refer to the Smart Snack Idea List - the standard restricts calories, sugar, fat and sodium). Student catering such as Celebration Baskets can be purchased from Food & Nutrition Services - see cafeteria manager for more information
3. Food must be from a **licensed food service establishment** and have an **ingredient label**

Classroom Food & Rewards

1. Classroom **rewards** and **snacks** must meet Smart Snack Nutritional Standards
2. Non-food alternatives should be used as rewards
3. Students are allowed to have **water bottles** unless there is a discipline issue
4. Foods sold for fundraising purposes and consumed during the school day on the school campus must meet Smart Snack Nutritional Standards
5. Food can not be sold until 30 minutes after the last meal period
6. Fundraiser foods such as raw cookie dough that are not meant to be consumed at school can be sold

Nutrition Education

1. Will meet Health Education Guidelines

Continued on the other side

The full Nutrition & Wellness Policy 8510
can be found on:

ManateeSchoolFood.net



Physical Activity

1. Physical activity (including recess) will not be denied or required as part of discipline or punishment
2. Students shall receive the prescribed amount of physical education dictated by the District's Student Progression Plan
3. Classroom stretch breaks/physical activity breaks are encouraged

1. All foods must meet at least one of the following:

- Must be "whole grain-rich"
 - A. Include 50% or more whole grains by weight or
 - B. Have a whole grain listed as the first ingredient
- OR Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
- OR Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- OR Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

2. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

Nutrient	Snack Item	Entree Items*
Calories	≤ 200 calories	≤ 350 calories
Sodium	≤ 200 mg	≤ 480 mg
Fat **	≤ 35% of calories	≤ 35% of calories
Saturated Fat	<10% of calories	<10% of calories
Trans Fat	0 grams	0 grams
Sugar	≤ 35% of weight	≤ 35% of weight

*Entrée items include a meat/meat alternate alone or in combination with a grain or fruit/vegetable.

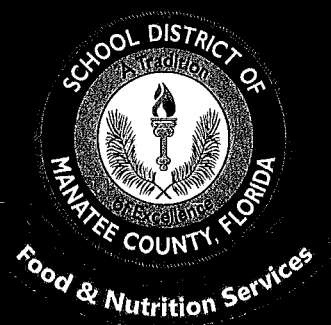
**Foods exempt from the above requirements include: reduced fat cheese, nuts, seeds, dried fruit, and seafood with no added fat. Fresh and frozen fruits and vegetables are exempt from the above requirements. Canned fruits in 100% juice or light syrup, and canned vegetables in water or a small amount of sugar, are also exempt.

About Us:

As a self-supported program the mission of Food and Nutrition Services (FNS) is to provide quality nutritious meals so students can learn and succeed. As a student centered program, FNS strives to cultivate a healthier future in an ever changing global society. FNS serves over five million student lunches and breakfasts each year and provides services to over 80% of the student population.

ManateeSchoolFood.net

"We are here to provide a healthy and happy future."



Smart Snack Idea List

Nutrition & Wellness
Policy 8510

The following are snacks that comply with the U.S. Department of Agriculture Smart Snack requirements and the Manatee County Schools Wellness Policy 8510

Please note:

- ✓ **This is not an inclusive list - other items and brands may meet guidelines**
- ✓ Food must be from a **licensed food service establishment** and have an **ingredient label**
- ✓ **Be sure to check nutritional labels to verify that the product meets guidelines**
- ✓ **All products must include an ingredient label so that allergens can be verified before consumption**

- Cheese Sticks
- Chex Mix Cheddar, Chocolate
- Chips, Baked or Reduced Fat (0.8 oz. or 1 oz.):
- Baked BBQ Lays, Baked Cheddar Lays, Baked Sour Cream Lays, Baked Nacho Doritos, Baked Tostitos Scoops, RF Sweet Chili Doritos, RF Cool Ranch Doritos, RF Nacho Doritos, Baked SW Ranch Lays, Baked Flamin Hot Cheetos, Baked Cheetos, Fantastix Flamin Hot, Baked Lays Original, Sunchips
- Whole Grain Goldfish
- Whole Grain Graham Crackers
- NutriGrain Bars
- Whole Grain Pretzel
- Whole Grain Cupcakes or Brownies
- Whole Grain Rice Krispie Treats
- Smartfood Popcorn
- Fresh Fruit or Vegetable Trays
- Raisins or Craisins
- 100% Fruit Chews or Fruit Strips
- 8oz of Low Fat white or Fat Free Flavored Milk
- 8oz 100% Fruit Juice
- Low Fat Ice Cream Bars or Ice Cream Cups
- 100% Juice Frozen Bars or Frozen Cups
- Water

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- OR Be a combination food that contains at least ¼ cup of fruit and/or vegetable
- OR Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

2. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

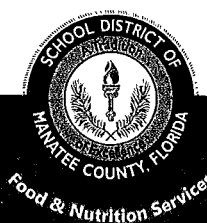
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**Foods exempt from the above requirements include: reduced fat cheese, nuts, seeds, dried fruit, and seafood with no added fat. Fresh and frozen fruits and vegetables are exempt from the above requirements. Canned fruits in 100% juice or light syrup, and canned vegetables in water or a small amount of sugar, are also exempt.

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“Smart Snack”

Las siguientes son meriendas que cumplen con los requisitos de meriendas “Smart Snack” del Departamento de Agricultura de E.E.U.U. y la Política de Bienestar 5.13 de las Escuelas del Condado de Manatee.



Por favor tenga en cuenta:

- ✓ Esta no es una lista que incluye todo- otros artículos y marcas pueden que reúnan los requisitos
- ✓ La comida debe ser de un establecimiento de servicio de alimentos con licencia y debe tener una etiqueta de ingredientes
- ✓ Asegúrese de chequear la etiqueta nutricional para verificar que el producto reúna los requisitos
- ✓ Todos los productos tienen que incluir una etiqueta con los ingredientes para que los alérgenos puedan ser verificados antes del consumo

- Palitos de Queso “Cheese Sticks”
- Chex Mix Cheddar, Chocolate
- Papitas, Horneadas o Grasa Reducida (0.8 oz. or 1 oz.):
- BBQ Lays Horneadas, Cheddar Lays Horneadas, Sour Cream Lays Horneadas, Nacho Doritos Horneados, Tostitos Scoops Horneados, RF Sweet Chili Doritos, RF Cool Ranch Doritos, RF Nacho Doritos, SW Ranch Lays, Flamin Hot Cheetos Horneados, Cheetos Horneados, Fantastix Flamin Hot, Lays Horneados, Original, Sunchips
- Gold Fish Grano Entero
- Galletas Graham Grano Entero
- Barras NutriGrain
- Pretzel Grano Entero
- Cupcakes o Brownies Grano Entero
- Rice Krispie Treats Grano Entero
- Palomitas Smartfood
- Bandejas de Frutas Frescas o Vegetales
- Pasas o Craisins
- 100% Fruit Chews o Fruit Strips
- 8oz Leche Blanca Baja en Grasa o Leche con Sabor Sin Grasa
- 8oz 100% Jugo de Frutas
- Barra de Helado/Nieve Baja en Grasa o Taza de Helado/Nieve
- Barra o Taza de 100% Jugo Congelado
- Agua



1. Todas las comidas tienen que cumplir con al menos una de las siguientes:

- Tiene que ser rico en grano completo “whole grain-rich”
 - A. Incluye 50% o más de grano entero por peso o
 - B. Tiene listado un grano entero como primer ingrediente
- Tiene como primer ingrediente una fruta, un vegetal, un producto lácteo, o una comida con proteína
- Ser una combinación de comida que contenga al menos ¼ taza de fruta y/o vegetal
- Contiene un 10% de Valor Diario (DV) de uno de los nutrientes de preocupación de la salud pública en las Directrices Dietéticas para Americanos del 2010 (calcio, potasio, vitamina D o fibra dietética)



2. Todas las comidas más cualquier otro acompañante (aderezo, jalea, etc.) tienen que también cumplir con lo siguiente:

Nutriente	Artículo de Merienda	Artículos de Entradas*
Calorías	≤ 200 calorías	≤ 350 calorías
Sodio	≤ 200 mg	≤ 480 mg
Grasa **	≤ 35% of calorías	≤ 35% of calorías
Grasa Saturada	<10% of calorías	<10% of calorías
Grasa Trans	0 graos	0 graos
Azúcar	≤ 35% del peso	≤ 35% del peso

*Los artículos de entradas incluyen carne/ carne alterna sola o en combinación con un grano o fruta/vegetal.

**Las comidas exentas de los requisitos de arriba incluyen: queso reducido en grasa, nueces, semillas, frutas secas y mariscos sin grasa añadida. Frutas frescas y congeladas y vegetales son exentos de los requisitos de arriba. Frutas enlatadas en 100% jugo o almíbar ligero y vegetales enlatados en agua o cantidad pequeña de azúcar, están también exentos.

La política completa de Nutrición y Bienestar 5.13 puede ser encontrada en:

ManateeSchoolFood.net

