

8510 - NUTRITION AND WELLNESS

The School Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Nutrition and Wellness Policy is implemented as part of the Student Health Advisory Committee (SHAC). SHAC members include food service, school health, teachers, curriculum, school administration, employee wellness, as well as a school board member, parents, students, and community representatives in the health care field. SHAC members are selected on an annual basis according to state school health guidelines and meet bi-annually. SHAC meetings dates are advertised to the public and are open to the community. The purpose of the SHAC is to monitor the compliance of the nutrition and wellness policy, propose needed revisions to the policy, and set yearly measurable goals. SHAC will provide training, tools, and information for effective implementation of the wellness policy. SHAC will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student.

A Healthy School Team will be established at each school that should include at least the following members: parents, students, food service members, administrators, school health professionals, physical education teachers, and the public. Each Healthy School Team will be responsible for monitoring school compliance with the Nutrition and Wellness Policy along with selecting a leader that will report to SHAC. Healthy School Teams will meet bi-annually.

The following standards apply to all foods available to students during the school day on the school campus. According to the Healthy Hunger Free School Act, the school day is the period from the midnight before, to 30 minutes after the end of the official school day. The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

A. Nutrition

1. Nutritional Standards:

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

- 1) Must be "whole grain-rich"
- 2) Include fifty percent (50%) or more whole grains by weight or
- 3) Have a whole grain listed as the first ingredient

b. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food

- c. Be a combination food that contains at least ½ cup of fruit and/or vegetable
- d. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

Nutrient	Snack Item	Entrée Items*
Calories	≤ 200 calories	≤ 350 calories
Sodium	≤ 200 mg	≤ 480 mg
Total 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

Exemptions:

- 1) Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- 2) Fresh or frozen fruits and vegetables with no added ingredients, except water.
- 3) Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup.
- 4) Low sodium/no salt added canned vegetables with no added fats.
- 5) Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

2. School Meals

a. All Meals

- 1) To the maximum extent possible, all schools will participate in available Federal school meal

programs, including the SBP, NSLP, ASSP, AMP, and SFSP.

- 2) All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional State nutrition standards that go beyond USDA requirements.
- 3) Students with special dietary needs will be accommodated as required by USDA regulations and District food allergy Policy [5335.02](#). The District dietitian will be available to meet with students and parents to discuss meal options.
- 4) Water will be available to students within the cafeteria either through a water fountain or water cooler.
- 5) Dining areas and cafeterias are attractive and include enough seating to accommodate all students who would like to sit and eat.
- 6) All menus, nutritional content, allergy and ingredient information will be available on the District webpage, through application software, and via hardcopy if requested.

b. Breakfast and Lunch

- 1) All schools will provide breakfast through the USDA School Breakfast Program. Schools with more than eighty percent (80%) of students eligible for free or reduced price meals will provide breakfast free to all students.
- 2) School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
- 3) Students will be allowed, once seated, a minimum of ten (10) minutes to eat breakfast. If time is a concern, alternate arrangements will be made which include grab and go, breakfast in the classroom, or other identified initiatives. Students will be allowed, once seated, a minimum of fifteen (15) minutes to eat lunch. If time is a concern alternate arrangements will be made which include grab and go and other identified initiatives.

- 4) A choice of fresh fruits and vegetables will be offered each day as part of a healthy diet. Students will be required to take at least one-half (1/2) cup of fruit or vegetable with both breakfast and lunch.
- 5) Students will have a choice of one percent (1%) fat white milk and skim chocolate milk with breakfast and lunch. Students will be allowed to select which type of milk they choose to drink.
- 6) Parents will be able to view their student's online meal account.
- 7) All schools shall operate a "closed" lunch period to encourage students to eat a nutritious lunch. Students will not be allowed to leave the school campus during lunch periods.
- 8) Salad, sandwich, wrap, and other alternate entrée items will be offered daily at lunch.
- 9) There should be enough meal periods to assure the student per meal period ratio is such that students can be moved through the lunch line efficiently. Student identification cards must be presented by all high school and middle school students for meal service. Elementary schools are encouraged to have a student identification system in place.
- 10) Healthy choices will be prominently displayed in the cafeteria to encourage students to make healthy choices.

c. After Schools Snacks Program

- 1) After school snack programs will be provided in accordance with the USDA After School Snack Program by the Food and Nutrition Services Department. Contracted after school care programs must use Food and Nutrition Services for snacks.
- 2) All after school snack programs will comply with U.S. Department of Agriculture (USDA) regulations and State rules.

- 3) A fresh fruit or fresh vegetable will be provided at least once a week as part of the after school snack program.
- 4) Foods that are sold to students by the after school education programs will only be offered after distribution of the District provided after school snack and must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.

d. Supper

- 1) Supper will be provided through the Florida Department of Health and Human Services at approved schools.
- 2) Fresh fruits and vegetables will be incorporated into the supper menu.
- 3) Meals will meet all program requirements for the supper meals as prescribed by U.S. Department of Agriculture.

e. A la Carte

- 1) All a la carte items offered by the Food and Nutrition Department will meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- 2) Fresh fruits and vegetable will also be offered as a la carte.
- 3) Parents can restrict the purchase of a la carte items by contacting the cafeteria manager.

B. Other Foods Available to Students

1. Classroom

a. Celebrations

- 1) In elementary schools, foods and beverages for classroom parties and celebrations can only be offered in the last hour of the school day.

- 2) All food served during classroom celebrations must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- 3) Classroom celebration baskets and foods meeting these standards will be made available for sale through the District Food and Nutrition services catering program.
- 4) Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child. Ingredient labels must be available for all food brought to the classroom.
- 5) School wide celebrations and special events may be exempted from the nutritional standards once each quarter.

2. Rewards

- a. Parents, teachers, and staff shall provide non-food alternatives for activities and during the school day.
- b. All foods used for rewards must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- c. Students are allowed to have individual water bottles in the classroom unless disciplinary issues dictate otherwise.
- d. Fund-raising sales in the classroom during the school day to students must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above. Items that meet Smart Snack requirements may only be sold thirty (30) minutes after the last lunch period.
- e. Foods distributed to students as part of classroom snacks will meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- f. Foods may be used as an integrated part of the lesson. Efforts should be made to be sure the foods used meet USDA Smart Snack in Schools requirements, **Nutrition Standards** above.

- g. The District will disseminate a list of healthy party/snack ideas and nonfood rewards to parents and teachers.

3. Vending

During the school day, vending machines accessible to students is limited to:

- a. Elementary ñ no vending
- b. Middle School ñ not until one (1) hour after last bell
- c. High School ñ not during meal service hours

All vending machines if available to students must be provided with a locking/timer mechanism. Machines must be turned off during meal service hours.

C. Beverages

Portion sizes listed are the **maximum** that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10	Not allowed	Not allowed	20 fl. oz.

calories or less per 20 fl. oz.

Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	fl. oz.
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For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

1. Snack Vending

All snack foods available must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.

2. School Stores/Group Sales

- a. Foods sold in school stores must meet the nutritional requirements as stated in USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- b. Documentation must be maintained by the store/group staff to assure that all foods meet the nutrition standards.
- c. In accordance with State regulation, foods cannot be sold in schools stores/groups until thirty (30) minutes after the last lunch period.

3. Concession

Concession stands operating during the school day must meet the criteria outlined in the procedures. Concession stands operating outside of the school day are exempt from restrictions on food sold to students.

4. Culinary Programs

- a. Foods sold to students as part of a culinary instructional program must meet USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.

- b. In accordance with State regulation, food from these programs can not be sold to students until thirty (30) minutes after the last lunch period.
- 5. Foods brought into schools during meal service hours
 - a. Parents are encouraged to provide meals from home that meet the nutritional requirements set forth in Dietary Guidelines for Americans.
 - b. Occasionally, a parent may bring food into the cafeteria for their student only, not for larger groups of students.

D. Fund-Raisers

- 1. Foods sold for fund-raising purposes during the school day on the school campus must meet the minimum nutrition requirements as outlined in **Nutrition Standards** above.
- 2. In accordance with State regulations, fund-raiser foods or beverages may not be sold until thirty (30) minutes after the last lunch period.
- 3. The District will maintain fund raising tips and ideas on the Food and Nutrition Services website.
- 4. Schools are encouraged to have a majority of their fund-raising come from non-food alternatives.
- 5. Food fund-raisers that sell food to be consumed off site are exempt from meeting the nutritional guidelines.

E. Marketing Food and Beverages

- 1. Advertising visible to students during the school days must be consistent with USDA Smart Snacks in Schools requirements, **Nutrition Standards** above.
- 2. Marketing activities that promote healthful behaviors are encouraged.

F. Food Safety and Security

- 1. Food and non-food inventory located at the schools will not be part of the building master key. Emergency use only keys will be

provided to the building principal. District maintenance and security will also have keys for after hour access.

2. Use of the food service area (kitchens) must follow District facility use agreement. A food service employee must be present any time the facility will be used for the preparation or service of food.
3. School Food and Nutrition Services operation will use the Hazard Analysis Critical Control Point (HACCP) guidelines to assure food safety and security.
4. Education activities using raw ingredients, such as eggs, meats, should be prepared under the supervision of staff who have food safety training.
5. Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child. Ingredient labels must be available for all food brought to the classroom.
6. Only Food and Nutrition Services employees are authorized to receive the deliveries of program food and beverages.
7. Hand sanitizer stations will be available to the students as they enter the food service area.

G. Nutrition Education

1. General Requirements
 - a. All students in grades K-12, including students with disabilities, special health care needs, and those in alternative educational settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
 - b. Schools will strive toward integrating nutrition with a coordinated school health approach.
 - c. Promote the integration of nutrition education into other areas of curriculum such as math, science, health, physical education, language arts, and social studies.
 - d. Utilize the Florida Department of Education Health Education benchmarks for each grade level and follow the District Student Progression Plan.

2. Cafeterias/Food and Nutrition Services

- a. Attractive, current nutrition education materials are prominently displayed in dining areas.
- b. Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
- c. Provide nutrition education in the classroom and throughout the District by the nutrition specialist/registered dietitian.
- d. Provide nutrition education and consultation to students, school advisory groups, and other school-based groups by the nutrition specialist/registered dietitian
- e. Provide nutrition education materials to promote healthy eating, physical activity, and overall wellness developed by the nutrition specialist/registered dietitian.
- f. Provide nutrition education resources on the food and nutrition website.

H. Physical Activity

Physical education instruction focuses on the outcomes of achieving and maintaining a health-enhancing level of fitness and understanding that physical activity provides the opportunity for enjoyment, challenge, self-expression, communication, and well-being.

1. General Requirements

- a. All students shall receive the prescribed amount of physical education dictated by the District's Student Progression.
- b. Exceptions or exemptions to physical education requirements are stated in the Student Progression Plan.

2. Other Physical Activity Opportunities

- a. All school classrooms health education will compliment physical education by reinforcing the knowledge and self-

management skills needed to maintain a physically-active lifestyle.

- b. Opportunities for physical activity will be incorporated into other subject areas.
- c. Classrooms shall incorporate, where possible and appropriate, short physical activity breaks between lessons and classes.
- d. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
- e. Staff members shall not require the participation in physical activity, such as walking laps, as a form of discipline or punishment during the school day.
- f. Intramurals, walkers/runners clubs, and other physical activities events will be utilized, where possible and appropriate, as additional opportunities for physical activity.

3. School-Based Activities

- a. Food and Nutrition Services will support school based wellness efforts.
- b. The Food and Nutrition Service will provide resources for schools and teachers.

Catering

District Food and Nutrition Services provides catering services that meet all required nutritional standards. Food and Nutrition Services should be considered when utilizing outside catering services.

Employee Wellness

The District will have an employee wellness program that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with employee benefits staff.

All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Recordkeeping/Accountability/Evaluation

The SHAC will establish priority or goal items to be included in the evaluation component of the policy. SHAC will also help in the implementation of District wide wellness programming. Community partnerships and community members will be utilized to assist in the development, implementation, and evaluation of the District's local wellness initiatives.

SHAC will meet at least twice annually. Food and Nutrition Services will conduct an annual review to assure compliance with policy procedures at all schools. The Food and Nutrition Services Director shall ensure the overall compliance with the wellness policy. A detailed annual report on the completion of yearly goals and school based wellness policy compliance will be provided to the Superintendent, Board and the community at a Board meeting. This report will also be available on the SHAC website.

SHAC will update and make modifications to the wellness policy based on the results of the annual survey and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new Federal or State guidance or standards are issued. The wellness policy will be assessed as indicated at least every three (3) years.

The most current version of the wellness policy will be available on the Food and Nutrition Services Website and the SHAC website for public use.

Florida Department of Agriculture and Consumer Services will monitor District compliance as part of their administrative review process. The Food and Nutrition Services Department will monitor school compliance as part of their annual school review process.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 120.81(1)(a)

F.S. 570.981

F.S. 595.405

F.S. 1001.32(2)

F.S. 1001.41

F.S. 1001.42

F.S. 1001.43

F.S. 1003.453

F.S. 1003.455

F.A.C. 5P-1.003

Healthy Hunger Free Kids Act of 2010

7 C.F.R. Part 210

7 C.F.R. Part 220

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