

 What Principals  
Need To Know

 How Will This  
Affect My  
School

# Nutrition & Wellness *Policy 5.13*

With the passage of the Healthy Hunger Free Act of 2010, new provisions for the local wellness policy include a greater emphasis on **implementation, evaluation, and public reporting** on the progress of the school wellness policy goal.

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 school:

The school day is defined by the U.S. Department of Agriculture as **midnight to 30 minutes after the bell** and the school campus is defined as any property under the jurisdiction of the School District of Manatee County.

### Breakfast, Lunch, & Snack

1. Students will have **10 minutes of eating time for breakfast** and **15 minutes for lunch**
2. Student **ID's are required** for meals at high school and middle school
3. Students must take **1/2 cup of fruit or vegetable and 2 other components** to qualify as a complete meal
4. Access to **water** will be available in all cafeterias
5. Parents can only bring food into the cafeteria for their child
6. After school snacks must meet U.S. Department of Agriculture requirements and must be provided by the Food and Nutrition Services Department

### Competitive Foods & Fundraisers

1. Foods sold for fundraising purposes and consumed during the school day on the school campus must meet the minimum nutrition requirements as outlined in the Nutrition & Wellness Policy 5.13
2. Fundraiser foods such as raw cookie dough that are not meant to be consumed at school can be sold

### Classroom Celebrations

1. Elementary schools can **celebrate in the last hour of the school day**
2. Food served must meet Smart Snack Nutritional Standards (can purchase from Food and Nutrition Services as a catering or Celebration Basket) and 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 and non-food alternatives should be used as rewards
2. Students are allowed to have water bottles unless there is a discipline issue

### Healthy School Teams (this section will be added to the next policy revision)

1. State law requires that all schools have Healthy School Teams
2. To meet this requirement, monthly nurse meetings will include relevant Wellness topics
3. Once a semester other school staff, parents and the community will be invited to attend a Healthy School Teams meeting
4. The cafeteria manager will organize and facilitate the Healthy School Team meeting with the assistance of District Food Service Staff and resources

## Food Safety & Security

1. Food service areas will be kept safe and secure. Food service employees need to be present any time the facility is being used

## Vending

1. School stores and vending machine foods must meet U.S. Department of Agriculture Smart Snack guidelines.
2. **Beverages** available to students is very limited:
  - Elementary School - water, milk, juice (8 ounces)
  - Middle & High School – water, milk, juice(12 ounces) & other beverages that meet calorie restrictions
3. **Vending machines** for students:
  - Elementary School – no vending
  - Middle School – 1 hour after final bell
  - High School – Not during meal service hours

## Nutrition Education

1. Elementary and Middle Schools will provide at least **one hour of nutrition education monthly**. This nutrition education can be incorporated into other subject areas including physical education
2. High Schools will provide **nutrition education through HOPE**
3. A Registered Dietitian will be available to assist in nutrition education

## Physical Activity

1. Physical activity (including recess) will not be denied or required as part of discipline or punishment
2. **Elementary Schools** will provide **150 minutes of physical education per week**
  - **Recess:** Students will participate in a minimum of 20 minutes of recess per day on days where Physical Education (PE) is not scheduled
  - **PE:** A minimum of 30 consecutive minutes of Physical Education (PE) is required on any day that physical education (PE) instruction is provided. Students will also participate in a minimum of 20 minutes of recess on days where Physical Education (PE) is scheduled
3. **Middle Schools** will offer **1 semester of PE each year**  
**Parents may request a waiver if:**
  - Enrolled in remedial course
  - Parent requests enrollment in an alternative course (as space permits)
  - Participating in physical activities outside of the school day
4. **High Schools** may offer either option meet graduation requirements:
  - 1 year of HOPE
  - 1 semester of Personal Fitness and 1 semester of PE

## Accountability

1. Florida Department of Agriculture and Consumer Services **will monitor district compliance** as part of their administrative review process
2. The Food and Nutrition Services Department **will monitor school compliance** as part of their school review process
3. School Health Advisory Committee (SHAC) will conduct an **annual survey** on policy implementation
4. SHAC will maintain a list of **Healthy School Team** leaders
5. A detailed **annual report** will be provided to the Superintendent, Board of Education and the community

**The U.S.D.A. may choose to assess fines/penalties from the state agency to the schools that are not in compliance with the Manatee Schools Nutrition & Wellness Policy 5.13.**

The full Nutrition & Wellness Policy 5.13  
can be found on:

**ManateeSchoolFood.net**

