

 What Parents
Need To Know

 How Will This
Affect My Child

Parent Information Sheet

Nutrition & Wellness

Policy 5.13

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 **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** 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). 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. Fundraiser foods such as raw cookie dough that are not meant to be consumed at school can be sold

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**

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

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

ManateeSchoolFood.net



Physical Activity continued

- **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

Smart Snack Nutritional Standards

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 student 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 service to over 80% of the student population.

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