

STUDENTS

Wellness Policy

Nutrition Guidelines for Foods and Beverages Available Outside the School Meal Programs

Individual food items sold or served outside the federal reimbursable meal programs should meet local, state, and federal requirements. Sold or served refers to any foods or beverages provided to students on school grounds for a cost or free-of-charge. It does not refer to foods brought from home for individual consumption.

Additional recommended policy content includes:

Elementary Schools:

<p><i>Foods</i></p> <p>The only foods that may be sold or served must meet the following requirements:</p> <ul style="list-style-type: none"> • Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs, and cheese) • Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese) • Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables) • Portion size of a la carte foods shall not exceed the portion size of the food served through the federal reimbursable meal programs. • Snack items (e.g., cookies, candies, chips) shall not exceed 175 calories per package 	<p><i>Beverages</i></p> <p>The only beverages that may be sold or served outside of the federal reimbursable meal program are:</p> <ul style="list-style-type: none"> • Water, with no added sweeteners • Milk, flavored or unflavored, two-percent, one-percent, nonfat, or other nutritionally equivalent nondairy milk and no larger than 8 ounce serving size • Fruit juice, 100 percent or at least 50 percent fruit juice with no added sweeteners and no larger than 6 ounce serving size • Vegetable Juice, at least 50 percent vegetable juice and no larger than 6 ounce serving size
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Schools are encouraged to use whole, fresh, unprocessed foods and ingredients whenever possible.

Schools are encouraged to offer fresh fruits and vegetables whenever possible.

Schools are encouraged to use foods low in sodium whenever possible.

Ingredients of foods sold or served at school should be listed on the food label or otherwise identified so students with food allergies are protected from accidental exposure.

Food/Beverage Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).

Eliminate the marketing and advertising of unhealthy foods and beverages. Any foods or beverages that do not meet the above criteria should not be promoted in any way, e.g., through signage, vending machine fronts, logos, scoreboards, school supplies. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

Fundraising

Encourage the use of non-food items for fundraising. If food items are used, strive to meet the above criteria.

Rewards

Food should not be used as a reward or punishment for individual student behaviors.

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Celebrations

Encourage non-food celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Food and beverages for class parties (including pizza parties and birthday celebrations) should strive to meet the nutrition standards for foods and beverages sold individually (as described above). If the celebration is not part of the National School Lunch Program, the celebration should occur after the last lunch period.

School-Sponsored Events

Offer and promote healthy food and beverage products, when possible, at school-sponsored events.

Nutrition Guidelines for Child Nutrition Reimbursable Meal Programs.

Healthy School Meals and Snacks

All Meals

- Except in extraordinary circumstances, all schools in the district will participate in all available federal school nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), After school Snack Program (ASP), and Summer Food Service Program (SFSP). All schools with a pre-school will participate in NSLP, SBP or the Child and Adult Care Food Program (CACFP)
- The school district will seek to maximize federal and state nutrition funding
- Schools with 75 percent or more students eligible for free and reduced price school meals that do not implement Provision 2 or 3, will explain their rationale annually at a school board meeting

Schools that do not operate one or more federal food program(s) will explain the deficiency annually at a school board meeting

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All Meals (continued)

- The CAO and the Agency nutrition committee (each member district will have representation) will revisit provisions dealing with school meals and report to the school board to ensure that school meals meet or exceed all federal, state and local laws, standards and requirements and are in accordance with the Dietary Guidelines for Americans. The evaluation and reviews should take place soon upon completion of the School Meals Initiative and updated Guidelines and no less often than once every five years.

Meals served through the Child Nutrition Programs will:

- Be appealing and attractive to children of various ages and diverse backgrounds
- Be served in clean and pleasant settings
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- Offer fresh fruit and vegetables daily in each meal, with a variety of choices that, when practical, should be from local sources. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week
- Include only low-fat (one percent) and fat-free milk
- Strive to provide whole grains in at least half of the grains served
- Strive to include only food items, except for fruits and vegetables, that contain no more than 35 percent of their weight in sugar
- Plan to reduce food items that contain trans fatty acids. (When trans fatty acid levels are readily available on the food label, then plans to reduce amounts of trans fatty acids to trace amounts)

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Meals served through the Child Nutrition...(continued)

- Meet target levels for sodium, fiber, and cholesterol

	<u>Sodium</u>	<u>Fiber</u>	<u>Cholesterol</u>
Breakfast	825 mg	4 gms	75 mg
Lunch	1100 mg	6 gms	100 mg

Students and parents should be engaged in selecting foods to be sold and served, through taste testing, community meetings, and surveys. Information concerning the nutritional content of all school meals and snacks should be shared with students and parents. Such information is available on the Santa Clarita Valley School Food Services Agency website www.scvsfsa.org.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Students will be discouraged from sharing food and beverages, given concerns about allergies and special diets.

Breakfast

- Schools will encourage participation by implementing, wherever feasible, classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, breakfast during morning break or recess, and other options
- Schools will, to the extent possible, arrange bus and bell schedules and take other appropriate steps to encourage participation. Students will have at least 10 minutes to eat after sitting down
- Schools will promote the importance of healthy breakfast and the SBP to students and families.

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Lunch

- Students will have 20 minutes to eat after sitting down
- The healthiest lunch choices, such as salads and fresh fruit, will be prominently displayed in cafeterias to attract students
- Lunch will be served at appropriate intervals from other meals
- Students will be allowed to eat when engaged in scheduled mealtime activities
- There should be access to hand washing before and after eating.

After School Snack Program

- After school snack programs will incorporate, or develop a plan to incorporate, fresh fruit and whole grain snacks daily.

Summer Food Service Program

- Schools with 50 percent or more students eligible for free and reduced price meals will sponsor the Summer Food Service Program or the Seamless Summer Waiver Option. If the school does not participate in these programs, then they should assure that some other neighborhood agency sponsors SFSP during summer school.
- After summer school, schools will refer children to other SFSP sites until school resumes.

Other Concerns

- The school district will provide continuing professional development for all school nutrition professionals. Staff development will include training and/or certification for food service personnel at their various levels of responsibility.

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Adopted by the Governing Board: June 27, 2006