

SCHOOL WELLNESS - AR

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. School Meals

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. be appealing and attractive to children;
 - b. be served in clean and pleasant settings;
 - c. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - d. offer a variety of fruits and vegetables;
 - e. offer low-fat (1%) and/or fat-free milk;
 - f. ensure that whole grain breads are available.
2. Schools should foster the active engagement of students, teachers, and parents in the selection of foods sold through the school meal programs.

B. **Breakfast:** To ensure that all children eat breakfast, (at home or school), in order to meet their nutritional needs and to enhance their ability to learn, schools will:

1. operate the School Breakfast Program;
2. to the extent possible, utilize methods to serve school breakfasts that encourage participation;
3. notify parents and students of the availability of the School Breakfast Program;
4. encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

C. **Free and Reduced-priced Meals:** 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 meals.

D. **Meal Times and Scheduling – Schools:**

1. will, to the extent possible, provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
2. will, to the extent possible, schedule meal periods at approximate times, e.g., lunch should be scheduled between 11 a.m. and 1:15 p.m.;
3. will, to the extent possible, not schedule curricular or extracurricular activities during mealtimes, unless students may eat during such activities;

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4. will provide students access to hand washing or hand sanitizing before eating meals or snacks.
- E. Sharing of Foods and Beverages:** Schools should, to the extent possible, discourage students from sharing food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- F. Elementary Schools:** The Talbot County Public Schools Food Service Department will approve and provide all food and beverage sales to students by elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should include low-fat and/or non-fat milk, fruits, and non-fried vegetables, or meet the snack guidelines.
- G. Middle and High Schools:** In middle and high schools, foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, or student stores, during the school day will meet the following nutrition and portion-size standards.

1. Beverages

- a. Allowed: fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; water, flavored waters, and ice teas that do not contain caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (as defined by USDA);
- b. Not allowed: soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.

2. Foods

Food items sold individually:

- a. will have no more than (1 single serving) 9 grams total fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- b. will contain no more than 2 grams of saturated fats (trans fat is included to the degree it can be determined);
- c. will have no more than 15 grams or less of sugars (except dried fruits)

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3. **Portion Sizes:**

- a. Limit portion sizes of foods and beverages sold individually (1 single service) to those listed below:
 1. one and one-half ounces for chips, crackers, cookies, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerkey;
 2. two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 3. four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 4. eight ounces for non-frozen yogurt;
 5. twelve fluid ounces for beverages, excluding water;
- b. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- c. Fruits and non-fried vegetables are exempt from portion size limits.

4. **Foods of minimal nutrition value** - As established by the U.S. Department of Agriculture:

- (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. (7CRF 210.12(2))

H. Fundraising Activities: To support children's health and school nutrition-education efforts, coordinators of school fundraising activities are urged to use foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Foods prepared and sold as part of the Culinary Arts (Chef Cook) program are exempt.

I. Snacks: Snacks served by school staff during the school day or in after-school care or enrichment programs should, to the extent practicable make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks.

J. Rewards: When schools use foods or beverages as rewards/incentives, products should, to the extent practicable, meet the nutrition standards for foods and beverages sold individually (see above). Rewards enumerated as part of an Individual Education Plan (IEP) are exempt. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

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- K. Celebrations:** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Teachers and parents are urged to use food and beverage standards noted above. The Food Services Department will make available a list of healthy party food ideas to parents and teachers.
- L. School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).** Coordinators of food and beverage sales sold at school-sponsored events outside the school day are urged to include items that meet the nutrition standards for meals or for foods and beverages sold individually (see above).

II. Nutrition and Physical Activity Promotion and Food Marketing

- A. Nutrition Education and Promotion:** TCPS strives to teach, encourage, and support healthy eating by students through:
 - 1. Health Education aligned with the Voluntary State Curriculum (VSC).
 - 2. encouraging fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - 3. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise) and obesity;
 - 4. links with school meal programs, other school foods, and nutrition-related community services;
 - 5. includes training for teachers and other appropriate staff.
- B. Integrating Physical Activity into the Classroom Setting:** TCPS recognizes the importance of embracing regular physical activity as a personal behavior and that students need opportunities for physical activity beyond physical education class. Toward that end:
 - 1. classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.
 - 2. opportunities for physical activity, where appropriate, should be incorporated into other subject lessons.
- C. Communications with Parents**
 - 1. TCPS will support parents' efforts to provide a healthy diet and daily physical activity for their children. Food Services may provide nutrition information to be sent home, nutrition tips may be posted on school system websites, and nutrient analyses of school menus may be provided. The Food Service Department will make available to parents and teachers a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. TCPS will provide information about school-based physical activity opportunities before, during, and after the school day.

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- D. Staff Wellness:** TCPS highly values the health and well-being of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

III. Physical Activity Opportunities and Physical Education

A. Physical Education:

1. The physical education program should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle.
2. The physical education curriculum should be coordinated with the health education curriculum.
3. The physical education program should provide appropriate physical activity for all students, including those with special needs.

- B. Physical Activity Opportunities Before and After School:** To the extent possible, a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities, and students with special health-care needs should be made available as appropriate.

- C. Use of School Facilities Outside of School Hours:** School spaces and facilities are available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning facility usage and safety will apply at all times. (See Policy Code 11.2)

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