

# **POLICY C-31**

## **WELLNESS POLICY**

### Healthy School Nutrition Environments

#### **Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors. This policy follows USDA Regulations §210.30 as amended by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

#### **Overall Goal:**

All students in Midwest City-Del City School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Midwest City-Del City School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Midwest City-Del City School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

### **NUTRITION GUIDELINES/STANDARDS**

#### **School Meals**

1. Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
2. Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
3. Per USDA Regulations §210.10 and §220.8, school meals will meet the most recent Dietary Guidelines for Americans.

4. School meals are planned according to the USDA guidelines for Food-based Menu Planning Option. A nutrient analysis of school meals is available to parents, students or staff with menus each month.
5. Healthy food preparation techniques will be implemented. Food items will not be deep fried. Types of fats such as vegetable oils will be used sparingly in food preparation. All products will be labeled as "No Trans Fats", such as chips, baked goods and potato products. However, in some instances, naturally occurring trace amounts may be present.
6. Portion sizes will be controlled to meet the USDA requirements for specific grade groups and limit access to students to purchase more than one extra portion of any food item for elementary students.
7. Fruits and vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
8. In secondary school cafeterias the most nutritious food items will be placed at the beginning of the serving line(s), when possible. In addition, other serving line presentation strategies will be explored to encourage students to make healthier selections.
9. School staff will support and encourage student participation in the USDA school meals programs.
10. School sites will be encouraged to participate in the Farm-to-School Program by purchasing fresh fruits and vegetables from local farmers when available.
11. As new items that are more nutritious become accessible, they will be made available for sale.

### **Other Food Items Sold on School Campuses**

1. Per the HHFKA, USDA Regulation §210.10 and §220.8 were amended to include more specific standards for competitive foods (also known as 'Smart Snacks'). All competitive food items sold to students on campus (e.g., all vending machines, school stores, fundraisers, etc.) must meet all of the competitive food nutrient standards and one of the following: a) be a "whole grain-rich" product, b) the first ingredient must be one of the non-grain main food groups (fruit, vegetable, dairy product, or protein food), c) be a combination food that contains at least ¼ cup of fruit and/or vegetable, d) contain 10% of one of the nutrients of public health concern in the most recent Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber). Accompaniments must be included in the nutrient profile as part of the food item. Nutrient standards are found in Item 3 below.
2. In order to further promote student health and wellness, all foods and beverage options sold (outside of the NSLP and SBP programs) to students during the school day on school premises must comply with the aforementioned nutritional standards in Item one and three. School day is

defined as midnight on any given day school is in session to 30 minutes past the last bell.

'Smart Snack' nutritional guidelines will be encouraged for snacks, classroom birthdays, classroom parties and celebration foods brought from home.

3. Students are provided only healthy food and beverage options beyond the school food services following the HHFKA of 2010 nutrient standards for competitive foods and beverages listed below:

A. Calories:

1. Snacks and side items are  $\leq 200$  calories per portion as packaged
2. Entrée items are  $< 350$  calories per portion as served, including accompaniments

B. Fat: Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:

1. No more than 35% of total calories from fat (Exemptions from fat standard include reduced-fat cheese, nuts, seeds, nut butters, products made of only dried fruit and nuts)
2. Less than 10% of total calories from saturated fats
3. Zero trans fat ( $< 0.5\text{g}$  per serving)

C. Sugar: Snacks, foods, and beverages provide  $\leq 35\%$  of calories from total sugars per portion as packaged

Exceptions to the sugar standard are:

1. 100% fruits and fruit juices in all forms without added sugars
2. 100% vegetables and vegetable juices without added sugars

D. Flavored nonfat and low-fat yogurt ( $\leq 30\text{g}$  of total sugars per 8-oz serving)

E. Elementary and middle school foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

F. Sodium:

1. Snacks and side items sold must have  $\leq 230\text{mg}$  sodium per portion as packaged
2. Entrée items must have  $\leq 480\text{mg}$  per portion as served

G. Beverages standards are limited to:

1. Elementary schools:  $\leq$  8 fl oz. portion as packaged for 100% juice, flavored or non-flavored low-fat or non-fat milk
2. Middle school:  $<$  12 fl oz. portion as packaged for 100% juice, flavored or non-flavored low-fat or non-fat milk
3. High school:  $\leq$  12 fl oz. portion as packaged for 100% juice, flavored or non-flavored low-fat or non-fat milk
  - a. Other flavored and /or carbonated beverages ( $<$  20 fl oz.) that are labeled to contain  $<$  5 calories per 8 fl oz. or  $<$  that 10 calories per 20 fl oz.
  - b. 100% fruits and fruit juice dilute with water (with or without carbonation) and no added sweeteners ( $<$  12fl oz.)
  - c. Other flavored and /or carbonated beverages ( $<$  12 fl oz.) that are labeled to contain  $<$  40 calories per 8 fl oz. or  $<$  60 calories per 12 fl oz.
- H. Plain water or carbonated water has no size limit for any grade level.
4. Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
5. Fundraisers that include food and beverages sold to students for immediate consumption must comply with the state approved exempted fundraiser rule. The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.

## **NUTRITION EDUCATION**

1. Per USDA Regulations §210.12 and §227 and HHFKA, nutrition education is offered in the school cafeteria as well as the classroom.
2. Per 70 O.S. § Section 11-103.9, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
3. Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.
4. Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
5. The following resources/practices are encouraged so as to promote health education, nutrition, and healthy practices/choices for students and staff:

- A. Utilize My Plate Nutrition Education resources
- B. Implement Oklahoma Agriculture in the classroom curriculum
- C. Integrate Nutrition Education into the core curriculum
- D. Participate in the USDA Team Nutrition
- E. Provide Nutrition Education opportunities
- F. Encourage annual health fairs
- G. Discourage advertising that promotes foods that are not 'nutrient-rich' on school campuses
- H. Encourage school staff to promote healthy eating and healthy lifestyles to students and parents

### **CURRICULUM:**

Child Nutrition Programs at the Oklahoma Department of Education continue to produce and post training material for all subject areas pertinent to the food service program as well as health and wellness for school districts. These resources are posted on the eClaims site/Single Sign-On of each school district. The materials may be in video or power point format or downloadable print. The Child Nutrition Programs at the Oklahoma Department of Education web page has web links to various sites regarding wellness, nutrition education, and physical fitness.

### **PHYSICAL ACTIVITY**

1. Per [70](#) O.S. § Section 11-103.9, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
2. Per [70](#) O.S. § Section 11-103.6 (effective school year 2006-2007), students attending a full day program in grades K through 5 will participate in 60 minutes of physical education each week.
3. Per [70](#) O.S. § Section 11-103.9, grades K through 5 students will participate in 60 minutes of physical activity each week.
4. School sites will establish or enhance physical activity opportunities for students, staff, and parents (e.g., fitness challenges, family fitness nights, fun walks and runs, bike events, intramural athletics, exercise/health related classes, etc.).
5. Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.

6. Students will be encouraged to participate in voluntary before and after school activity programs such as intramurals, clubs, and at the secondary level interscholastic athletics.
7. Denial of student participation in recess or other physical activity as a form of discipline or for instructional make-up time will be limited.
8. All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
9. School sites will provide adequate resources (e.g., balls, jump ropes, rackets, and other equipment) for every student to be active.

### **SCHOOL-BASED ACTIVITIES**

1. Per [70](#) O.S. § Section 11-103.9, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
2. Per the school district's Child Nutrition Program Agreement, school meals may not be used as a reward or punishment.
3. Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
4. Nutrition education and physical activity are included in the school's educational program from pre-kindergarten through 12th grade.
5. School staff, students, and parents are part of the policy-making process and support a healthy school nutrition environment.
6. Students will be provided with a clean, safe, enjoyable meal environment.
7. Students will be provided with an adequate amount of time to eat breakfast and lunch.

### **MONITORING AND REVIEW**

1. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.
2. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or principal.

3. Per O.S. § Section 11-103.9, each school site will have a Healthy and Fit School Advisory committee that is responsible for making recommendations regarding nutrition and physical activity. Potential stakeholders will continuously have the opportunity to complete an interest form indicating their desire to serve on the committee. These forms will be available at enrollment, PTA meetings, and on the district website.
4. Potential stakeholders who are not members of the Healthy and Fit School Advisory Committee will be able to provide feedback to the committee and the Child Nutrition staff regarding elements of the wellness policy.
5. The Healthy and Fit School Advisory Committee or designated committee will review the wellness policy in the fall of each academic year using the School Wellness Policy Assessment tool and will present updates as necessary to the administration.
6. The Local School Wellness Policy, assessment information, and Healthy and Fit School Advisory Committee interest forms will be accessible on the Midwest City-Del City Child Nutrition website.

Adopted: June 12, 2006

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