

8



*A School's Guide to
Purchasing
Washington-Grown
Food*

School District Policies



public health law & policy

Model School Board Resolution in Support of Establishing a Farm-to-School Program

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Farm-to-school programs connect primary and secondary schools with regional or local farms to serve healthier meals in school cafeterias, improve student nutrition, provide nutrition and health education, and support local and regional farmers, thereby strengthening local food systems.¹ Each farm-to-school program is shaped by its community and region, but programs typically include farm fresh salad bars and serving local foods in the cafeteria; educational opportunities such as planting school gardens, cooking demonstrations, and farm tours; and waste management programs, like composting. The program also provides a new direct market for farmers in the area and mitigates the environmental impacts of transporting food long distances.²

Farm-to-school programs are relatively new, but early evidence indicates that the programs can improve student nutrition. An evaluation of programs in several California school districts found farm-to-school salad bars both increased school meal participation and increased consumption of fruits and vegetables.³ A literature review of 23 farm-to-school programs around the country found students gained knowledge of healthy eating and local foods, chose healthier options in the cafeteria, increased consumption of fruits and vegetables both at school and at home, and brought increased revenue to schools by increasing student and adult meal participation.⁴

Two recent acts of Congress support farm-to-school initiatives. First, the 2008 Farm Bill amended the Richard B. Russell National School Lunch Act (NSLA) to direct the Secretary of Agriculture to encourage institutions operating Child Nutrition Programs, including schools participating in the School Lunch and Breakfast programs, to purchase unprocessed locally grown and locally raised agricultural products. In February 2011, the United States Department of Agriculture (USDA) clarified that the purchasing institutions, school food authorities, child care institutions and Summer Food Service Program (SFSP) sponsors, may specify the geographic area within which unprocessed locally raised and locally grown agricultural products will originate.⁵

Second, The Healthy, Hunger-Free Kids Act of 2010 provides annual funding to the United States Department of Agriculture to give competitive grants for farm-to-school activities.⁶ Starting in October 2012, grants will be available for up to \$100,000 per project, and may be used for training, planning, purchasing equipment, building school gardens and developing partnerships to create new or support existing programs.⁷

The National Farm to School Network has coordinators for programs for every state. Lead agencies in the eight regions of the country assist farm-to-school efforts in the states within each region.⁸ In addition, the Network has point persons in each state to help schools start new programs.⁹ Along with federal support for farm-to-school programs, at least 14 states have statewide farm-to-school programs that provide support for local programs.¹⁰

School boards can bring the benefits of farm-to-school initiatives to their district schools by adopting a policy of support.¹¹ State legislatures grant school boards the authority to set the direction and structure of their school districts by adopting policies, often in the form of resolutions. Policies establish directions for the district; they set the goals, assign

authority, and establish controls that make school governance and management possible. By adopting a farm-to-school policy, by resolution or other format, school boards can direct school employees to initiate a program or offer support for programs to grow. In addition, they can direct staff to apply for grant funding to support their programs.

PHLP’s model school board resolution supporting a farm-to-school program is designed for the local community to tailor it to meet its needs. The language written in *italics* provides different options or explains the type of information that needs to be inserted in the blank spaces in the resolution. The “comments” provide additional information and explanation. While the policy is stated in the form of a resolution, the content could be used in a different format used by a particular school board.

**Resolution of _____ [name of district] School District
[Establishing/Supporting] a Farm-to-School Program**

WHEREAS, Fresh, safe, locally grown foods can be a healthy and economical source of nutrition for growing children;

WHEREAS, Overweight children and adults are at greater risk for numerous adverse health consequences, including type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression and other debilitating diseases;¹²

WHEREAS, Eating more fresh fruits and vegetables helps reduce the risk of obesity, stroke, diabetes, and other chronic diseases;¹³

WHEREAS, The Dietary Guidelines for Americans recommends that Americans increase their fruit and vegetable intake and eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas,¹⁴ yet most young people do not eat sufficient quantities of them;¹⁵

WHEREAS, A literature review of 23 farm-to-school programs around the country found students gained knowledge of healthy eating and local foods, chose healthier options in the cafeteria, increased consumption of fruits and vegetables both at school and at home, and brought increased revenue to schools by increasing student and adult meal participation;¹⁶

WHEREAS, In schools that provide fresh produce, children eat significantly more servings of fruits and vegetables. For example, the Davis Unified School District in California found that children selecting the locally grown salad bar option ate three to three and one-half servings of fruits and vegetables compared with one serving consumed by children choosing the hot meal;¹⁷

WHEREAS, Farm-to-school programs can increase student participation rates in the national school lunch program (for example, Jefferson Elementary Unified School District in Riverside, California, reported a nearly 9% increase in overall school meal participation, including substantial growth in the number of teacher meals served);¹⁸

WHEREAS, knowledge of nutrition, including the importance of eating fruits and vegetables, as well as how food is grown, who grows it, and how to prepare it, are important components of health education;

WHEREAS, purchasing from local farmers and ranchers creates positive community relationships and can create local economic growth;

WHEREAS, Congress, in the Food, Conservation, and Energy Act of 2008 (P.L. 110-246), also known as the Farm Bill, required the Secretary of Agriculture to encourage and permit institutions, including school districts, participating in the Child Nutrition Programs, to purchase unprocessed locally grown and locally raised agricultural products;

WHEREAS, Congress, in the Farm Bill, also authorized the local institutions to designate the “local” geographic area from which to purchase grown and raised agricultural products;

WHEREAS, Congress, in the Healthy, Hunger-Free Kids Act of 2010, has provided \$5 million per year in annual funding beginning on October 1, 2012, for the United States Department of Agriculture to provide competitive grants for farm-to-school activities.

*[WHEREAS, _____ state law supports farm-to-school programs by _____]
[List the ways in which state law supports the programs]*

THEREFORE, BE IT RESOLVED, The _____ School Board supports the establishment of a farm-to-school program within the District to include:

- (1) increasing both local and fresh foods served in the cafeterias;
- (2) creating and promoting school gardens;
- (3) promoting in-class education about healthy, local and regional foods; and
- (4) encouraging farm tours and cooking demonstrations; and

Comment: The components listed above are the basic components of a farm-to-school program. School districts can expand or change this list according to local conditions and funding availability. Some school districts may wish to include a parent or community education or involvement component to ensure continued support for the program.

THEREFORE, BE IT ALSO RESOLVED, The Superintendent is directed to take all actions necessary to establish a farm-to-school program within the District by appointing a committee consisting of teachers, parents, students, food service staff, health and wellness committee members, members of the local public health agency, _____ *[other members]* to:

- (1) assess current school menus for opportunities to expand the use of healthier local food;
- (2) work with regional and state farm-to-school agencies *[and local cooperative extension agencies]* to develop a plan and timeline for the establishment of the farm-to-school program including the develop of curriculum elements, the creation of school gardens, outreach to local and regional farmers, developing funding sources and resources for food services personnel; and
- (3) report back to the Superintendent with a plan by _____ *[insert deadline]; and*

Comment: Based on successful efforts establishing farm-to-school programs, we suggest that the superintendent appoint a committee consisting of all interested parties to develop the district's plan for a farm-to-school program. Alternatively, the school wellness committee could serve this function. Because school districts and local and regional farm communities differ, school districts may find another approach works to meet their particular needs. The National Farm to School Network, the Regional Lead agencies, and in many states, state farm-to-school programs can assist school districts in developing their own programs.

THEREFORE, BE IT ALSO RESOLVED, The School Food Services Director shall ensure that meals served within the federally reimbursable meal program are designed to include fruits and vegetables and other nutritious foods from local sources to the greatest extent possible within the funds available; and

THEREFORE, BE IT ALSO RESOLVED, The School Food Services Director shall ensure that the District policies addressing locally grown produce are not more restrictive than those set by the Secretary of Agriculture; and

[THEREFORE, BE IT RESOLVED, That the _____ School District, as the local school food authority authorized under the Childhood Nutrition Act to determine the geographic preference area, designates agricultural products grown within _____ miles as "local;" and]

Comment: The 2008 Farm Bill amended the Richard B. Russell National School Lunch Act (NSLA) to direct the Secretary of Agriculture to encourage schools participating in the School Lunch and Breakfast programs, to purchase unprocessed locally grown and locally raised agricultural products. In February 2011, the United States Department of Agriculture (USDA) clarified that the purchasing institutions, including the school food authorities, may specify the geographic area within which unprocessed locally raised and locally grown agricultural products will originate.¹⁹ Some states have laws directing school districts to favor purchases of in-state products. The USDA has stated that even in those states, the local school agency may choose the geographic area (i.e., select a region different from the state).²⁰ School districts should select a geographic area by distance (i.e., within 100 or 200 miles), rather than by jurisdiction (i.e., _____ county) to avoid potential allegations of economic protectionism or favoritism.

THEREFORE, BE IT ALSO RESOLVED, The _____ School District authorizes and approves the Superintendent to apply for, accept, and expend any federal, state, or private grant funding in support of a farm-to-school program; and

THEREFORE BE IT FINALLY RESOLVED, The Superintendent is directed to report back by _____ [date] on the plan to establish the District farm-to-school initiative and next steps required for implementation.

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- ¹ U.S.D.A. “Farm-to-School Initiatives Fact Sheet.” More information is available at: www.fns.usda.gov/cnd/f2s/.
- ² More information and resources on farm-to-school programs is available from the National Farm to School Network at: www.farmtoschool.org/index.php.
- ³ A. Joshi and M. Beery. “A Growing Movement, A Decade of Farm to School in California.” Center for Food & Justice, Urban and Environmental Policy Institute, Occidental College. June 2007, pp. 6-7.
- ⁴ A. Joshi and A. Azuma. “Bearing Fruit: Farm-to-School Program Evaluation Resources and Recommendations.” Center for Food & Justice, Urban and Environmental Policy Institute, Occidental College. 2008, p. 8.
- ⁵ 7 C.F.R. 210.21(g) (School Lunch Program); 7 C.F.R. 215.14a (Special Milk Program); 7 C.F.R. 220.16(f) (School Breakfast Program); 7C.F.R. 225.17(e) (Summer Food Service Program); 7 C.F.R. 226.22(n) (Child and Adult Care Food Program); U.S.D.A. “Procurement Geographic Preference Q&As.” Memo SP_18 – 2011. February 1, 2011.
- ⁶ Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, Dec. 13, 2010, 124 Stat. 3183 § 243.
- ⁷ More information on the grant program is available from the National Farm to School Network at: www.farmtoschool.org/files/publications_341.pdf.
- ⁸ The eight regional agencies can be found at: www.farmtoschool.org/regional.php.
- ⁹ More information on state coordinators is available at: www.farmtoschool.org/files/publications_347.pdf.
- ¹⁰ National Farm to School Network. “State Farm to School Legislation” (Updated, 11/2/10). The National Farm to School Network lists the following states as having statewide programs: Arkansas, Connecticut, Florida, Iowa, Illinois, Maryland, Michigan, North Carolina, New York, Oklahoma, Oregon, Pennsylvania, Virginia, and Washington. More information is available at: www.farmtoschool.org/files/publications_177.pdf.
- ¹¹ In addition, schools may offer support for and development of farm-to-school programs in their school wellness policies.
- ¹² U.S. Department of Health and Human Services, Office of the Surgeon General. *The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity*. Rockville: US Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Available at: http://surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm.
- ¹³ Healthy Eating Research. Bringing Healthy Foods Home: Examining Inequalities in Access to Food Stores: A Research Brief. July 2008; United States General Accounting Office 2002 (02-657). Fruits and vegetables: Enhanced efforts to increase consumption could yield health benefits for Americans;
- ¹⁴ U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans 2010*. Available at: www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm.
- ¹⁵ For example, in the 2009 Youth Risk Behavior Surveillance, the Center for Disease Control reported that during the seven days before the survey, 77.7% of high school students had not eaten fruits and vegetables five or more times per day. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2009. Surveillance Summaries, June 4, 2010. MMWR 2010; 59 (No. SS-5).
- ¹⁶ A. Joshi and A. Azuma. “Bearing Fruit: Farm-to-School Program Evaluation Resources and Recommendations.” Center for Food & Justice, Urban and Environmental Policy Institute, Occidental College. 2008, p.8.
- ¹⁷ A. Joshi and M. Beery. “A Growing Movement, A Decade of Farm to School in California.” Center for Food & Justice, Urban and Environmental Policy Institute, Occidental College. June 2007, pp. 6-7.
- ¹⁸ *Id.*
- ¹⁹ 7 C.F.R. 210.21(g) (School Lunch Program); 7 C.F.R. 215.14a (Special Milk Program); 7 C.F.R. 220.16(f) (School Breakfast Program); 7C.F.R. 225.17(e) (Summer Food Service Program); 7 C.F.R. 226.22(n) (Child and Adult Care Food Program); U.S.D.A., “Procurement Geographic Preference Q&As.” Memo SP_18 – 2011 (February 1, 2011).
- ²⁰ *Id.* at p. 12.

LaConner School District 29311 Food Services Guidelines and Procedures for Better Nutrition in Our Breakfast and Lunch Programs (Recognized by the superintendent and school board)

Mission Statement

The mission of the LaConner School District Food Service Program is to provide nutritious meals each day that prepare children for learning, while at the same time promoting nutritional education for life long healthful living.

At the beginning of the 2004-2005 school year the Superintendent, Food Services Manager and Staff met to design and implement a new plan for increased nutrition in the school breakfast and lunch program and to add an educational outreach component from food services out into the rest of the campus.

This plan would coincide with the 2006 state and federal mandate to implement a wellness policy within all school districts. Our goal became to identify a few menu changes, a few deletions of non-nutritious foods and additions of super nutritious foods to the program that could be acted on over a period of three years. We would also create and implement some lesson plans for third and fourth grade nutrition requirements.

Our philosophy includes the idea that a nutritious meal is a successful meal and will be used often if it is also a well like meal.

The First Seven Guidelines Implemented 2004-2005

- ❖ We make all of our own salad dressings from scratch using canola or olive oil, with the exception of the low fat low calorie commodity mayonnaise we use in our ranch dressing recipe. This will cut sodium, sugar and preservative amounts in our menus.
- ❖ We have eliminated processed cheese foods from all of our recipes and menus. This means no American cheese slices. We decline all commodity processed cheese foods. This removes preservatives, salt and trans fats.
- ❖ We may refuse some super processed foods from commodities that are heavy on preservatives, or are what we refer to as "County Fair" foods, like corn dogs and hot dogs and chicken nuggets. We do order these items for special play days for elementary grades.
- ❖ We are attempting to limit the amount of nitrate and nitrite preserved meats we serve. This is a difficult step and will be phased in as new products are out on the market. There have been studies that show a carcinogenic link with these meat preservatives.

- ❖ We use organic salad greens on our salad bar and constantly strive to increase vegetables, fruits, meats and dairy choices on the salad bar. We promote the salad bar for it's raw foods.
- ❖ Our menu plan by week always includes a minimum of three fresh raw fruits and two fresh raw vegetables, organic when possible, and attempts to limit and eventually eliminate canned vegetable and fruits all together because of their limited nutritional value.
- ❖ We use only canola oil, olive oil, and butter in our recipes and menus, no shortening or lard, or other hydrogenated oils, and try to keep them out of all frozen, pre-made foods we purchase or receive from commodities. In our soups and sauces that are roux based we use half butter/half olive oil for the fat.

Guidelines Implemented 2005-2006

- ❖ We are phasing out all white flour pastas and have found multi grain or whole wheat replacements for lasagna, spaghetti and fettuccine.
- ❖ We are purchasing only unsweetened applesauce avoiding the high fructose corn syrup (HFCS) used to sweeten this product.
- ❖ We are going to a better grade of peanut butter not containing HFCS and no hydrogenated oils.
- ❖ We are using multi or whole grain breads and buns when purchasing, we make our own multi grain French bread and rolls.

Guidelines Implemented 2006-2007

- ❖ We are putting out a "fruit bowl" consisting of three fresh fruits several times a week for middle and high school lunch in addition to any fruit on the menu. This gives extra nutrition and calories for those who need it.
- ❖ In the past the middle and high school students have had the choice of the main lunch or the salad bar. This year we are opening up the salad bar to all students in addition to the hot lunch. (We have found that they are eating more vegetables, fruit, and our "seconds" line is shorter because the students are eating a more varied meal.)
- ❖ We are offering an all-fruit juice option along with the milk in the same cold case. We believe it is important to give the students another choice besides or in addition to milk. We have a lot of undiagnosed lactose or milk intolerance potential and would like to alleviate the suffering.
- ❖ LaConner Culinary Arts Class is visiting the Elementary Lunch Room occasionally to engage the young eaters in lively conversation about the food they are eating, encouraging them to eat more and understand a bit about nutrition.

- ❖ Food Service Staff have created a two day, one hour a day lesson plan to use in the third or fourth grade that teaches nutritional information including proteins, carbohydrates, vitamins and minerals, encourages eating a varied diet, and ends with the students creating a lunch menu for a day that all students in the district will eat. The students love this lesson and get a lot of satisfaction out of having their menu made up for everyone.

In 2008 our school website began to include a school food services page which includes the lunch menu for the current month, as well as any important information parents and community should know about. This has enabled the food services staff to include more nutritional information and insights into what students are eating on campus, even a recipe or two and some inspiration.

How To Get Started

We at LaConner School District Food Services realize that none of the above could have happened without the progressive nutritional views of our school board which recognizes that the lunch we serve here is many times the best or only meal some students receive each day and has supported our efforts through this process.

Throughout OSPI there is the concept that, although our School Child Nutrition Programs are not for profit but to feed students, we should be cutting costs as a priority over what is sometimes recognized as good nutrition – a subject where many entrenched and trendy ideas prevail and are promoted by giant food manufacturers. This is slowly changing and with your awareness and desire to act it will occur faster. We are at the forefront of a big change already. You can check out other school districts in California, Montana, and Minnesota for examples of school districts willing to work with a realistic budget for real food.

We started with small “in kitchen” changes and moved out from there. We accepted the negative views to some of the changes (wheat bread instead of white for PBJs, or romaine and mixed greens instead of ice berg lettuce for instance.) and just kept making the changes. We still have the same two complaining students we had three years ago...and the rest of the students trust what we serve.

We suggest developing a relationship with your superintendent and school board and encourage a letter writing campaign to your board outlining some small changes that you know are already feasible. It is also a good idea to make friends with the food service staff and find out what they are already implementing that can be praised while starting the process of change. We also encourage anyone to call the LaConner School District Kitchen staff anytime, except lunch time, for more information. Submitted by Georgia Johnson, Food Services Manager

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BOARD POLICY

Wellness/6701

RATIONALE

The Board recognizes that there is a link between nutrition education, the food served in schools, physical activity, environmental educational and ongoing wellness efforts. The Board further recognizes the important connection between student learning, a healthy diet and general wellness. It is recognized that the district has a role, in collaboration with the community at large, to model and actively practice the promotion of student and family health, including physical activity, good nutrition, sustainable agriculture and positive environmental practices. The Board acknowledges research which posits that:

- Many behaviors that inhibit learning and lead to classroom disruptions, such as shortened attention span, fatigue, and lethargy can be linked to hunger and inadequate nutrition.
- Childhood obesity has reached alarming levels in the state of Washington and overweight young people are at higher risk for developing serious long-term health problems, many of which can be ameliorated through diet and regular physical activity, especially if promoted at an early (school) age.
- Well-nourished young people are less frequent visitors to the health room, have better attendance, are less frequently tardy, and generally are more able to learn and participate in school activities at a positive level, and
- Fresh, seasonal, locally grown foods are a primary and recommended source of nutrition for young people.

The Board also acknowledges the State and Federal mandate that requires school districts to develop Wellness policies and procedures, with specific inclusion of Nutrition Education, Nutrition Guidelines, Assurance, Measurement of Impact, and Involvement of Diverse Representatives.

NUTRITION EDUCATION (Set goals for nutrition education, physical activity, and other school-based activities that promote student wellness.)

- **NUTRITION EDUCATION GOALS:** The Board directs the Superintendent to develop procedures and practices to ensure that:
 - No student in the district should go hungry during school.
 - An economically sustainable meal program makes available a healthy and nutritious breakfast, lunch, and snack to those participating in the meal program.
 - An instructional food garden and a Farm-to-School program will be developed on school grounds and/or access provided to such, of sufficient size to provide students with experiences in food preparation from tilling, sowing and growing to harvesting, preparation, and consumption.
 - Learning opportunities will be presented to all students, in an integrated-curriculum, manner as much as possible, to learn about nutrition and wellness, including consideration of the school cafeteria as a venue for dissemination of information.
 - Consideration of recycling and composting shall be included in the implementation of this policy in its varied applications.

- **PHYSICAL ACTIVITY GOALS:** The Board directs the Superintendent to develop procedures and practices to ensure that:
 - Physical Education and other teachers include learning opportunities that connect and demonstrate the interrelationship between physical activity, nutrition, and wellness.
 - Health and fitness curriculum are developed that are consistent with State EALRs.
 - District physical education opportunities comply with State regulations, including matters of time and frequency.
 - Students are provided outdoor exercise and physical activity opportunities, as appropriate and as weather permits.
 - Elementary students have daily opportunity for unstructured but supervised recess and/or other physical activity, in an outdoor environment as much as possible.
- **OTHER SCHOOL-BASED ACTIVITIES:** the District will further enhance the promotion of nutrition education, environmental stewardship, and wellness in as many other school-based activities as appropriate, practical, and effective.

NUTRITION GUIDELINES (Establish nutrition guidelines for all foods on campus during the school day). The following nutrition guidelines will be incorporated into procedures and practices that the Board directs the superintendent to develop:

- Qualified students will be made eligible for free and reduced meals at school.
- The nutritional value of the food served will, at a minimum, meet the current USDA dietary Guidelines, and whenever possible significantly improve upon those guidelines.
- The District food program will support and utilize local foods whenever possible, including school-grown products, and menus will be developed to complement local growing seasons and availability of foods.
- Foods offered to students during the day, as snacks, incentives, etc., will conform to the goals of this policy, as will fundraisers that utilize food.
- The use of foods that contain potential harmful residues of agricultural chemicals such as pesticides, herbicides, fertilizers, waxes, and other agents will be reduced or eliminated by efforts to purchase or use foods grown without such agents whenever possible.
- Vending machines and snack bars shall only sell foods that conform to the goals of this policy, during school hours, and whenever possible, after school hours.
- When the district uses Federal food commodities, such selections should reflect the highest nutritional value possible, and whenever possible should not supplant the use of local or school-grown organic food products.

ASSURANCE

The Superintendent will review this policy annually, and the procedures and practices generated from this policy, and ensure that these policies procedures and practices are not less restrictive than federal regulations and guidance issued by the Secretary of Agriculture or state law.

MEASUREMENT OF IMPACT (Establish a plan for measuring the impact and implementation of the wellness policy). The Superintendent will establish a standing Wellness Committee whose charges shall include annual review of the programs, served-foods, and other elements of this policy to monitor the overall effectiveness of the policy and its procedures and practices, monitor compliance with state and federal regulations, and make recommendations to the Superintendent and the Board of Directors for continued effective implementation of this policy. The Wellness Committee shall include representatives from staff, administration, parents, students, food services personnel, and community. The Superintendent assumes responsibility for this evaluative component of this policy.

INVOLVEMENT OF DIVERSE REPRESENTATIVES: This policy was developed with input from parents, community, local farmers, students, staff, food services personnel, administrators, and others in preparation for final consideration by the Board of Directors.

Approved: 10/25/06

DISTRICT NUTRITION STANDARDS

The District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Olympia School District is committed to providing an environment which promotes healthful food choices. This environment includes not only the District Child Nutrition Program but also school vending operations, student stores, fundraising sales, clubs, activities, organizations and any other foods available on campus before and during the academic day. The Olympia School District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale or distribution of beverages and food on school grounds before and during the academic day.

HOT LUNCH/SCHOOL BREAKFAST PROGRAM

- 1) The Board will ensure that an economically-sustainable meal program will provide access to a nutritious lunch to every student at every school so students are prepared to learn to their fullest potential. An economically-sustainable meal program is one that is able to at least cover all of its direct operating costs. The District will also ensure that every student will have access to a healthy and nutritious breakfast, and require that after-school daycare programs offer a healthy nutritious snack.
- 2) The Board will ensure that the nutritional value of food served by the Olympia School District and after-school child care programs significantly improve upon the USDA Guidelines.
- 3) The Board supports sustainable organic agriculture and the Farm-to-Cafeteria program. Therefore the Child Nutrition Supervisor shall develop and implement a plan to integrate organic food into the meals served to our students by the Olympia School District. The plan shall seek to reduce or eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
- 4) High sugar foods on the menu will be limited to items with high nutritional value.
- 5) Deep fat frying as a cooking method will not be used.

BEVERAGES

- 1) All beverages sold or dispensed to students will be no more than 12 ounces, with the exception of unsweetened water.
- 2) Vending sales of pop, drinks containing less than 100% juice, sports drinks, or artificially sweetened drinks, will not be accessible to elementary, middle school and high school students.
- 3) Vending and non-vending sales of 100% fruit juice in 12 oz. containers or less, nonfat or 1% milk, flavored and unflavored, in 10 oz. containers or less, unsweetened water in any size container, and seltzer-fruit combinations with no added sweeteners, in 12 oz containers or less, can be sold prior to and throughout the instructional day at the middle and high schools.

- 4) The non-vending sale of pop, drinks containing less than 100% juice, sports drinks or artificially sweetened drinks, will not be permitted to elementary, middle and high school students prior to the start of the school day or throughout the academic day, but will be permitted at those special events that begin after the conclusion of the academic day.
- 5) Sales of coffee drinks using a single shot (1 oz) and two percent milk or less are allowed at the high schools.

FOOD

Vending sales of food will not be accessible to elementary students. Non-vended foods at elementary schools, and vended and non-vended foods at middle and high schools, must generally meet the following criteria:

- 1) Under 200 calories per unit/package, unless the item is a meal replacement bar.
- 2) Less than 10% of calories from a combination of trans/saturated fats.
- 3) Meat group/protein foods will contain no more than 60% of calories from fat. Nuts and seeds do not need to fall within a fat guideline, but should have no added saturated fats.
- 4) Yogurt and cheese products should be made with 2% or lower fat milk.
- 5) Food choices should be a good source of several nutrients, including phytonutrients (nutrients found in plant based foods).
- 6) At middle and high school, up to 10% of snack items may be high in fat or added sugar if they contain less than 200 calories and contain some nutrients.
- 7) No foods of minimal nutrition value as defined by the USDA will be sold or dispensed to any student before school or during the academic day. "Foods of minimal nutritional value" include water ices (frozen sweetened water e.g. popsicles), chewing gum and certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).

APPLICATION

This policy applies to all food and beverages sold on school grounds before and during the course of the academic day. Schools are encouraged to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of this policy and held after the lunch hour whenever possible. It is also recognized that there may be rare special occasions when a school principal may allow a school group to deviate from these standards.

Use of foods as classroom rewards is not permitted, except in special situations when approved by the school principal.

Any food vending contracts will be approved by the Superintendent or his designee after review by the Child Nutrition Supervisor. This review will be to ensure that all contracts comply with this policy.



<i>CROSS REFERENCE</i>	<i>Policy 6700</i>	<i>Food Service Program</i>
<i>LEGAL REFERENCES</i>	<i>RCW 28A.235</i>	<i>Surplus or Donated Food Commodities for School Hot Lunch Programs</i>
	<i>RCW 28A.235.120</i>	<i>Lunchrooms—Establishment and Operation—Personnel for—Agreement for</i>
	<i>RCW 28A.235.130</i>	<i>Milk for Children at School Expense</i>



<i>POLICY ADOPTED</i>	<i>May 24, 2004</i>
<i>REVISED</i>	<i>June 13, 2005</i>
<i>REVISED</i>	<i>May 9, 2011</i>

MANAGEMENT SUPPORT

Nutrition and Physical Fitness

The Board recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Port Townsend School District is committed to providing an environment that promotes healthful food choices in its lunch and breakfast programs and also encourages healthy choices in the school vending operations, student stores, fundraising sales, clubs, activities, organizations and any other foods available on campus both during and outside of the academic day.

The Board recognizes the link between nutrition education, the food served in schools, physical activity, and environmental education; and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

The Board recognizes that it is the district's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental stewardship. The Board also recognizes that a significant portion of students' daily calories are consumed at school. Therefore it is the policy of the Board to:

- A. Provide nutritious food to students;
- B. Provide opportunities for physical activity and developmentally appropriate exercise;
- C. Provide accurate information related to these topics; and
- D. Provide support and strategic planning to improve the district's ability to achieve these goals.

The superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts offering National School Breakfast and Lunch Programs. The superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12.

The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Nutrition, health and fitness topics shall be integrated within the sequential comprehensive health education curriculum taught at every grade level, and coordinated with the district's nutrition and food services operation.

The district shall proactively encourage students to make nutritious food choices. The superintendent shall ensure that:

- A. A variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events;

- B. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars;
- C. Nutritious meals served by the district nutrition and food services operation complies with state and federal law, as well as the nutritional guidelines set by the Healthier US School Challenge; and
- D. The district shall make every effort to integrate a school garden program with nutritional education.

Nutrition

Nutrition Standards

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs.

The district shall improve upon current USDA guidelines and recommends the sale and distribution of nutrient-dense food at all school meals, functions and activities. Nutrient dense foods are those that provide students with calories associated with high nutrient content.

The district seeks to serve fresh, whole and locally grown food to minimize the use of highly processed foods. The use of foods containing high levels of sugars and simple carbohydrates, hydrogenated oils, and additives such as preservatives, artificial colors and flavors should be limited.

The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches.

Foods and beverages of minimal nutritional value, as defined by the USDA, shall not be sold on school premises during regular school hours unless approved by the administration.

Any food sales of an occasional nature must have the prior approval of the principal. Vending machines shall be limited to those items which are nutritionally healthful. No food or drink items shall be offered in vending machines until approved by the principal.

Food Services Program

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for its students. The Board authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the Board.

While welcoming donations of food, the Board recognizes the potential liability for the district; therefore the food services program shall retain the right to refuse donations of food without the approval of the superintendent. The superintendent shall establish inspection and handling procedures for food donations and determine that the provisions of all state and local laws have been met before incorporating or selling such food as part of school meals.

Targets for purchasing regionally produced and/or grown food shall be established by the superintendent and the Board. The Food Services Director shall report annually to the Board on the availability and cost of food available from local farmers.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast Programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of eligible students. Parents have the right to appeal a decision regarding their application for free or reduced-price food services to the superintendent.

The district may provide free, nutritious meals to all children on test days, including students who do not qualify for federal school meal benefits. The district is responsible for the cost of providing such meals to students.

The Board of Directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

Surplus Commodities

The district shall use food commodities available under the Federal Food Commodity Program for school menus in accordance with district guidelines for salt, sugar, fat and fiber.

Waste Management

Food and container waste should be addressed as part of operations management: (compost, recycling, and disposal of plastic and paper products). Students will be provided the opportunity to participate in composting and recycling as part of the educational program.

Physical Education

Health and Fitness Curriculum

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies.

All students in grades 1-8 are required to complete an average of 100 instructional minutes per week of physical education. This includes age-appropriate instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities. All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such students from participating in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily

recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Measurement of Impact

To facilitate these goals, the Board shall maintain a standing Wellness committee whose charge shall include annual review of the programs, served foods, and other elements of this policy to monitor the overall effectiveness of the policy and its procedures and practices, monitor compliance with state and federal regulations and make recommendations to the Board and the superintendent for continued effective implementation of this policy. The Wellness Committee shall include representatives from staff, administration, parents, students, food services personnel, health care professionals and community. The superintendent shall have responsibility for the evaluative component of this policy.

Cross References:	Policy 4260	Use of School Facilities
Legal References:	RCW 28A.230.040	Physical Education – Grades 1-8
	RCW 28A.230.050	Physical Education in High School
	RCW 28A.235	Surplus or Donated Food Commodities for School Hot Lunch Programs
	RCW 28A.235.120	Lunchrooms– Establishment and operation – Personnel for – Agreement for
	RCW 28A.235.130	Milk for children at school expense
	RCW 28A.623.020	Nonprofit meal program for elderly – Authorized – Restrictions
	RCW 69.04	Food, Drugs, Cosmetics, and Poisons
	RCW 69.06.010	Food service worker permit
	RCW 69.06.020	Permit exclusive and valid throughout state – Fee
	RCW 69.06.030	Diseased persons – May not work – Employer may not hire
	RCW 69.06.050	Permit to be secured within fourteen days from time of employment
	RCW 69.06.070	Limited duty permit
	WAC 392-410-135	Physical Education – Grade school and high school requirement
	WAC 391-410-136	Physical Education Requirement – Excuse
	7CFR, Parts 210 and 220	
	7 CFR, Part 245.5	
Management Resources:	<i>Policy News</i> , December 2004	Nutrition and Physical Fitness Update
	<i>Policy News</i> , February 2005	Nutrition and Physical Fitness Policy

Date: 7/11/05; 11/26/07; 1/24/11; 10/24/11

NUTRITION AND PHYSICAL FITNESS

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

Wenatchee School District Health and Fitness Standards

The Wenatchee School District's Healthier US Schools Challenge advisory committee (HUSCC) regularly convenes to maintain alignment with State and National Health and Fitness standards, HUSCC criteria, and USDA Child Nutrition Program requirements and to evaluate the policy's effectiveness. These [standards](#), as well as how families can support students toward these standards, is communicated through the Wenatchee School District website, Food Service website and other media.

Wenatchee School District Nutrition Standards – All Schools

The Wenatchee School District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The District is committed to providing an environment that promotes healthful food choices. This environment includes the District Food Services Program and also school vending operations, student stores, fundraising sales, and any other foods available on campus during the school day. The District requires the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing school meals and the sale or distribution of beverages, food, and candy on school grounds during the academic day.

School Meals

Every meal served through the National School Lunch and School Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, [nutrition requirements](#) established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;

- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - ensure that half of the served grains are whole grain
 - incorporate seasonally available, locally grown fresh whole foods
 - consider the cultural diversity of the student body in meal planning
1. Such information (above bullet points) will be made available on menus, a website, on cafeteria menu boards, placards, or other point-of purchase materials.
 2. Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
 3. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 4. Elementary schools will work towards scheduling lunch periods to follow recess periods.
 5. Schools will, to the extent possible, operate the School Breakfast Program and to notify parents and students of the availability of the School Breakfast Program.
 6. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

Beverages

1. The Vending and non-vending sales of pop will not be permitted until 30 minutes after the last meal period. Vending and non-vending sales of pop will be gradually decreased at Wenatchee High School and Westside High School with a goal of elimination of such sales by 2013.
2. Vending and ala Carte sales of 100% fruit/vegetable juice, nonfat or low fat flavored milk and flavored water can be sold prior to and throughout the instructional day.
 - 2.1 Vending and ala Carte sales of non-carbonated beverages such as ice teas, sports drinks and lemonades will be permitted at the secondary schools throughout the instructional day as long as they do not contain caffeine and are not sweetened artificially or by high-fructose corn syrup.
3. Wenatchee School District has decided that it will no longer sell or offer flavored milk in any of its USDA Child Nutrition programs.
4. Any food sales of an occasional nature must have prior approval of the building principal.

Food

Vended and “ala Carte” foods must meet the following criteria:

1. Under 200 calories per unit/package.
2. Under or equal to 35% calories from fat (excluding nuts, nut butters, eggs, and reduced-fat cheese).
3. Under 10% calories from saturated fat (excluding reduced-fat cheese or eggs).
4. Trans-fat free.
5. Under or equal to 35% sugar by weight (fruits are exempt).
6. Yogurt and cheese products should be made with 2% or lower fat milk.
7. Food choices should be a good source of several nutrients, including phytonutrients (nutrients found in plant based foods).

Candy

1. Generally, candy is defined as any item that has added sugar, or that has 35% of its total weight composed of sugar, (including brown sugar, corn sweetener, corn syrup, fructose, glucose [dextrose], high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar [sucrose], or syrup).
2. Vending and non-vending sales of candy will not be permitted on school grounds until 30 minutes after the last meal period.
3. Candy given as a classroom reward is strongly discouraged and will no longer be allowed by September 2013.

Guidelines for Classroom Foods

1. Classroom foods include snacks or treats provided by the teacher or by parents and foods used as rewards for appropriate classroom behavior.
2. Snacks served at school will make a positive contribution to children's diet and health, with an emphasis on fruits and vegetables and whole grains as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers and parents.
3. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
4. Using food as classroom rewards for academic performance or good behavior is strongly discouraged and alternative suggestions will be disseminated to teachers.
5. The district will disseminate a list of healthy party ideas to parents and teachers intending to include food as part of classroom celebrations.
6. Classroom parties serving food will not be scheduled during the school meal periods.

Guidelines for Foods and Beverages Sold in School Stores or as School Fundraisers

1. School stores must meet all criteria detailed in this policy and associated procedure.
2. To support children's health and school nutrition-education efforts, school fundraising activities if they involve food will use only foods that meet the above outlined nutrition standards for foods and beverages and integrate locally grown produce where appropriate.
3. Schools will encourage fundraising activities that promote physical activity.
4. The district will make available a list of ideas for acceptable fundraising activities.
5. Food marketing in schools will be consistent with nutrition education and health promotion.

Application

This policy applies to all food and beverages sold on school grounds during the course of the academic day. Schools are required to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards.

Any food vending contracts must be reviewed to ensure that they result in sales in school buildings that meet the above outlined nutritional criteria. After such review, all food vending contracts must have Board approval before they can go into effect.

The superintendent or designee shall approve and support implementation of a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. The superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged. Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the guidelines of this policy

The district shall take a proactive approach to encourage students to make nutritious food choices.

The superintendent shall ensure that:

- A. a variety of healthy food choices are available whenever food is sold or served on district property or at district-sponsored events; Schools are encouraged to offer fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible;
- B. schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. nutritious meals served by the school nutrition and food services operation comply with state and federal law;
- D. the public (including parents, students, and others in the community) is informed and updated about the content and implementation of the district wellness policy.

In each school, the principal or designee will ensure compliance with this policy and may be asked to report on the school's compliance to the Healthier US Schools Challenge advisory committee.

The Healthier US Schools Challenge advisory committee will:

- A. serve as resources to school sites for implementing this policy;
- B. assess on-going progress in policy implementation and determine areas in need of improvement;
- C. make recommendations to the superintendent regarding policy effectiveness.

Nutrition

Nutrition Standards

The district shall provide school breakfasts and lunches, which meet the nutritional standards required by USDA Child Nutrition Programs. Nutrition education will be offered that emphasizes the recommendations of the US Dietary Guidelines for Americans. School food service will work with school departments and with community partners to facilitate student understanding of fresh, locally grown, and minimally processed whole foods. The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches as outlined in the above document. Any food sales of an occasional nature or sold in vending machines must have the prior approval of the building principal.

Food Services Program

The district supports the philosophy of the USDA Child Nutrition programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

Free And Reduced-Price Food Services

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent. The district may provide free, nutritious meals to all children on test days, including students who do not qualify for free or reduced priced federal school meal benefits, however, the district is responsible for the cost of providing meals to students who are ineligible for free and reduced priced meals. The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

Surplus Commodities

The district shall use food commodities made available under the Federal Food Commodity Program for school menus at the discretion of the Food Services Director.

Summer Food Program

When academic summer programming is offered by the District, every effort will be made to provide meals to participants and the community via the Summer Food Service Program.

Physical Education**Health and Fitness Curriculum**

The superintendent shall adopt and implement a comprehensive health and fitness curriculum consistent with the EALRs. The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize assessments generated by the State CBA by 5th, 8th, and 10th grades with results reported to the District and will utilize other strategies that have been in place since the end of the 2008-2009 school year.

All students in grades one through eight are required to complete an average of one hundred instructional

minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The district is encouraged to provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.

Cross References: Board Policy 2100 Instructional Program Offerings
 Board Policy 4330 Use of School Facilities
 Legal References: RCW 28A.230.040 Physical Education – Grades 1-8
 28A.230.050 Physical Education in High School
 28A.235 Surplus or Donated Food Commodities for School Hot Lunch Programs
 28A.235.120 Lunchrooms — Establishment and operation
 — Personnel for — Agreement for
 28A.235.130 Milk for children at school expense
 28A.623.020 Nonprofit meal program for elderly — Authorized — Restrictions
 69.04 Food, Drugs, Cosmetics, and Poisons
 69.06.010 Food service worker permit
 69.06.020 Permit exclusive and valid throughout state — Fee
 69.06.030 Diseased persons — May not work — Employer may not hire
 69.06.050 Permit to be secured within fourteen days from time of employment.
 69.06.070 Limited duty permit
 WAC 180-50-135 Physical Education – Grade school and high school requirement.
 WAC 180-51-085 Physical Education Requirement-Excuse
 7 CFR, Parts 210 and 220
 7 CFR, Part 245.5
 Management Resources: *Policy News*, December 2004 Nutrition and Physical Fitness Update
***Policy News*, February 2005 Nutrition and Physical Fitness Policy**

Wenatchee School District

Adopted Date: July 12, 2005

Revised: Formerly Policy No. 8230; Updated and Revised 6/26/12

ADMINISTRATION

NUTRITION AND PHYSICAL FITNESS

Nutritional Content and Food Service Operations

The following guidelines shall be in effect:

- A. The sale of [foods of minimal nutritional value](#) must be prohibited in the food service area during meal periods. Only food or beverages that meet the minimal nutritional values, as defined by the USDA Child Nutrition Standards may be sold or served in the school prior to 30 minutes after the last lunch period. Such a provision specifically does not allow for the sale of carbonated beverages. Other non-carbonated beverages must be made with 100% fruit juice or be sweetened with sugar only (no artificial sweeteners or high fructose corn syrup) and cannot contain caffeine.
- B. This policy does not allow for the sale, prior to 30 minutes after the last lunch period, of confections defined by USDA as [foods of minimal nutritional value](#) such as hard candy made predominantly of sugar or corn syrup, licorice, marshmallow candies, jelly beans, fondant, spun candy and candy-coated popcorn.
- C. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of whole grains, fruits, vegetables, foods low in saturated fat, trans fat free, low in cholesterol, sugars and salt as defined in the district Wellness Policy.
- D. Apple or other fresh fruit sales in vending machines or ala Carte are acceptable at all times.
- E. Food that is sold must meet the Chelan-Douglas Health department's standards in regard to storage, preparation and serving.
- F. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students.
- G. School staff should promote non-food alternatives as student rewards.

School Cafeterias

- H. Any student may eat in the school cafeteria or other place designated by the building principal.
- I. Meal prices will be established by the superintendent and food service director, with the approval of the board at the beginning of each year.
- J. Healthy option foods should be competitively priced.
- K. Meal prices will be posted in each cafeteria or designated meal area and on the WSD website.

Nutrition Education

Nutrition education at all levels of the district's integrated curriculum should include, but not be limited to, the following essential components designed to help students learn:

- A. Age-appropriate nutritional knowledge, including the relationship of nutrition and food nutrients to physical performance and body composition; patterns of growth and development as well as issues surrounding body image; the concept of control and prevention of disease; how environmental factors affect health; the benefits of healthy eating in the context of essential nutrients and nutritional deficiencies; the principles of healthy weight management; the use and misuse of dietary supplements; the benefits of eating seasonally; the role of agriculture in their food choices and in our region, and cultural diversity related to food and eating;

ADMINISTRATION

- B. Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understanding how emotions influence decision making; analyzing health and safety information; developing a health and fitness plan and a monitoring system, learning to plan and prepare a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation, and commercial food and advertising; learning safe food preparation, handling, and storage; and
- C. How to assess one's personal eating habits, set realistic goals for improvement, and achieve those goals.

Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent is responsible for:

- A. Encouraging all students to participate in the school's child nutrition meal program.
- B. Providing varied and nutritious food choices consistent with the USDA Nutritional Guidelines for Americans.
- C. Providing adequate time and space to eat meals in a pleasant and safe environment. Schools shall ensure:
 - 1. Seating is not overcrowded;
 - 2. Rules for safe behavior are consistently enforced;
 - 3. Appropriate supervision is provided; and
 - 4. For recess held in conjunction with the lunch period, recess should be scheduled prior to the lunch period for elementary students.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged. Staff visits to regional farms, which grow school foods, is encouraged.

Family and Community Involvement

Research shows that students who participate in school meal programs have increased intakes of key essential nutrients at lunch and over a 24 hour period. In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring that:

- A. Nutrition education materials and meal menus are made available to parents;
- B. Parents are provided with current information promoting their child's participation in the school meals program. If their children do not participate in the school meal program, parents are provided with information stressing the importance of sending their children to school with healthy snacks/meals;
- C. Families are invited to attend exhibitions of student nutrition projects or health fairs;
- D. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, learning about harvest of the month programs, etc.);

ADMINISTRATION

- E. School staff are encouraged to participate in school garden related curriculum or to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- F. School staff consider the various cultural preferences in development of nutrition education programs school garden plantings, and food options.

Physical Education

Health and Fitness

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements. The goals of the district are:

- A. All children, from kindergarten through grade 12, will participate in a daily, quality, standards-based physical activity/fitness education program;
- B. All schools will have certificated physical education teachers providing instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, community college and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities regardless of income or ethnicity to participate in quality physical activity, fitness, sports and recreation programs.

Schools should identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
- D. Physical education curriculum includes homework that students can do with their families;
- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

ADMINISTRATION

Advisory Committee

The District shall regularly convene the Healthier US Schools Challenge advisory committee to assist in development of the district wide nutrition and physical fitness policy. The committee shall include food service director and staff, parents, building level administrators, school board members, students, nutritionists, health care professionals, physical education staff, the public and interested community organizations.

Program Evaluation

A. Nutrition:

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

At the building level, principals will be responsible for monitoring and approving food-related fundraising and classroom activities to ensure such activities comply with district guidelines.

B. Health and Fitness Education:

District physical activity/health and fitness programs will be monitored and assessed regularly by the Healthier US Schools Challenge advisory committee in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, school sites, and made available to parents and community on an annual basis.

Food Service/Child Nutrition Program

To help ensure the wellness of each student attending Berkeley Unified School District and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service the Board subscribes to the following:

1. The Governing Board will ensure that no student in the Berkeley Unified School District (BUSD) goes hungry while in school.
2. The Board will ensure that an economically sustainable meal program that provides a healthy nutritious lunch is available to every student at every school so that students are prepared to learn to their fullest potential. The district will also ensure that every student will have access to a healthy and nutritious breakfast and require that all after school programs offer a healthy nutritious snack.
3. The Board will ensure that the nutritional value of the food served by Berkeley Unified School District and after school programs significantly improves upon USDA and State Dietary Guidelines by providing nutritious, fresh, tasty, locally grown food that reflects Berkeley's cultural diversity. The Board of Education encourages staff to utilize food from school gardens and local farmers based upon availability and acceptability.
4. The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.
5. The Board supports sustainable organic agriculture. Therefore the Nutrition Services Director shall develop and implement a plan to integrate organic food, as defined by the USDA National Organic Program, into the meals served to our students by the BUSD. The plan shall seek to eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
6. Meals served to students shall be attractively presented in a pleasant environment with sufficient time for eating. It shall be the responsibility of the school staff to foster good manners and respect for fellow students.
7. Students at the K-8 level will not be involved in the sale of candy, sodas, cookies and sweets at any school sponsored event or for any fundraising activity.
8. Bake Sales and/or Ice Cream Socials may be held at the K-8 level with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.

9. Foods offered to students and employees of BUSD during the day as a snack, an incentive, or in school offices, whether provided by parents or BUSD staff, shall be consistent with the goals of the policy.

10. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of the policy and held after the lunch hour whenever possible.

11. The Board will ensure that teachers, principals, and Nutrition Services employees recognize that the lunch period is an integral part of the educational program of BUSD and work to implement the goals of this policy.

12. The Board shall ensure that eating experiences, gardens, and nutrition education are integrated into the core academic curriculum at all grade levels.

13. Each school shall post the district's policies and regulations on nutrition and physical activity on the District's web page, in public view within all school cafeterias or in other central eating areas.

14. The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. These measures shall include, but not be limited to the analysis of the nutritional content of meals served, student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

(cf. 6142.5 - Environmental Education)

Policy BERKELEY UNIFIED SCHOOL DISTRICT

Adopted: November 17, 2004 Berkeley, California

Revised: June 28, 2006