6Gx53-8.012 LOCAL WELLNESS:

This policy was developed in accordance with the Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108.265, Section 204.

I. Nutrition Guidelines for All Foods on Campus

A. School Meals Program

1. Our Mission: Serving the future of America by nourishing bodies and minds today for healthier tomorrows.

2. Our Vision: Our Foodservice program is the pinnacle of nutritional integrity and team-oriented service that positively influences students' lives.

3. Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

4. All reimbursable meals will meet the Recommended Dietary Guidelines for Americans and the following Healthy School Meals Initiative Guidelines:

   a) Student breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron and Vitamins A and C.

   b) Student lunches will provide 1/3 of the RDA for calories, protein, calcium, iron and Vitamins A and C.

   c) The average fat content of school meals will not exceed 30% total fat and 10% saturated fat.

5. Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.

   a) Student and Foodservice Manager Menu Surveys will be conducted.

   b) Student taste testing of food items is a bid requirement when considering new menu items.

B. Child Nutrition Operations

1. The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

2. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

3. The school will strive to increase participation in the available federal Child Nutrition programs (school lunch, school breakfast, after-school snack, and summer foodservice programs).

4. School foodservice staff will be properly trained according to current professional standards and will regularly participate in professional development activities.

    a) Each foodservice assistant is required to complete the following Foodservice courses: Foundations, Quantity Cooking, Use and Care of Equipment and Introductory Nutrition.

    b) In addition, each foodservice manager is required to complete the Foodservice Leadership Training and yearly professional development activities.

C. All Other Foods Made Available on Campus

1. District Nutrition Standards - Foods outside of the National School Meals Program made available on campus will meet the following Nutrition Standards.

    a) Foods will comply with the current USDA Dietary Guidelines for Americans:

        1) Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).

2) Saturated Fat shall be limited to no more than 10% of the total calories in the food product.

3) Sugar will not exceed 35% of the total weight of the food product (excluding fruits and vegetables).

4) Conscious effort should be made to limit the sodium content of foods.

b) Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

c) Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

2. A La Carte Food

a) Elementary Schools

1) Foods sold daily as a la carte will be restricted to skim and low fat milk, 100% juice, water, fruits and vegetables.

2) Once a week other foods approved by the foodservice department, such as sherbet, frozen yogurt and cookies may be sold.

b) Secondary Schools

1) All foods sold daily as a la carte will meet the District Nutrition Standards.

2) Once a week other foods approved by the foodservice department that do not meet the District Nutrition Standards may be sold.

3) Foods of Minimal Nutrition Value, as defined by USDA, may not be sold.

3. Vending

a) Beverage Contracts – No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.

b) Snack Vending - All items sold in snack vending machines will meet the District Nutrition Standards.

4. Fundraisers

a) Sale of food and/or beverages will not be permitted with the exception of after school events. Food and beverages that are sold during after school events will include healthy choices.

b) Food and beverages that are sold in concession stands will include healthy choices.

c) Fundraisers not associated with the school in which food and/or beverages are being sold, should not be sold during the school day. (Example: Girl Scout cookies)

5. School Parties and Other Celebrations

a) Elementary Schools – Any activity during the school day, involving food and/or beverages that do not meet the District Nutrition Standards, will be limited to once a month per classroom.

b) Secondary Schools – Any activity during the school day involving food and/or beverages that do not meet the District Nutrition Standards will be limited to 10 times per school year.

c) Healthy attitudes about food will be promoted. Suggestions for appropriate non-food rewards may be found in Appendix A, however, schools should strive

to promote a sense of pride and accomplishment as the primary reward.

6. Classroom Snacks

   a) Classroom snacks will include only healthy choices, which meet the District Nutrition Standards. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. Appendix A provides a list of Healthy Classroom Snacks.

   b) After school snacks served as part of the federal After School Snack Program will meet the federal guidelines.

7. Eating Environment

   a) Meals will not be used as reward or discipline for student behaviors.

   b) Students will be provided adequate time to eat lunch.

   c) Schools shall be working toward providing at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

   d) Lunch periods are scheduled as near the middle of the school day as possible.

   e) Cafeterias should include enough serving areas so that students do not have to spend too much time waiting in line.

   f) Dining areas are attractive and have enough space for seating all students.

8. Food Safety/Food Security

   a) All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.

b) For the safety and security of the food and facility, access to the foodservice operations is limited to Child Nutrition staff and authorized personnel.

c) For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program or food that has been purchased and prepared by foodservice staff for the school.

d) During an after school event in which permission by the School Board has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must present during the event and the storage facilities may not be used following the conclusion of the event.

e) For further guidance see the US Department of Agriculture food security guidelines.

II. Nutrition Education Goals

A. The School Cafeteria will function as a learning environment to encourage Lifelong Healthy Eating Habits. Students will learn how to make their own healthy choices to create a well-balanced meal.

B. The School Foodservice Department website will provide monthly nutrition information to parents and students. Links will be provided to quality nutrition information and educational websites. School Menus, nutrient composition of foods and a list of a la carte items will be posted on the website.

C. Nutrition education will be integrated into other areas of the curriculum as addressed in the Sunshine State Standards.

D. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

E. Families will be encouraged to teach their children about health and nutrition and to provide nutritious meals for their families.

III. Physical Activity and Education Goals

A. Schools will promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.

B. State requirements for physical education will be met or exceeded.

C. All students will have equal opportunity to learn; frequency, time and or intensity.

D. Physical Education will provide meaningful content and appropriate instruction.

E. Physical Education teachers should receive professional development and certification opportunities.

F. Classroom teachers should receive training in order to develop methods of incorporating physical activity into the school day.

G. Schools will promote physical activity in our schools outside of physical education.

H. Supervised Preferred Activity Time that promotes physical activity outside of physical education should be allowed and promoted.

I. The District will promote and support programs and partnerships within the community that provide students' opportunities to be physically active.

J. Priorities

    1. Maintain status of Certified Physical Education teachers for all classes.

    2. Review the curriculum K-8 for scope and sequence of instruction to ensure all students' meaningful content and appropriate instruction.

    3. Instructional periods of a minimum 150 minutes per week elementary/225 minutes per week middle.

    4. Implement the already budgeted intramural programs (Middle School).

    5. Implement a cumulative total of 15 minutes of supervised recess per day in addition to regularly scheduled physical education (Elementary and Middle).

6. Require a nationally recognized and validated pre and post physical fitness assessment and report results to parents annually.

7. Encourage schools to refrain from using physical activity for punishment or withholding physical activity for academic or behavioral remediation during physical education.

8. Ongoing professional development.

9. School site training for classroom teachers for methods to integrate physical activity into their lessons.

10. Adequate equipment and facilities available for all students.

11. Add high school interscholastic sports as they become sanctioned by the FHSAA.

IV. Goals for Other School Based Activities

A. Wellness Policy guidelines and goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

B. Support for the health of all students is demonstrated by implementing coordinated school heath programs in every school, hosting health clinics, health screenings, and helping to enroll eligible children in health insurance programs.

C. After-school programs will encourage physical activity and healthy habit formation.

D. A local wellness committee comprised of families, teachers, administrators, and students will plan, implement and improve nutrition and physical activity in the school environment.

V. Monitoring Implementation and Measuring Outcomes

A. An implementation evaluation will be requested yearly from each school. Key individuals at each school will be charged with administering the assessments and reporting results.

B. After full implementation of the Local Wellness Policy, a subcommittee will begin the process of developing an outcomes evaluation to measure and assess expected outcomes.

Statutory Authority: Florida Statutes 1001.32, 1001.41, 1001.42, and 1001.43

Laws Implemented: Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108.265, Section 204

Adopted: June 27, 2006

Amended:

October 14, 2008