



Nutrition Backpack

Polk County Local Wellness Policy

Did you know that on June 27, 2006 the Polk County School Board adopted a Local Wellness Policy? In 2004, Federal Legislation was passed that required school districts which participate in the National School Meals Program to draft a local wellness policy. The policy was required to address Nutrition Standards for all foods sold on campus as well as Goals for Physical Activity, Nutrition Education and Other School Based Activities. For months the wellness policy committee met to discuss what the policy for Polk County should look like. In the end, the school board passed a policy, which they felt was a great start to improving the health and wellbeing of the students of Polk County.

Schools in Polk County underwent some changes this school year as a result of the policy and changes continue to be made to come into compliance with the new policy.

School Menus – a healthier look

One of the biggest changes in the cafeteria was the a la carte menu. All foods sold a la carte now meet the US Dietary Guidelines for Americans, which recommends the following:

- Fat should be limited to 20-35% of total calories.
- Saturated fat should be limited to 10% of total calories.
- Sugar should not exceed 35% by weight of a food item.
- Effort should be made to limit the consumption of salt and salty foods.

Even our a la carte pizza is leaner. We worked with local pizza vendors to formulate a pizza slice that would meet the nutrition standards of the new wellness policy and it tastes great! Thanks to Hungry Howie's and Domino's for the extra effort.

Coming Soon New and improved vending

Schools currently offer beverage and snack vending and changes are underway.

- * Beverage machines will no longer include carbonated beverages. Instead machines will vend healthier alternatives such as water and 100% juice.
- * Some high schools are participating in a pilot that will test the success of Health Cow Milk Vending.
- * Snack machines will also lean out. We are working with our snack vendor to fill machines with snacks that meet the nutrition standards of the new wellness policy.

The key to remember is that small changes over time can make a big impact on student health and wellbeing. We are excited about the positive changes that are happening in Polk County. To view the Local Wellness Policy in its entirety, follow the Local Wellness Policy link on the main Foodservice webpage <http://www.polk-fl.net/foodservice>.

Nutrition Backpack is authored by our staff Registered Dietitian.
For questions concerning your child's nutrition e-mail jenna.brunaugh@polk-fl.net.