

FOOD SERVICE/CHILD NUTRITION PROGRAM

Note: The following administrative regulation applies to food sales through the district's food service program. For food sales outside the district's food service program (e.g., by student and adult organizations, through vending machines, or at student stores), see BP/AR 3554 – Other Food Sales.

Nutritional Standards

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall meet the nutritional standards, as well as the nutrient and calorie levels for student of each age or grade group, required by 7 CFR 210.0 and 220.8. (42 USC 1758, 1773)

(cf.3533 – Free and Reduced Price Meals)

School Meals

Meals served through the National School Lunch and 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;²
- Serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.⁴

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.

² To the extent possible, schools will offer at least two non-fired vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.

³ As recommended by the *Dietary Guidelines for Americans 2005*.

⁴ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁵. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income, promote the availability of school meals to all students; and/or promote nontraditional methods for serving school meals.

Meal Times and Scheduling. Schools, to the extent possible:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals in schools. The district recognizes the cultural diversity within the student population and will include as a part of staff development to reflect the diversity of healthy food traditions in the student population. Staff development programs should include appropriate certification and/or training programs for school nutrition managers and cafeteria workers, according to their levels of responsibility⁶.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on some children's diets.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

OTHER FOOD SALES (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Until July 1, 2007, for foods not reimbursed through the federally reimbursable meal programs, minimum of 50% of foods sold by the district on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085.

Nutrition Guidelines for Food and Beverages (Available outside the school meal programs)

- Individual foods items sold outside the federal reimbursable meal programs shall meet local, state and federal requirement.
- The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- Schools shall follow nutrition standards.(See below)
- Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines as noted in the box below.
- Food or beverages that do not meet the nutrition standards in the box below, may be sold by students:
 - If the sale takes place off and away from school campus; or
 - On school grounds, if sales occur 30 minutes after the end of school

FOOD (EC Section 49430, 49431.2)	BEVERAGES (EC Section 49431.5)
<p>Beginning July, 2007, the only foods that may be sold outside the federal reimbursable meal programs must meet the following requirements</p> <ul style="list-style-type: none"> • Not more than 35 percent of its total calories shall be from fat (excluding nuts, nut butters, seeds, eggs and cheese) • Not more than 10 percent of its total calories shall be from saturated fat and trans fat combined (excluding eggs and cheese) • Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables) • Calories shall not exceed 250 calories per food item • Entrée items (i.e., foods generally regarded as being primary food in a meal, including but not limited to, sandwiches, burritos, pasta, and pizza) shall not exceed 400 calories per food item and 4 grams of fat per 100 calories. 	<p>The only beverages that shall be sold are:</p> <ul style="list-style-type: none"> • Water, with no added sweeteners • Milk (two-percent, one-percent, or nonfat or rice milk, or other similar nondairy milk) • Fruit juice, preferably 100 percent but a least 50 percent fruit juice, with no added sweeteners • Vegetable juice, at least 50 percent vegetable juice, with no added sweeteners. • Electrolyte replacement beverages with no more than 20-ounce serving.

Fundraising activities. To the extent possible to support children’s health and school nutrition-education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks. 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, after-school program personnel, and parents.

Rewards. Schools to the extent possible, will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior⁷, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should to the extent possible, limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day, to the extent possible, shall meet current legislation.

NUTRITION AND PHYSICAL ACTIVITY GOALS

Nutrition Education and Promotion. Fortuna Union High School District aims to teach, encourage, and support healthy eating by students. Schools should to the extent possible, provide nutrition information and engage in nutrition promotion that:

- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for management and staff.

⁷ Unless this practice is allowed by a student’s individual education plan (IEP).

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent health promotion. Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (legislation summary above)⁸. School-based marketing of brands promoting predominantly low-nutrition foods and beverages⁹ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.). All students, including students with disabilities, special health-care needs, and in alternative educational settings will receive daily physical education (400 minutes/10 days) for the entire school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

⁸ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class less or activity, or as a research tool.

⁹ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

Physical Activity and Punishment. The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

PROGRAM IMPLEMENTATION AND EVALUATION.

Monitoring. The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the district superintendent or designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report annually on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board, the district wellness committee and school principals. The report will be made available to the public by being posted on the district’s website.

Policy Review and Updates. The superintendent or designee, in conjunction with the district wellness committee, will do an assessment of the implementation of the policy on an annual basis. Assessments will help to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The superintendent or designee, and the district wellness committee will provide the school board with recommended revisions for the wellness policy based upon their assessment. The district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Informing the Public. The district shall make information regarding the implementation of the wellness policy available on the district website. This shall include the wellness policy and the annual assessments. This information will be updated annually and posted to the district website after being reviewed by the governing board of the district.

Board Approved on 4/14/2015