

JLCF - WELLNESS POLICY

The Wilton-Lyndeborough Cooperative School Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that compliance with the Healthy, Hunger-Free Kids Act of 2010 is necessary for participating in the federal school lunch program. The act expands the scope of this policy, brings in additional stakeholders in its development, implementation and review, and requires public updates on the content and implementation. As needed the WLC Wellness Committee will request that the Superintendent notify the School Board regarding any changes that occur in future federal and state nutrition guidelines that need to be reflected in this policy.

Goals:

- I. The District shall teach, encourage, support and model healthy eating habits for students.
- II. The District shall teach, encourage, support, and model age appropriate daily physical activity.
- III. The District shall educate students, employees, school board and community members to the important benefits of a healthy lifestyle.
- IV. WLCSD schools shall comply with the nutritional guidelines outlined below in a manner designated to facilitate the adoption of healthier eating habits.

Nutrition Guidelines: The School District's nutritional standards are based upon standards established by the USDA. These nutrition guidelines, apply to all foods sold to students for consumption on school grounds during the school day, including the school lunch and breakfast program, and *competitive foods* sold by school staff, e.g. foods and beverages sold in vending machines and school stores.

A. School Meals: School meals served by the District shall meet the nutrition requirements established by the USDA, laws, and regulations. Administration of the school meal program will be by qualified school food service staff. School lunches and breakfast programs will offer a variety of foods and choices for students. Nutritional information about school meals will be available for students and parents by food service personnel through menus, websites and other appropriate school media.

B. Free and Reduced Meals: Eligibility for and distribution of free and reduced priced meals will be provided with confidentiality in accordance with state and federal requirements.

C. Breakfast & Lunch: In order to meet the nutritional needs of children and enhance their ability to learn it is recommended that all schools in the District provide a breakfast program in addition to their already established lunch programs.

D. Meal Times and Scheduling: Schools whenever possible:

- Shall ensure students have sufficient time to eat breakfast and lunch in accordance with the federal Child Nutrition and WIC Reauthorization Act of 2004.
- Shall schedule meal periods at appropriate times in accordance with NH Healthy School Best Coalition recommendations. Lunch should normally be scheduled between 11:00 AM and 1:00 PM.
- Shall not schedule tutoring, club, or organizational meetings/activities during mealtimes, unless students may eat during such activities.
- Shall schedule lunch periods to follow recess periods.

E. Food Sales: Foods sold on school grounds by school staff for consumption during the school day shall be in conformance with the regulations issued by the US Secretary of Agriculture as applicable to schools.

Elementary Schools The school food service program will approve or provide all food and beverage sales to students in elementary schools for foods sold during the school day for consumption during the school day. Foods in elementary schools should be sold as balanced meals.

Middle/Junior High and High Schools In the middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines and competitive foods) to students during the school day, will meet the following nutrition and portion size standards:

Beverages: Beverages sold on school property during the regular school day will follow the established nutritional standards established by USDA “Smart Snacks in School” standards. These standards govern size and allowable beverage.

Foods: Any item sold individually:

- Shall meet or exceed nutritional guidelines established by the USDA “Smart Snacks in School”.
- Shall have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Shall have no more than 35% of its *weight* from added sugars;
- Snack items and side dishes sold a la carte will have no more than 230 mg of **sodium** per item as served; Snack items and side dishes sold a la carte will not have more than 200 **calories** per item served, including any accompaniments. Entrée items sold a la carte will have no more than 480 mg of **sodium** per item as

served including any accompaniments; Entrée items sold a la carte will not have more than 350 **calories** per item as served including any added accompaniments.** A choice of at least two fruits and/or non-fried vegetables shall be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and

**The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

General Standard for Competitive Food- To be allowable, a competitive FOOD item must:

- 1: Meet all the proposed competitive food nutrient standards; and
- 2: be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
3. have the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
4. be a combination food that contains at least ¼ cup fruit and/or vegetable; or
5. contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D or dietary fiber).

F. Fundraising Activities: School-sponsored fundraising activities (direct school affiliation) will not involve food or will use only foods that meet the nutrition and portion size standards for food and beverages as itemized in JLCF-R for fundraising that occurs during the school day for consumption by students during the school day.

G. Rewards: Schools will not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

H. Snacks: Snacks sold by school staff for consumption during the school day will follow the nutritional guidelines in this policy with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The Wellness Committee will prepare a list of healthful snack items to be distributed by the District to teachers, after-school program personnel and parents.

I. School Store: Food and beverage items sold in the school store will follow the nutritional guidelines in this policy. Food items in the school store will not be sold when the school food service program is open for sale.

J. Celebrations: Schools should limit celebrations that involve food during the school day. The Wellness Committee will prepare a list of healthy party ideas to be disseminated by the District to parents. Subject area lessons involving food preparation should follow nutritional guidelines as part of the instruction of the lesson.

School staff involved in homeroom, field trips and advisory food related events will communicate with school food services managers to assist with cafeteria planning and reducing food waste. When possible, staff should order foods through food services managers.

K. Extra-Curricular Meals: Arrangements may be made through the food service program for food and beverage items for students that meet the guidelines of this policy. Examples of extra-curricular activities include but are not limited to: Athletic teams and clubs.

L. Classroom Activities: Schools shall discourage the use of food items for instructional purposes unless is essential to a curriculum area. This is especially the case for those food items that do not meet the nutritional standards for foods as outlined in this policy.

Nutrition Guidelines for Reimbursable School Meals:

In no circumstances will the guidelines for reimbursable school meals be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture as applicable to schools. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure that students will participate in consuming high quality meals.

Plan for Measuring Implementation:

The Wellness Committee will periodically assess the nutrition and physical activity environment throughout the District and provide input to each Building Principal and Superintendent regarding progress on current targets. The Committee will recommend new targets and strategies as needed to the Superintendent and Building Principals. Periodic reports will be provided to the School Board, which will include any necessary changes to the policy.

Each Building Principal is charged with the operational responsibility for ensuring that their school follows the guidelines set forth in this policy and implementing the recommended and adopted strategies for achieving the recommended and identified targets.

Community Involvement:

The Board will establish a Wellness Committee that will periodically assess the nutrition and physical activity environment throughout the District. This group will assess progress on the current goal targets; recommend any new goal targets and identify strategies for achieving them. In appointing a Wellness Committee, the School Board will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school board members, school administrators and the general public to participate in the development, implementation, and review and update of this policy.

This policy will be made available to the public (including parents, students and others in the community) as well as periodic reports that address the extent to which the LEA's local wellness policy compares to model local wellness policies, and the progress made in attaining the goals of the local wellness policy.

Legal References:

RSA 189:11-a, Food and Nutrition Programs
Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004
NH Code of Administrative Rules, Section Ed. 303.01 (g), Duties of School Boards
NH Code of Administrative Rules, Section Ed. 306.11, Food & Nutrition Services
NH Code of Administrative Rules, Section Ed. 306.40, Health Education Program
NH Code of Administrative Rules, Section Ed. 306.41, Physical Education Program
Healthy and Hunger Free Kids Act of 2010

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