

PROCEDURE 533 – WELLNESS

I. Procedure

A. Foods and Beverages

1. School breakfasts and lunches will be consistent with the current USDA Nutritional Standards and the American Dietary Guidelines including:
 - a. Meals must contain calories according to age group with 30% or less calories from fat and 10% or less calories derived from saturated fat.
 - b. Meals will be planned to encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables.
 - c. Foods should be served with consideration toward variety, appeal, taste and safety to ensure high quality meals.
 - d. The district will use food commodities made available under the Federal Food Commodity Program for school meals.
 - e. All food and beverage will meet federal, state, and local guidelines for safety and sanitation.
 - f. Nutritional meal data is available to parents, staff and students on request.
 - g. Weekly nutrient averages for school meals will be included on school menus.
2. Foods and beverages made available on campus (including school stores, vending selections, and a la carte cafeteria items) will offer food options that are consistent with the current USDA Dietary Guidelines for Americans. Concession sponsors will be strongly encouraged to offer healthy food items.
3. Food service personnel will take appropriate measures to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
4. Food service personnel will adhere to all federal, state, and local food safety and security guidelines.
5. The school district 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 meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. Schools will implement meal serving schedules that provide students with sufficient time to eat, and will schedule meal periods at appropriate times during the school day.

8. Schools will make every effort to provide students with a safe eating environment with adequate seating space.
9. The school district will discourage tutoring, meetings or activities during mealtimes which prevent students from eating.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district will designate the Director of Food Services to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - a. part of health education classes and, where appropriate, other subject areas.
2. The school district will encourage all students, staff, and parents to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, classroom parties, and student stores.
3. Schools are encouraged to limit the use of foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment. If foods or beverages are used as rewards, healthy options should be considered.

D. Physical Activity

1. All students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health education and

physical education classes will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

2. Schools and/or classroom teachers will be encouraged to incorporate physical activity breaks into lessons or daily activities.
3. Elementary recess will be scheduled and implemented in a way that promotes physical activity.
4. Schools will work with community agencies to encourage student access to safe pedestrian and bicycle routes to and from school.

E. Parent Education and Communication

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will encourage parents to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks for their children and to refrain from including beverages and foods without nutritional value.
4. The school district will provide information about physical education and other school-based physical activity opportunities and will encourage parents' efforts to provide their children with opportunities to be physically active outside of school.

II. Implementation and Monitoring

- A. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the Director of Food Services.
- B. The school district's Director of Food Services will provide an annual report to the superintendent setting forth the compliance of each school with this policy. The Director of Food Services will complete an evaluation based on this policy with assistance from principals.
- C. The superintendent or designee will ensure compliance with the wellness policy.
- D. This policy will be referenced in Student and Staff Handbooks, and will be reviewed with all staff at the beginning of each school year.

Policy Adopted: 09/19/2006

Legal References

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

P.L. 108-265 (2004) § 204 (Local Wellness Policy)
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
7 C.F.R. § 210.10 (School Lunch Program Regulations)
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

School Board
INDEPENDENT SCHOOL DISTRICT 279
Maple Grove, Minnesota