Sarasota County Schools
Local Wellness Policy Procedures Manual

Philosophy and Commitment

Sarasota County Schools believes that children and youth who begin each day as healthy individuals can learn more effectively and are more likely to complete their formal education. Sarasota County Schools is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. All students in the Sarasota County School District shall possess the knowledge and skills necessary to make nutritious food choices and to enjoy physical activity choices for a lifetime.

The School Board adopts this Wellness Policy establishing guidelines and goals for nutrition, physical activity, student wellness, and a plan for implementation. This plan is designed to effectively utilize school and community resources and to equitably serve the wellness needs of students.

This policy serves as a tool for establishing healthy school nutrition environments in the Sarasota County School District. This policy establishes guidelines and techniques for promoting a well-rounded approach to health, nutrition, and overall student wellness that is sensitive to individual and community needs.

Rationale

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. According to the School Health Guidelines to Promote Healthy Eating and Physical Activity published by the Center for the Disease Control, healthy eating and physical activity, essential for healthy weight, are also linked to reduced risk for many chronic diseases, including Type 2 diabetes mellitus, heart disease, and cancer (School Health Guidelines, 5). Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students’ overall health, as well as their behavior and academic achievement in school (Association Between School Based Physical Activity, 8-9). Staff wellness is also an integral part of a healthy school environment, since school staff can serve as daily role models for healthy behaviors.
The School Board of Sarasota County acknowledges that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

- Good health fosters student attendance and education.

- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

- Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, which include unhealthy eating habits, physical inactivity and obesity, often are established in childhood.

- Approximately 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes.

- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid and MyPlate.

- School districts around the country are facing significant fiscal and scheduling constraints.

- Community participation is essential to the development and implementation of successful school wellness policies.

Therefore, it is the commitment of Sarasota County Schools that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious,
ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat

- All Sarasota County Schools will have the opportunity to participate in the National School Breakfast Program, National School Lunch Program, the After-School Snacks Program, and the Summer Food Service Program

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs

**Implementation Strategy**

**Sarasota County Schools:**

- Will establish and maintain a Local Wellness Policy Committee which will meet as at least twice per year (see below for composition of panel)

- Will conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.

- Will review and consider evidence-based strategies and techniques, such as the Smarter Lunchroom tool, when establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness.

- The Local Wellness Policy Committee will elect site based Wellness Contacts who will conduct reviews of the progress toward school Wellness Policy goals and compliance each year to identify successful goal implementation and areas for improvement.

- The Local Wellness Policy Committee will prepare and submit an annual report to the School Board regarding progress toward implementation of the school Wellness Policy and recommendations for revisions to the policy, as necessary.

- The Nutrition Educator shall ensure overall compliance with the local school wellness policy and the Director of Food and Nutrition Services is responsible for Local Wellness Policy oversight.
Local Wellness Policy Committee

The Local Wellness Policy Committee will be composed at minimum of:

- Two Registered Dietitians
- Two physical activity specialists
- Two school nurses
- Principal or Assistant Principal representing:
  - One Elementary school
  - One Middle school
  - One High school
  - One School Board Member
- One parent or a Sarasota County School student
- One community member
- Additional representation will be encouraged from parents, students, and community members

Parents, students, teachers, staff, and the general public will be provided opportunities to participate in the development, implementation, periodic review and update of the Local Wellness Policy. Information about how to participate in the Local Wellness Policy is located on the School District Website and is shared at a School Board meeting each year.

The Local Wellness Policy Committee will collectively perform an annual review (as required by K-20 Education Code 1003.453) to evaluate and measure the implementation of the Wellness Policy. This review will be performed after each school site returns their completed Wellness Policy reviews. Appropriate updates and modifications will be performed, based on the results of the Wellness Policy reviews from across the school district. The results of the review each year will be presented at a School Board meeting, which is televised for the entire community. The results of the review will also be posted on the School District’s website.

The Local Wellness Policy Committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued.

Any changes and updates to the Local Wellness Policy will be displayed on the School District’s website as well as presented annually at a School Board meeting.
Triennial Progress Assessments

The Local Wellness Policy Committee will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school board wellness policy and include:

- The extent to which the schools are in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Nutrition Review Subcommittee

A Nutrition Review Subcommittee will review school menus and product selection. This Subcommittee will meet as needed and will be composed at minimum of:

- Director of Food & Nutrition Services
- Two Area Supervisors
- Two Nutrition Educators

Nutrition Guidelines for All Foods on Campus

School Meals

Academic performance and quality of life issues are affected by the availability and choice of high quality foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, ability to learn and academic performance.

Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district’s Food and Nutrition Services Department. The administration of Food and Nutrition Services ensure that students have access to nutritious foods and beverages throughout the school environment. This includes working with the administration at each school to provide adequate time for meal purchase and consumption.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in clean and pleasant surroundings
• Meet, at a minimum, nutrition requirements established by local, state, 
and federal statutes and regulations
• Offer a variety of fruits and vegetables with two fruits and two 
vegetables offered daily as part of a reimbursable school meal. An 
emphasis will be placed on locally grown fresh produce
• Offer a variety of milk selections limited to low fat (1%), skim (0%), and 
flavored fat-free varieties (0%).
• Promote the selection and consumption of whole grains and /or whole 
grain enriched foods.

Food and Nutrition Services will engage students 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, Food 
and Nutrition Services will share information about the nutritional content of 
meals with parents and students. Such information will be made available on the 
Food and Nutrition Services website.

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:

• A School Breakfast Program will be operated at each school
• To the extent possible, bus schedules will be arranged and methods 
will be utilized to serve school breakfast that encourage participation 
including serving breakfast in the classroom, “grab-and-go” breakfast, 
or breakfast at alternative times
• The availability of the School Breakfast Program will be marketed via 
the school lunch menu and the Food and Nutrition Services Website.
• Parents will be encouraged through newsletter articles, take-home 
materials or other means, to provide a healthy breakfast at home for 
their children or to take advantage of the National School Breakfast 
Program

Lunch

To ensure all students have access to lunch opportunities at school, with an 
emphasis on balanced, reimbursable meals:

• Students are encouraged to select and consume all five components 
of a complete meal, including fruits and vegetables
• Reimbursable meals will follow regulations and guidelines issued by 
the United States Department of Agriculture (USDA)
• Fresh fruits and vegetables will be menued and offered daily
- Foods that are lower in sodium and saturated fats, and higher in whole grains will take priority over higher fat food items
- Providing students adequate time to eat:
  - 10 minutes at breakfast
  - 20 minutes at lunch

Foods and Beverages Sold Individually

(i.e., foods sold outside of reimbursable school meals, including cafeteria a la carte, vending machines, fund raisers, etc.)

All foods sold on campus will be consistent with Federal regulations for school meals and the Smart Snacks in School nutrition standards.

Elementary School A La Carte Options

The school food and nutrition program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, 100 % juice, non-fried vegetables and approved age appropriate healthy food selections.

Additional A la Carte Choices:
  - Unlimited sized bottles of plain water
  - Students are limited to one dessert choice per day
  - Parental controls can be placed on student accounts

Middle School and High School A La Carte Options

In middle and high school buildings all foods and beverages sold (including those sold through a la carte lines, vending machines, student stores, school-sponsored fundraising activities) other than (a) as part of the reimbursable school meal programs or (b) through concession stands immediately prior to, during and immediately after athletic and other events not occurring during the school day, will meet the following nutrition and portion size standards:

Additional A La Carte Choices:
  - Choices reviewed periodically by the Local Wellness Policy Committee
Foods

- A food item sold individually:
  - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) 10% of its calories from saturated and, 0% of its calories from trans fat
  - will have no more than 35% of its weight from total sugars
  - will contain no more than 200 mg of sodium per serving for snacks and no more than 480 mg of sodium per serving for entrees
  - will contain ≤ 200 calories for snacks and ≤ 350 calories for entrees

- A choice of at least two fruits and/or non-fried vegetables will 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; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables.

Beverages

All beverages sold on school campus during the school day (including vending and fundraisers) must meet one of the following guidelines:

1) Plain water (no size limit)
2) Low-fat unflavored milk or non-fat flavored milk (elementary-limit 8 fluid oz; middle/high-limit 12 fluid oz)
3) 100% fruit juice (elementary-limit 8 fluid oz; middle/high-limit 12 fluid oz)
4) Additional options for high schools:
   - Calorie-free or very low calorie: 5 calories per 8 fluid oz or 10 calories per 20 fluid oz (limit 20 fluid oz).
   - Low-calorie: 60 calories per 12 fluid oz. (limit 12 fluid oz)

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
  - Two ounces for cookies; must be whole-grain rich
• Two ounces for cereal bars, granola bars, pastries, muffins, and other bakery items; must be whole grain rich (certain high fiber products [≥3 g of fiber] may exceed the two-ounce portion size)
• 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
• Plain bottled water is exempt from portion size restrictions

Marketing

• In-school food and beverage marketing will meet competitive food and Smart Snack standards.

Competitive Foods

Florida law states that:
No competitive foods may be sold in elementary schools. No competitive foods may be sold on the school campus during the school day defined as midnight until 30 minutes after the end of the official school day The Code of Federal Regulations, 7 CFR 210.11.

Classroom Celebration/Food Rewards

It is highly encouraged that food is not used as a reward. It is also highly encouraged that healthful food options should be served during classroom celebrations (i.e. birthdays) and after school programs in order to promote student, staff, and community wellness. It is recommended that foods used in classroom celebrations and rewards meet the same guidelines that are required for foods that are sold at school. Examples of nutritious food and beverage options that could be used for classroom celebrations can be found on Attachment B.

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 meals. Electronic identification and payment systems will assist in the prevention of overt identification of eligible students. The confidentiality of free and reduced meal recipients will be protected, as required by law. The Code of Federal Regulations, 7CFR, 245.8
Meal Times and Scheduling

Meal times will be scheduled to allow sufficient time for students to be served and to consume their meals at breakfast and at lunch. Schools must offer lunches between 10:00 a.m. and 2:00 p.m. The Code of Federal Regulations, 7CFR, 210.10 (f)(1)

Food Safety

Florida Administration Code, Food Hygiene. Chapter 64 E-11
Food and Nutrition Services considers the health and safety of students to be one of its most important and vital responsibilities. Food and Nutrition Services will demonstrate its understanding of these responsibilities by providing a clean, safe environment for food storage, production and service. Food and Nutrition Services will follow all prescribed requirements of the Florida Administrative Code.

After School Snack Program

The After School Snack Program provides a snack for students participating in various after school programs throughout the school district. The after school snacks will:

- Comply with nutrition standards set forth by the United States Department of Agriculture (USDA)
- Be subject to Nutrition Review Subcommittee approval
- Incorporate fresh fruits, and vegetables, whole grains and reduced fat yogurt into a cycle menu
- Limit cookie choice to once a week

Summer Food Service for Children Program

The school district’s Food and Nutrition Services program will maximize the availability of meals to children via the Summer Food Service Program throughout the county. Schools in which 50% of students are eligible for free or reduced-priced meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.
Supper Program

Schools that qualify for the Supper Program are encouraged to participate in this Department of Health initiative. Schools are required to provide an education/enrichment program, and must provide supervision to participating students.

Foods Brought From Home

*Florida Administrative Code, Section 64E-11.003*
“Foods prepared in a private home shall not be used, sold, or offered to the public by a food service establishment or theater.”

*Florida Administrative Code, Section 64-E-11.003*
“Food received or used in food service establishments shall be from sources approved or considered sanitary by the department (Health Department) and shall be clean, wholesome, free from spoilage, adulteration and misbranding, and safe for human consumption. It shall have been prepared, processed, handled, packaged, transported and stored in a sanitary manner so as to be protected from contamination and spoilage.”

Employee Training

Food and Nutrition Services will offer continuous training opportunities for its employees. Courses include Foundations of School Food Service, Equipment Use and Care, Quantity Cooking, Food Safety, Nutrition, Customer Service, HAZCOM, and Hand Washing. The courses have been designed to ensure that FNS employees will provide quality food and service to customers.

Qualified FNS staff will provide training opportunities to staff in the areas of child nutrition, food safety and general school nutrition topics as needed to educate school district employees about guidelines and current trends in child nutrition.

- **All Directors** must earn at least 12 hours of annual continuing education/training. *The Code of Federal Regulations, 7CFR, 210.30(b)(3)*
- **All Managers** must earn at least 10 hours of annual continuing education/training. *The Code of Federal Regulations, 7CFR, 210.30(c)*
- **All Other Staff** who work an average at least 20 hours per week must earn at least 6 hours of annual continuing education/training. *The Code of Federal Regulations, 7CFR, 210.30(d)*
- **All Part-Time Staff** who work less than 20 hours per week must earn at least 4 hours of annual continuing education/training. *The Code of Federal Regulations, 7CFR, 210.30(d)*
Food Allergies

Food and Nutrition Services will work with parents, students and nurses to make appropriate and reasonable accommodations to students, and will assist them in navigating the school environment according to the procedures developed for food allergies in schools. Food and Nutrition Services will follow Food Allergy Guidelines developed by the Sarasota County Health Department School Health Team, the Department of Education Nurses, Food and Nutrition Services and the Sarasota County School Health Advisory Board. Approved Menu Modification Medical Statement request forms are required for all students with dietary restrictions, food intolerances, and food allergies who participate in the National School Breakfast and National School Lunch Program, and Supper Program. If a student does not purchase foods or beverages from the school cafeteria, the MMMS form is not required. These forms are available on the Food and Nutrition Services website and require a physician’s signature to be valid.

Sharing Foods and Beverages

Students should be discouraged from sharing foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some students’ diets.

Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters in the cafeteria will provide information about healthy food choices and the benefits of healthy eating.
- “Smarter Lunchroom” techniques and tools will be utilized to successfully promote school meals and encourage students to make healthy choices at mealtimes.

Nutrition Education

Nutrition education provides a vital link from the classroom to the cafeteria, with the school cafeteria serving as a “learning laboratory” for students to apply critical thinking skills taught in the classroom. Since students’ eating behaviors are
formed at a young age, early nutrition education opportunities contribute to a lifetime of healthy eating behaviors.

Nutrition Education will teach skills that are behavior-focused. Students will receive nutrition education that is interactive and teaches skills they need to adopt in order to practice healthy eating behaviors.

Where possible, nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.

Staff members who provide nutrition education will have appropriate training (i.e., a Registered Dietitian [RD], with a specialization in school based nutrition, or a School Food and Nutrition Specialist [SFNS]). Nutrition education materials will be reviewed by a qualified, credentialed nutrition professional.

Nutrition education activities will:
- Include enjoyable, developmentally appropriate participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise)
- Link with school meal programs, and other nutrition-related community services
- Teach media literacy with emphasis on food marketing; and include training for teachers and other staff
- Involve the sharing of information with families and the community through menus, newsletters, the Food and Nutrition Services website, parent meetings and other district-wide wellness activities

**Physical Education and Activity**

Students in Sarasota County Schools shall participate in a physical education program that stresses physical fitness, encourages healthy active lifestyles and integrates literacy. Physical education shall consist of physical activities of at least a moderate intensity level for a duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students. Adapted physical education for students with disabilities is offered.

All schools must establish lesson plans for their physical education programs that work toward meeting and exceeding the Sarasota County Physical Education Curriculum that is aligned with the Sunshine State Standards. All physical education programs will integrate literacy in collaboration with the core subject areas. A fitness assessment that is endorsed by the American Alliance for
Health, Physical Education, Recreation and Dance will be administered at each school.

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.

Research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Daily recess should be encouraged at elementary level (teacher directed physical activity) and when possible, recess should be planned before lunch.

The District is encouraged to provide community access to encourage students and community members to use the school’s physical activity facilities outside of the normal school day.

**Physical Education Requirements for K-5**

*Time Requirements* – Students shall have a minimum of 150 minutes of instruction per week. Student safety will be considered when scheduling the teacher to student ratio in physical education classes.

*Teacher Qualifications* – The instructional staff will consist of certified physical education teacher(s) and classified assistants. A minimum ratio of one certified physical education teacher to classified assistants will be determined by the program.

**Physical Education Requirements for 6-8**

*Time Requirements* – Students shall have a minimum of 225 minutes of physical education instruction per week. Students shall have a minimum of 18 weeks of physical education per year. Student safety will be considered when scheduling the teacher to student ratio in physical education classes.

*Teacher Qualifications* – All middle school physical education instruction shall be conducted by certified physical education teachers.

**Physical Education Requirements for 9-12**

*Graduation Requirements* – consist of ½ credit of personal fitness and ½ credit of any physical education elective. Students may waive this requirement by one of the waivers listed in Course Substitutions and Waivers section of the High School Student Progression Plan.

*Teacher Qualifications* – All high school physical education instruction shall be conducted by certified physical education teachers. Student safety will be considered when scheduling the teacher to student ratio in physical education classes.
Recess

Teachers should not withhold physical activity (recess) from students as a form of punishment.

Other School Based Activities

Sarasota County Schools will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development, and strong educational outcomes.

Sarasota County Schools will continue to promote and participate in Healthier US School Challenge activities and promote the expansion of Farm to School throughout the school district.

Student and Staff Wellness

Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- Sarasota County Schools shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

- A coordinated program of accessible health services shall be provided to students and shall include violence prevention, substance abuse prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health
referrals, immunizations, parenting skills, first aid and other priority health education topics.

Family, School and Community Partnership

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.

Staff Wellness

The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

Measuring Implementation and Community Involvement

- The district superintendent shall be charged with the operational responsibility for ensuring that each school meets the Local Wellness Policy requirements.
- The district superintendent shall appoint a district wellness team that includes parents, students, and representatives of the school food authority, the school board, school administrators, and the public to oversee development, implementation and evaluation of the Wellness Policy.
- The principal of each campus shall be responsible for implementation of the Local Wellness Policy and shall appoint a school-based evaluation team to develop and implement an annual evaluation plan.
- The school-based evaluation team shall evaluate policy implementation and identify areas for improvement. The evaluation team shall report their findings to the campus principal and develop with him/her a plan of action for improvement as needed.
- The wellness team shall report to the superintendent and school board annually on the progress of the wellness team and the status of compliance by the campuses.
### Attachment A

**Food or Beverage** | *HealthierUS School Challenge Nutrition Standards***
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These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.

**Fruits and Non-fried Vegetables**
- Fruit and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. [http://schoolmeals.nal.usda.gov/FGC/FBS/Section202.pdf](http://schoolmeals.nal.usda.gov/FGC/FBS/Section202.pdf)
- Examples of products that *cannot* be sold/served as a fruit or vegetable include:
  - Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips;
  - Pickle relish, jam, jelly; and tomato catsup and chili sauce

**Approved Beverages**
- Plain low-fat (1%), skim (0%), and/or flavored skim (0%) fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages*;
- 100% full-strength fruit and vegetable juices; and
- Water (non-flavored, non-sweetened, and non-carbonated)

**Any Other Individual Food Sales/Service**
- Calories from total fat must be at or below 35%***, excluding nuts, seeds, and nut butters. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.
- Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.
- Total sugar must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables or flavored milk as defined above.
- Portion size for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the National School Lunch Program/School Breakfast Program; for vending sales and item package or container is not to exceed 200 calories

*According the final rule *Fluid Milk Substitutions in the School Nutrition Programs* (73 FR 52903, September 12, 2008) lactose-free milk (Lactaid) is a USDA approved dairy beverage alternative for students who cannot tolerate lactose in cow’s milk.

**The above Nutrition Standards are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture’s *HealthierUS School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

***The Dietary Guidelines for Americans 2010 recommend that children and adolescents ages 4 through 18 years old consume a total fat intake of 25-35% calories from fat per day.
Attachment B

Healthful Food and Beverage Options for School Functions*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans 2010 are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Low-sugar, whole grain cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in fruit juice or water
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads) on whole wheat or whole grain bread
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and low-sugar cookies (graham crackers, fig bars)
- Mini whole wheat bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- flavored soy milk fortified with calcium
- Pure ice cold water

*This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the Wellness Policy to promote student health and reduce childhood obesity.
Attachment C

Recommended Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- *Car wash
- *Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids’ birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items – tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine’s Day and Mother’s Day

*These fundraisers have the added benefit of promoting physical activity and limiting food as a reward for students.