

Nutrition, Physical Activity & Wellness

Constituent Engagement throughout Winter/Spring 2006 Policy Construction Process

School nurses, the school physician, Clinton County Department of Health, administrators, operations supervisors, student councils and student members of various clubs, parents via PTOs, cafeteria services team members, health teachers and physical education teachers, booster club representatives via Principals, presidents of collective bargaining units and interested others have all been invited to assist with this school community policy initiative focused on nutrition, physical activity and wellness.

A variety of comments and suggestions were received, considered and are reflected in this policy. Constituent feedback continued to be useful after the initial round of constituent surveys. This policy, refined since the first draft was published and disseminated across campus April 7, 2006, continues as a catalyst for constituent comments, suggestions and questions. Like school districts nationwide, we are charting a new course for nutrition, physical activity and wellness across our campus.

Several constituents volunteered to assist cafeteria services with re-establishing and refining menu selections. It's anticipated there will be outreach efforts to capitalize on such volunteerism.

Detailed Rationale for This Policy – See Appendix A

Nutritional Value of Foods and Beverages Sold and/or Served on Campus

Cafeteria services staff will strive to have all meals served through the National School Lunch and Breakfast Programs be:

- Appealing and attractive to students;
- Served in clean and pleasant settings;
- Meeting, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offering a variety of fruits and vegetables;²
- Serving only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Striving to have half or more of the served grains be whole grain.^{3, 4}

Taste Tests and Nutritional Information – See Appendix B

Breakfast

To promote having all children eat a breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the school district will, to the extent practical:

- Operate the School Breakfast Program.

- Arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Notify parents and students of the availability of the School Breakfast Program.
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Pricing of Meals

Cafeteria services staff will strive to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁵. Each grade span is encouraged to use 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 use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Cafeteria Services Staff Qualifications – see Appendix C

Sharing of Foods and Beverages Among Students

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

Sales of Individual Food or Beverage Items

This policy also encompasses foods and beverages sold individually outside reimbursable school meal programs, including those sold via Peru CSD cafeteria services or Peru CSD-based booster clubs or Peru CSD-based student clubs through a la carte [snack] lines, vending machines, student stores and fundraising activities on the Peru CSD consolidated campus.

Elementary Grades Focus

The school food service program will be the chief source of food and beverage sales to students in enrolled in the elementary grades. Given young children's limited nutrition skills, food in elementary grade spans should generally be sold as balanced meals. If available, foods and beverages sold individually are to be focused primarily on low-fat and non-fat milk, fruits, and non-fried vegetables. If and as requested, the Cafeteria Services Coordinator and Director of Health, Physical Education and Athletics will consult with the Principal or each grade span to establish a suitable list of particular other items suitable for sales to elementary grades students.

Expanded Scope within Middle School and High School Students

Authorized beverages are water or seltzer water⁷ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional

caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (within USDA guidelines);

Beverages not authorized as of July 1, 2006 are soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

To be authorized for individual sale, food items are to have no more than 35% of calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of calories from saturated and trans fat combined. In addition, food items are to have no more than 35% of *weight* from added sugars;⁸ contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

Cafeteria services is encouraged engage in partnerships to assist Peru CSD-based fund raising groups with offering a choice of fruits and/or non-fried vegetables 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).⁹

Portion Sizes – See Appendix D

Fundraising

Those engaged with off-campus fundraising efforts are strongly encouraged to find suitable alternatives to school fundraising activities that involve non-nutritious food. When food is involved with on-campus sales or on-campus fund raising, authorization for food sales is exclusively within the guidelines above.

Fundraising activities that promote physical activity [such as car washes, raking leaves or sweeping driveways] are to be given preference over fund raising activities that merely promote consumption of additional foods and beverages.

Snacks Provided to Students Engaged with School Activities

Snacks served during the school day or in extended day programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The cafeteria services coordinator and Director of Health, Physical Education and Athletics are commissioned with providing Principals with a list of healthful snack items.

Food as Reward and Celebrations

Peru CSD staff and volunteers are strongly encouraged to avoid using 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 behavior,¹⁰ and are not withhold food or beverages such as food served through school meals as a punishment.

Elementary grades are to strive for limiting celebrations that involve food during the school day. Each party should be organized to strive for no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The cafeteria services coordinator and Director of Health, Physical Education and Athletics are commissioned with providing Principals and faculty with a list of healthy alternative party food items.

Campus Activities and Events

Foods and beverages offered or sold at on-campus events are to meet the nutrition standards for meals or for foods and beverages sold individually (as outlined above), regardless of what time of day, night or week such on-campus events are scheduled.

Instructional Aspects

Faculty teams associated with health and physical education classes are to focus on having:

- A developmentally appropriate program of instruction providing students with the knowledge and skills necessary to promote and protect their health up through and after graduation;
- Emphasis on consumption of nutritious choices such as fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Media literacy with an emphasis on food marketing and smart consumer decisions; and
- Promoting a physically-active lifestyle;

Opportunities for short physical activity or ‘stretch’ breaks between activities, lessons or classes are encouraged, as appropriate and suitable in the context of the particular grade level, course unit of study, staff assigned, space available and students enrolled.

Parent Communications – Cafeteria Services and Physical Education Department

Peru CSD will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Cafeteria Services Coordinator and Director of Health, Physical Education and Athletics will strive to offer annual seminars for parents, home nutrition information, tips on wellness school websites, and nutrient analyses of school menus. The Director and Coordinator will strive each school

year to 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 cafeteria services coordinator, in cooperation with Principals, will strive to provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The physical education department and its team of faculty will strive to provide practical information about physical education and about the practical 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, Website information, a single-sheet newsletter, or other take-home materials, special events, or physical education homework.

Commercialism in Schools Associated with Nutrition

On-campus marketing will be consistent with nutrition education and health promotion. As such, the school district will strive to de-emphasize any food and beverage marketing focused on the promotion of foods and beverages that **don't** meet the nutrition standards for meals or for foods and beverages sold individually.¹¹ On-campus marketing of brands promoting predominantly low-nutrition foods and beverages¹² is to be minimal and discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques to be minimized and reduced in scope as much as practical include: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; 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; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

Peru CSD highly values the health and well-being of its employees and encourages personal efforts and/or grade level/department team staff group efforts to maintain healthy lifestyles.

K-12 Physical Education

Students are to engage in moderate to vigorous physical activity for at least half of each typical physical education class.

Policy Examination

The Superintendent of Schools is commissioned to engage appropriate administrators, supervisors and staff with monitoring compliance with this policy and any associated

administrative protocols. The Cafeteria Services Coordinator and the Director of Health, Physical Education and Athletics will provide the Superintendent of Schools an annual winter summary report on progress associated with nutrition and wellness at Peru CSD.

This early preliminary draft document is based substantially on, and used with permission from, the **National Alliance for Nutrition and Activity**, associated with the federal Child Nutrition and Women, Infants and Children Reauthorization Act of 2004.

Spring 2006 Policy Development Engaging Constituents

A first reading by the school board of this April 7, 2006 preliminary first draft of this policy document is tentatively scheduled for May 9, 2006, at the school board's regular monthly meeting. A subsequent draft will be considered by the school board June 2006, following a time for review and comment, as follow-up to constituent feedback and health professional examination of the preliminary first draft during April and May 2006.

Detailed Footnotes – See Appendix E

Appendix A – Detailed Rationale for the Policy

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, 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;

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

Whereas, national, statewide and regional reports indicate broad interest in promoting increased physical activity and wellness as a priority;

Whereas, there is broad interest in promoting a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, it has been customary that the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts across the nation are facing significant fiscal and scheduling constraints; and

Thus, the Peru Central School District's Board of Education 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. Therefore:

- 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 will be encouraged to be physically active on a regular basis.
- Foods and beverages sold or served on campus will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans and/or Clinton County Department of Health Guidelines*.
- The school district's cafeteria services department will strive to 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 strive to provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, each grade span will participate in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.

The school district's teams of faculty associated with physical education and health education, along with the Director of Health, Physical Education and Athletics, will provide nutrition education and physical education focused on fostering lifelong habits of healthy eating and physical activity. Such instructional teams will strive to establish practical links among health education, physical education, nutrition and available community resources.

The Director of Health, Physical Education and Athletics will consult with each Principal to create, strengthen, or work within existing school-based shared decision making committees to help promote broad-based constituent support for increasing healthy habits of nutrition and physical fitness among students of our school district.

Appendix B - Taste Tests and Nutritional Information

The cafeteria services coordinator is encouraged to 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, the cafeteria services coordinator is encouraged to share information about the nutritional content of meals with parents and students. Such information could be made available on menus, the district's Web site, on cafeteria menu boards, placards, or other point-of-purchase materials.

Appendix C - Cafeteria Services Staff Qualifications

The cafeteria services coordinator will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the cafeteria services coordinator is to work cooperatively with the School Business Administrator and Director of Health, Physical Education and Athletics to make continuing professional development available for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for the cafeteria services coordinator, cook managers and cafeteria workers, according to their levels of responsibility.⁶

Appendix D - Portion Sizes

All entities are to strive for portion sizes of foods and beverages sold individually to be within the guidelines provided 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.

Appendix E - Detailed Footnotes

² To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

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.

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.

⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁸ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

¹¹ 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 lesson or activity, or as a research tool.

¹² 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.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

First Reading: May 9, 2006
Second Reading: June 13, 2006
Adoption: June 13, 2006