

E 5040 (1) STUDENT NUTRITION AND PHYSICAL ACTIVITY: Local Wellness Policy

SEC. 9A. [42 U.S.C. 1758b](#) LOCAL SCHOOL WELLNESS POLICY.

(a) INGENERAL.— Each local educational agency participating in a program authorized by this Act or the Child Nutrition Act of 1966 ([42 U.S.C. 1771 et seq.](#)) shall establish a local school wellness policy for all schools under the jurisdiction of the local educational agency.

(b) GUIDELINES.—The Secretary shall promulgate regulations that provide the framework and guidelines for local educational agencies to establish local school wellness policies, including, at a minimum,—

(1) goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;

(2) for all foods available on each school campus under the jurisdiction of the local educational agency during the school day, nutrition guidelines that—

(A) are consistent with sections 9 and 17 of this Act, and sections 4 and 10 of the Child Nutrition Act of 1966 (42 U.S.C. 1773, [1779](#)); and

(B) promote student health and reduce childhood obesity;

(3) a requirement that the local educational agency permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy;

(4) a requirement that the local educational agency inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy; and

(5) a requirement that the local educational agency—

(A) periodically measure and make available to the public an assessment on the implementation of the local school wellness policy, including—

(i) the extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;

(ii) the extent to which the local school wellness policy of the local educational agency compares to model local school wellness policies; and

(iii) a description of the progress made in attaining the goals of the local school wellness policy; and

(B) designate 1 or more local educational agency officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

(c) LOCAL DISCRETION.—The local educational agency shall use the guidelines promulgated by the Secretary under subsection (b) to determine specific policies appropriate for the schools under the jurisdiction of the local educational agency.

CSD ADOPTED: 4/9/2014

CSD REVIEWED: 8/29/2019

CSD REVIEWED: 9/11/2019

CSD REVIEWED: 10/21/2020

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United States Department of Agriculture

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA has published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting *junk food*.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

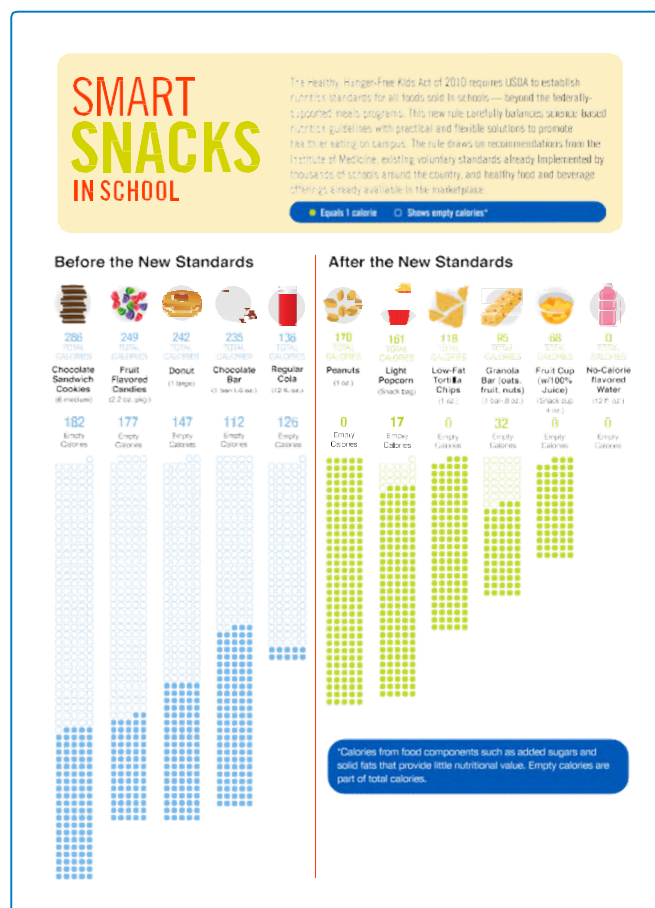
Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- Any food sold in schools must:
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- Foods must also meet several nutrient requirements:
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



E 5040(2-2) STUDENT NUTRITION AND PHYSICAL ACTIVITY: Smart Snacks in School Standards

Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
 - No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

CSD and USDA are equal opportunity providers and employers.

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Donated Foods We Can Accept

Wild Game Meat

Whole, or in quarters or roasts
(no burger or ground meats)



Seafood

Whole in round or gutted and gilled without further processing

Plants

Berries, Vegetables, and Wild Plants

What We Need to Check:

- ✓ That the animal was not diseased;
- ✓ Was butchered, transported, and stored cleanly and kept cool to prevent spoilage contamination, undesirable microbial growth, or deterioration; and
- ✓ The food will not cause a significant health hazard or potential for human illness.

In Our Kitchen:

- ✓ Any more preparation (such as cutting and cleaning) is done separately from other food (a different time or a different place)
- ✓ The food is labeled and stored separately from other food;
- ✓ Clean and sanitize food-contact surfaces of equipment and utensils after processing the traditional food;
- ✓ Label donated traditional food with the name of the food;
- ✓ Store the traditional food separately from other food for the applicable program, including through storage in a separate freezer or refrigerator or in a separate compartment or shelf in the freezer or refrigerator;
- ✓ Follow federal, state, local, county, Tribal, or other non-Federal law regarding the safe preparation and service of food in public or nonprofit facilities; and
- ✓ Follow other such criteria as established by the Secretary of Agriculture and Commissioner of the U.S. Food and Drug Administration.

Foods We CAN NOT Accept

- | | |
|---|--------------------------------------|
| --Bear meat | --Fermented seafood |
| --Beaver tail | --Home canned foods |
| --Fermented game meat | --Home smoked or dried meats/seafood |
| --Fox meat | --Home vacuumed packaged foods |
| --Seal or whale oil, with or without meat | --Muktak |
| --Walrus meat | --Salmon eggs |
| --Whale or seal flipper | --Shellfish from unapproved source |

When accepting donated game please fill out the form 'Receipt of Donated Game for Use in CNS Federal Nutrition Programs.'
Alaska Child Nutrition Services 2011

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