

Soda Springs School District No. 150 endeavors to establish a school environment that promotes students' health, well-being, and the ability to learn. The goal of the board is to encourage a healthy lifestyle for students through the promotion of nutritious foods and physical activity, nutrition education, and other school-based activities that promote school wellness. The district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

SCHOOL NUTRITION PROGRAMS

The district's school nutrition programs will prepare and serve nutritious, well-balanced, and age-appropriate meals, á la carte foods, snacks, and beverages that meet the U.S. Dietary Guidelines for Americans. In complying with such nutrition standards, the foods and beverages served or sold in school will contain a variety of grains, fruits, vegetables, and be low in saturated fat, cholesterol, sugars, and sodium. Water will be available to students at no charge in the place where meals are served during meal service.

Students, staff, and parents will be encouraged to provide feedback regarding the selection of foods and beverages available through the school nutrition program.

Each school will provide sufficient meal periods that are long enough to give students adequate time to be served and to eat their lunches.

The director of food services will develop and maintain a food safety program in order to reduce the risk of foodborne hazards at each step of the food preparation process, from receiving to service.

To the maximum extent practicable, all schools in this district will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.

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

- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives.
- Serve whole grain-rich products containing at least 51% whole grains and the remaining grains in the product will be enriched.

- Ensure that meals are prepared with products or ingredients that contain zero grams of trans fat per serving or a minimal amount of naturally occurring trans fat.
- Comply with calorie, saturated fat, and sodium content requirements.

FREE AND REDUCED-PRICE FOOD SERVICES

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents or guardians of the eligibility standards for free and reduced price meals. Schools will make efforts to protect the identity of students receiving such meals through the use of a uniform identification and meal payment system. A parent or guardian has the right to appeal any decision with respect to any denial of his/her application for free or reduced-price food services to the superintendent or designee.

ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS

Notwithstanding any other provision of this policy, the district's guidelines for reimbursable school meals will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

FOODS AND BEVERAGES SOLD IN SCHOOLS

All foods and beverages sold on the school campus during the school day outside of the reimbursable school meal programs, including those sold through à la carte lines, vending machines, snack bars, student stores, or fundraising activities, will meet the following nutrition and portion size standards:

Foods

All food sold in schools within this district will:

- Meet all of the nutrient standards as outlined below.
- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient (or second ingredient if water is first ingredient);
- Have fruits, vegetables, dairy, or protein foods such as meat, beans, poultry, seafood, eggs, nuts, or seeds as the first ingredient (or second ingredient if water is first ingredient);
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber.

All food items sold in schools will also meet the following nutrient requirements:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, reduced fat cheese, and seafood with no added fat), 10% of its calories from saturated fat (excluding nuts, seeds, peanut butter and other nut butters, and reduced fat cheese), and no trans fat.
- Have no more than 35% of its weight from added sugars (excluding dried fruits and vegetables).
- Contain no more than 230 mg of sodium per serving for snack items such as chips, cereals, crackers, French fries, and baked goods; and no more than 480 mg of sodium per serving for entrée items such as pastas, meats, and soups, pizza, and sandwiches.
- Contain no more than 200 calories per serving for snack items and no more than 350 calories per entrée item sold à la carte (excluding entrée items served as part of a meal program on the day of or day after service).
- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold and meet the above standards.

Beverages

All schools within the district may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives as permitted by school meal program requirements
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Portion sizes for milk and juice sold at all schools will be limited to the following:

- Up to 8-ounce portions of milk and juice for elementary school students.
- Up to 12-ounce portions of milk and juice for middle school and high school students.
- There is no portion size limit for plain water.

Additional beverage options and portion sizes for high school students include:

- Up to 20-ounce portions of calorie-free, flavored water (with or without carbonation), and other flavored and/or carbonated beverages that are labeled to contain no more than 5 calories per 8 fluid ounces or no more than 10 calories per 20 fluid ounces.

- Up to 12-ounce portions of beverages with no more than 40 calories per 8 fluid ounces or no more than 60 calories per 12 fluid ounces.

All beverages sold in schools must be caffeine-free with the exception of those containing trace amounts of naturally occurring caffeine.

Food and beverage marketing and advertising will be limited to only those foods and beverages that meet the nutrition standards outlined above.

FUNDRAISING

If foods and beverages do not follow the nutrition standards outlined above, the organization must request an exemption. Fundraisers requiring an exemption may not be longer than four (4) days in duration and exempt food and beverage items may not be sold in district food service areas during meal service. The district is limited to ten (10) exempted fundraisers per year per school site.

The nutrition standards outlined above do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

OTHER FOODS AND BEVERAGES IN SCHOOLS

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to student wellness

Parties

The school wellness committee will offer guidance for food and beverages offered as classroom snacks for elementary students, as well as school sponsored parties, social events, and school functions.

Food as Rewards

Teachers are discouraged from using food as a reward for students and will not withhold food or beverages as a punishment.

NUTRITION PROMOTION

The district will be proactive in encouraging students to make nutritious food choices, utilizing the following strategies:

1. Carefully selecting foods and beverages that contribute to students' nutritional well-being.

2. Making a variety of healthy food choices available whenever food is sold or served on district property or at district-sponsored events.
3. Preparing food in such a manner to be nutritious and appealing to students' food preferences.
4. Serving food and beverages in age-appropriate portions, and in clean and pleasant settings.
5. Selling food prices at reasonable prices designed to encourage students to purchase nutritious items.

NUTRITION EDUCATION

The board will adopt and implement a comprehensive health and physical education curriculum consistent with the Idaho State Board of Education Rules (SBOE), which will provide opportunities for developmentally-appropriate health and physical education instruction. Additionally, as part of its nutrition education program the district will endeavor to include nutrition education as part of its health education classes and/or as a stand-alone class when possible.

PHYSICAL ACTIVITY

It is the goal of this district to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students at all levels of physical ability; and gain an appreciation for lifelong physical activity through a healthy lifestyle.

In addition to offering physical education 30-45 minutes per week, the district will provide other opportunities for physical activity for each grade level as appropriate including:

1. Recess for elementary school students.
2. Classroom-based physical activity breaks to increase focus or teach academic content via physical movement.

Recess

Elementary students will be provided the opportunity to participate in daily recess for a total of 30-60 minutes per day. Students will be encouraged to engage in some form of physical activity during the daily recess period(s).

OTHER SCHOOL-BASED ACTIVITIES

The district will strive to integrate nutrition and physical activity across the entire school setting. The district may address as many other school activities as possible to support a healthy school nutrition environment. Examples may include:

1. Offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity, and other activities that support staff and student wellness.
2. Sponsoring health fairs, TV-turnoff week, 12 school-supported races, family wellness activities, or family day activities that promote health and wellness.
3. Sending families school newsletters, dedicating a part of school newsletters, or posting information on the school website promoting healthy eating, healthy recipes, and physical activity.
4. Incorporating practical and profitable healthy fundraisers that support nutrition education, physical activity, nutrition education, and other wellness related activities.

Use of School Facilities Outside of School Hours

To promote physical fitness for students and patrons, and pursuant to the district's facility use policy, the district may enter into agreements with governmental entities and community organizations to allow the use of school facilities for physical activity and recreation programs offered by the school and/or community-based organizations outside of school hours.

MONITORING

ASSESSMENT

The superintendent or designee will conduct an assessment and develop a summary report on district-wide compliance with this policy based on input from schools within the district. The assessment and report will include the extent to which schools are in compliance with this policy, the extent to which this district's school wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of this policy. The report will be made available to the public at the district office and posted on the district's website.

SCHOOL WELLNESS COMMITTEE

A school wellness committee(s) will be convened, with a membership including one (1) or more representatives from each of the following groups: the administration, the board of trustees, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

SCHOOL WELLNESS CCONSULTANT

The superintendent is responsible for ensuring that each school is in compliance with this policy is: The superintendent or his or her designee

NOTICE

The district will provide each student and parent/guardian with a copy of this policy by posting on the district website.



LEGAL REFERENCE:

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

42 U.S.C. § 1751, *et seq.*

42 U.S.C. § 1771, *et seq.*

ADOPTED: June 7, 2006

AMENDED: September 3, 2013; September 3, 2013; May 21, 2014; January 28, 2015