

It is the goal of the Minidoka County Joint School District to strive to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student and afford them the opportunity to fully participate in the education process. The Minidoka County Joint School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children.

Minidoka County Schools will maintain and continue to support the guidelines for reimbursable school meals as regulated and issued by the USDA. This includes the school breakfast program, the school lunch program, and any other snack, fruit, or vegetable program as requested to help enhance the academic performance of our students.

Minidoka County School District will encourage vendors to work with and support this district by providing healthy choices of foods, snacks, and beverages in vending machines. It is our intent to provide healthier choices with the promotion of healthy foods including fruits, vegetables, whole grains, and low fat dairy products. Nutritional information may be provided wherever snacks are sold. Our intent is that by providing nutritional information, students will begin to choose healthy snacks over foods and drinks of minimal nutritional value. Minidoka County School District encourages healthy school parties and the use of non-food rewards.

Healthy eating is demonstrably linked to reduced morbidity and risk of mortality from many chronic diseases.

Nutritional information will be placed on the Minidoka County School's website.

Minidoka County School District will continue to promote and encourage staff development for child nutrition, directors, managers, and cafeteria workers according to their levels of responsibilities.

School administrators will be responsible to see that their school complies with the Nutrition and Wellness policy. Once each year, they will report on how their school is progressing regarding nutrition and wellness.

The Nutrition, Health and Wellness committee will convene at least once each year to review the Health and Wellness policy. This may include administrators, patrons, school board trustees, and the Food Service Director or designee.

### **Definition**

For the purposes of this policy the school day is defined as midnight before to thirty (30) minutes after the end of the instructional school day.

### **Goals for Wellness Promotion**

To ensure the health and well-being of all students, it is the policy of the District to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices;
2. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools standards. Exceptions can be made for infrequent food sales fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school meal times;
3. Ensure that non-exempt fundraising food sales will not occur on school grounds during the school day. The District operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools standards. This includes food sold during the school day in school stores, vending machines, and other venues. (Note: There are many healthy fundraising options available to schools including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day. Fundraising activities that take place outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);
4. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. It is recommended that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools.

Note: The USDA has no role in regulating foods brought from home. The Smart Snacks in Schools standards only affect foods that are sold on school grounds during the school day. Time honored traditions like treats for birthdays, or foods at an afterschool sporting event, are not subject to those standards.

5. [Many of our students have medical conditions that involve food allergies, intolerances, diabetes, sensitivities, etc. It is the policy of the MCSD that homemade or home baked foods are not to be brought into the schools to share with other students. Food brought in for these types of activities must be commercially prepared, packaged and labeled, listing all ingredients and nutritional information and/or prepared in an approved and licensed kitchen. All allergens should be listed on label.](#)
6. Support and promote dietary habits contributing to students' health and academic performance. All foods available on school grounds and at school-sponsored activities during the school day should meet or exceed the Smart Snacks in Schools nutrition standards. Wholesome foods produced in Idaho should be available and actively promoted in a healthy school environment. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration of variety, appeal, taste, safety, and packaging to ensure high quality meals;
7. Provide a comprehensive learning environment for developing and practicing lifelong wellness (physical/social/emotional/mental);

8. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits;
9. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
10. Provide District staff with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change regarding student nutrition, and
11. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
12. An assessment of the District’s implementation of Policy 832.00 Student Wellness will be conducted at least every three (3) years with a triennial assessment, including progress towards meeting the goals of the District available to the public.

**Nutrition Standards**

To promote student health and reduce childhood obesity, the District requires all schools within the District to comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day.

**Monitoring Compliance**

The Superintendent shall designate one or more District officials or school officials to ensure that each school or department complies with this policy.



**LEGAL REFERENCE:**

**42 USC 1751 et seq; Sec. 204 Child Nutrition and WIC Reauthorization Act of 2004  
Pub.L. 111-296 Healthy Hunger-Free Kids Act of 2010  
7 CFR Parts 210 Nutrition School Lunch and School Breakfast Programs: Final Rule Smart Snacks in School Regulations by the United States Department of Agriculture**

**ADOPTED: March 15, 2006**

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