

## MEETING NOTICE

WEST BONNER COUNTY SCHOOL DISTRICT #83  
WBCSD Child Nutrition Program Task Force - Thursday, May 7, 2026 at 5:00 PM  
District Office  
134 Main St  
Priest River, ID 83856  
<https://meetings.boardbook.org/Public/Organization/2136>

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Vision Statement  
***Strive for Greatness!***  
Mission Statement

**S**uccess for all with the  
**U**nderstanding that  
**C**ommunity, parents, students, and educators will  
**C**ollaborate and  
**E**mpower the  
**S**tudent to make positive lifelong choices.  
**S**trive for greatness!

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## AGENDA

### I. Call Meeting to Order

### II. Task Force Discussion Items

- II.A. Task Force Overarching Goal
- II.B. Review April 14th Meeting Minutes for Completion
- II.C. Child Nutrition Program — Updates & Continued Discussions
  - II.C.1. Food Service Surveys for Students & Parents — Status
  - II.C.2. PRLJRHS (e.g. Annex Food Cart, Other On-Site Food Options)
  - II.C.3. Free & Reduced Online Form
  - II.C.4. Summer School Food Program
    - II.C.4.a. Upcoming Lunch Distribution Locations
  - II.C.5. Program Budget
    - II.C.5.a. FY26 Year-End Update
    - II.C.5.b. Discussion regarding FY27 Budget
    - II.C.5.c. Other Efficiencies/Savings & Revenue Sources
  - II.C.6. Other Program Items (e.g. Menus, Marketing, Inventory Spreadsheet)
- II.D. Policy 8200 Wellness Series (10 Policies) — Review & Recommendations  
<https://www.sd83.org/board-of-trustees/policy/8000-non-instructional-operations>

### III. Next Steps/Next Meeting

- III.A. Next Meeting: TBD
- III.B. Other Items
- IV. Adjourn Meeting**

Note: If any auxiliary aids or services are needed for individuals with disabilities, please contact the administration office at 448-4439.

**Meeting Conduct and Order of Business**

*General rules of parliamentary procedure are used for every Board meeting. The most current edition of Robert's Rules of Order may be used as a guide at any meeting. The order of business shall be reflected on the agenda. The use of proxy votes shall not be permitted. Voting rights are reserved to those trustees in attendance. Voting shall be by acclamation or show of hands. (WBCSD Policy 1510)*

Posted:            Administration Office  
                      West Bonner Schools  
                      Priest River City Hall  
                      Oldtown City Hall

By: Julie Hinshaw, Board Clerk

## **West Bonner County School District**

### **NONINSTRUCTIONAL OPERATIONS**

**8200**

#### Local School Wellness

It is the goal of the West Bonner County 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 West Bonner County 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. Improved health optimizes student performance potential and ensures that no child is left behind.

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

The Board directs the Superintendent to inform and update the public, including parents, students, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the District website, through dissemination of student handbooks, or in any other manner the Superintendent may deem appropriate.

#### Definition

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

#### Goals for Wellness Promotion

The District shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness. This may include review of the “Smarter Lunchroom” tools and strategies.

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

1. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA’s National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. 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. Fundraisers will be tracked at each school site by a designee of the Superintendent in charge of compliance at that site;

3. Ensure that non-compliant and 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 regulations. These regulations apply to 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 involving the sale of food consumed outside of school, such as frozen pizza sales, are exempt from the nutrition standards.);
4. Ensure that celebrations that involve food during the school day be limited to no more than one party per class per month and that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools. The District will disseminate a list of healthy party ideas to parents and teachers.

[Note: The USDA has no role in regulating foods brought from home, but school districts are required to set nutrition guidelines for foods served at school other than those that are sold. The Smart Snacks in Schools regulations 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.];

The District shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For this purpose, the District may:

1. Ensure that all District schools become certified as a Healthier US Schools Challenge schools and/or enroll as a Team Nutrition schools;
2. Host at least one health fair each year;
3. Draft and regularly distribute a wellness newsletter for students and parents;
4. Review Smarter Lunchroom Movement best practices and evaluate each school's ability to implement them;
5. Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health, and food services;
6. Provide 30 minutes of physical education per week to elementary students and 250 minutes per week to middle school students;
7. Offer a recognition or reward program for students who exhibit healthy behaviors.
8. Start a walking or physical activity club at each school;
9. Offer at least 10 after school physical activity programs;
10. Ensure students have access to hand-washing facilities prior to meals;
11. Annually evaluate the marketing and promotion of the school meal program;
12. Share school meal nutrition information with students and families;
13. Offer students taste-testing or menu planning opportunities;
14. Participate in Farm to School activities and/or have a school garden;
15. Advertise and promote nutritious foods and beverages on school grounds;
16. Offer nutritious foods and beverages at lower prices than other foods and beverages;

17. Offer fruits or non-fried vegetables everywhere foods are sold;
18. Use student feedback to improve the quality of the school meal programs;
19. Offer a staff wellness program;
20. Provide District staff with adequate pre-service and ongoing in-service training that focuses on program administration, nutrition, physical activity, safety, the importance of modeling healthy behaviors, and strategies for behavioral change; and
21. Participate in community partnerships to support wellness programs, projects, events, or activities.

### 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.

### Community Participation

The District shall invite parents, students, representative food service staff of the school food authority, teachers of physical education, school health professionals, the Board, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.

The Superintendent shall annually make available to the public the content of the policy and an assessment of the implementation of this policy including:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the District or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

### Record Retention

The District shall retain the following records relating to the wellness policy:

1. The written local school wellness policy;
2. Documentation demonstrating the community was involved in the development, implementation, and periodic review of the wellness policy;
3. Documentation of the assessment of the wellness policy; and

4. Documentation to demonstrate the public was notified annually as required by this policy.

### Monitoring Compliance

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

Cross-Reference: 2310 Nutrition Education  
2315 Physical Activity Opportunities and Education  
8230 Nutrition Standards

Legal Reference: P.L. 108-265 Child Nutrition and WIC  
Reauthorization Act of 2004  
42 USC § 1758b, Section 204 Local Schools Wellness Policy  
42 USC § 1771 et seq. Child Nutrition Act of 1966  
42 USC § 1751 et seq. National School Lunch Act  
7 CFR Parts 210 Nutrition School Lunch and School  
Breakfast Programs: Final Rule  
7 CFR § 210.30 School Nutrition Professional  
Standards

Other References: Idaho Wellness Policy Progress Report, Idaho State Department of  
Education  
Implementation and Monitoring Plan, Idaho State Department of  
Education  
Wellness Policy Guidelines—Elements of Implementation for Final Rule,  
Idaho State Department of Education  
<http://www.sde.idaho.gov/cnp/sch-mp/snacks.html>

### Policy History:

Adopted on: March 12, 2008  
Revised on: September 17, 2014  
Revised on: March 9, 2016  
Revised on: January 16, 2019

## **West Bonner County School District**

### **NONINSTRUCTIONAL OPERATIONS**

**8210**

#### District Nutrition Committee:

With the purposes of monitoring the implementation of the District's wellness policies, evaluating policy progress, serving as a resource to school sites, and revising the policies as necessary, a District-wide nutrition committee is hereby established to develop, implement, monitor and review district-wide nutrition and physical activity policies. The Board specifically acknowledges that community participation is essential to the development and implementation of successful school wellness policies.

The committee would meet a minimum of one (1) time annually for continued assessment.

Committee membership will consist of:

- District Food Service Coordinator
- Dietician\*, or school nurse
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

Appointments to the Committee will be made by the Board Chair.

\*If no dietitian, the school might consider negotiation with the local hospital or health district to secure the services of an outpatient dietitian. The dietitian could serve as an integral member of the school health advisory team and work collaboratively with the school nurse to screen and assess students' nutritional status and provide counseling, referral and follow-up services.

#### **Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School foodservice staff, at the school or district level, will also ensure compliance with nutrition policies within school foodservice areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report every two (2) years on district-wide compliance with the district's established nutrition and physical activity wellness policies based on input from schools within the district. That report will be provided to the school board and may also be distributed to school health councils,

parent/teacher organizations, school principals, and school health services personnel in the district.

Legal Reference: P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004  
42 USC § 1758b Local School Wellness Policy  
42 USC § 1771 *et seq.* Child Nutrition Act of 1966  
42 USC § 1751 *et seq.* National School Lunch Act

Other References: Idaho Wellness Policy Progress Report, Idaho State Department of Education  
Implementation and Monitoring Plan, Idaho State Department of Education  
Wellness Policy Guidelines – Elements of Implementation for Final Rule, Idaho State Department of Education

Policy History:

Adopted on: March 12, 2008

Revised on:

## **West Bonner County School District**

### **NONINSTRUCTIONAL OPERATIONS**

**8220**

#### Food Services

The District supports the philosophy of the National School Lunch and Breakfast Programs and shall provide wholesome, appetizing and nutritious meals for children in the District's schools. Because of potential liability to the District, the foodservices program shall not accept donations of food without the approval of the Board and the appropriate agency such as the local public health district and/or the United States Department of Agriculture (USDA). Should the Board approve a food donation, the Superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school meals.

#### **Commodities**

The District shall use food commodities made available under the Federal Food Commodity Program for school meals.

#### **Qualifications of School Foodservice Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a foodservice program, continuing professional development opportunities may be provided to select District nutrition professionals. These development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

#### **Free and Reduced Price Food Services**

The District shall provide free and reduced price meals to students according to the terms of the National School Lunch and Breakfast Programs and the laws, rules and regulations of the state. The District shall inform parents of the eligibility standards for free or reduced price meals. Identity of students receiving free or reduced price meals will be confidential in accordance with the guidelines for the National School Lunch and Breakfast Programs. A parent has the right to appeal any decision with respect to his/her application for free or reduced price food services to a designated hearing official.

The Board may establish programs whereby meals may be provided in the District in accordance with guidelines for the National School Lunch and Breakfast Programs.

The amount charged for such meals shall be sufficient to cover all costs of the meals, including preparation labor, food costs, handling costs, utility costs, and equipment depreciation costs.

Every effort is to be made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, the availability of school meals to all students will be promoted and electronic identification of students and payment systems utilized where feasible.

## **Summer Food Service Program**

If more than 50 percent of a school's students are eligible for free or reduced-price school meals, that school 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.

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act

### Policy History:

Adopted on: March 12, 2008

Revised on: October 21, 2015

District Nutrition Standards

The District shall provide school meals which meet or exceed the nutritional standards required by state and federal school lunch programs. The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food and beverages on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

- **Nutrient Dense Foods Encouraged.**  
Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables will be strongly encouraged.
  
- **Fat Content**  
Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
  
- **Content from Added Sugars**  
No individual item served by food service as part of a traditional meal, as an ala cart item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.
  
- **Milk Products**  
Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Both unflavored and flavored milk will be available during the school lunch program. No products will be served which derive more than one-third of their weight from added sugars. Low-fat (1%) and non-fat (skim) forms of milk will be featured in single-serving sizes whenever possible. Whole milk or lactose-free milk will be available when medically indicated.
  
- **Juice-based Drinks**  
Pure juice may be available as an additional beverage during the school breakfast time.

Other juice-based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based "juice drinks" or sport drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.

In all cases, single-serving sizes will be featured.

Children who bring sack lunches from home are encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks.

- **Soda Pop**

No soda pop will be allowed during the school day including students bringing lunches or snacks.

- **Caffeine and Additives**

Products containing caffeine will not be available during mealtimes. An exception will be made for chocolate.

Food service will be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

Cross Reference: 8250 Guidelines for Food and Beverages Sold Individually  
8260 Vending Machines

Legal Reference: 42 U.S.C. 1751 et seq. National School Lunch Act  
7 CFR Part 210 & 220 Nutrition School Lunch and School Breakfast Programs: Final Rule

Policy History:

Adopted on: March 12, 2008

Revised on:

## **West Bonner County School District**

### **NONINSTRUCTIONAL OPERATIONS**

**8235**

#### Water Consumption/Water Bottle Policy

The Board of Trustees recognizes the importance of water consumption and encourages increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. Students shall be encouraged to carry water bottles during the school day using the water bottle policy shown below. Teachers may need to call for extra water breaks too. Even during periods of moderate temperature, staff members should remind students of the value of consuming water.

In addition, water sales should be a significant option through school vending and concession services. Water should be available during mealtimes, through low-contact water sources.

#### **Water Bottle Policy**

When students bring water bottles for use during school:

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should, on a regular basis, be recycled (if appropriate), discarded, or taken home for sanitized reuse.
- Students misusing water bottles will be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the library.
- Water bottles may not be re-filled during classroom instruction, unless directed by the supervising teacher.

Legal Reference: 7 CFR § 210.10

Meal Requirements for Lunches and  
Requirements for Afterschool Snacks

#### Policy History:

Adopted on: March 12, 2008

Revised on: August 19, 2020

## West Bonner County School District

### NONINSTRUCTIONAL OPERATIONS

8240

#### School Meals

This policy supports the mission of the School District: Providing the environment that cultivates maximum student potential. Nutrition influences a child's development, health, well being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

#### **Hot Lunch/Breakfast Program:**

- The full meal program will follow the U.S. Government's Nutrition Standards and offer a variety of fruits and vegetables. At least half of the grains served shall be whole grain.
- The meals served will be appealing and attractive to children
- The Hot Lunch/Breakfast provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
  - A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
  - A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

#### **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, District Schools:

- will, to the extent possible, operate the School Breakfast Program;
- will, to the extent possible, arrange bus schedules and utilize 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.
- that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

#### **Lunchroom Climate:**

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings.

## **Meal Times and Scheduling**

District Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- should schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk.)

### Policy History:

Adopted on: March 12, 2008

Revised on:

**West Bonner County School District**

**NONINSTRUCTIONAL OPERATIONS**

**8245**

Competitive Food Services (vending machines, concessions, fund raising, etc.)

The Superintendent shall establish rules for the sale of foods during the school day. To encourage the eating of nutritious lunches, competitive food services shall not be permitted to operate anywhere on school premises during or for the period of one (1) hour before and after the lunch period.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines. Any food sales of an occasional nature must have the prior approval of the principal.

Cross Reference: 8250 Guidelines for Food and Beverages Sold Individually  
8260 Vending Machines

Policy History:

Adopted on: March 12, 2008

Revised on:

## West Bonner County School District

### NONINSTRUCTIONAL OPERATIONS

8250

Guidelines for Food and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

The District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options should be available. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

**Elementary Schools.** The school food service 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. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

#### Beverages

**Allowed:** water or seltzer water 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 (to be defined by USDA);

**Not allowed:** 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).

### 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) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will 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.

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; 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).

**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; . 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.

**Snacks.** Snacks served during the school day or in after-school care or enrichment 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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.



Revised on:

## **West Bonner County School District**

### **NONINSTRUCTIONAL OPERATIONS**

**8260**

#### Vending Machines

The Board of Trustees has determined that there shall be no installations of vending machines except as approved by the superintendent. The superintendent will have the authority to determine whether such machines may be installed, where they will be placed, what items will be dispensed, and during which hours they might be used. Vending machines are operated as a convenience for students, staff and patrons. All revenue produced from this source shall be deposited in the designated activity fund as approved by the board of trustees. Revenues may be spent only on those purposes for which general revenue may be expended.

#### **Vending Machine Use**

1. Elementary Schools: Vending machines shall not be operated in elementary schools in locations available to students.
2. Middle Schools/Junior High Schools: Vending machines may be operated in middle schools/junior high schools. All vending sales shall comply with policies regarding competitive food sales.
3. High Schools: Vending machines may be operated in high schools. All vending sales shall comply with policies regarding competitive food sales.

#### **Vending Machine Nutrition Standards**

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

#### **Food:**

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

**Beverages:**

- Vending sales of pop or artificially sweetened drinks will not be permitted on school grounds.
- The nonvending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
- The vending sale of beverages, other than soda, with less than 10% fruit juice may begin at the conclusion of the instructional day.
- Milk, water and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day. This standard will be phased-in over the next three school years in the following manner:

**Candy:**

- Vending sales of candy will not be permitted on school grounds.
- Nonvending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

Cross Reference:      7260    Student Activity Funds  
                                  8245    Competitive Food Services

Legal Reference:      I.C. § 33-512(4)    Governance of Schools  
                                  I.C. § 33-705      Activity Funds

Policy History:

Adopted on: March 12, 2008

Revised on:

## West Bonner County School District

### NONINSTRUCTIONAL OPERATIONS

8270

#### Teacher-to-Student Incentive:

Children learn preferences for foods made available to them, including those that are unhealthy. There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over-consumption of foods high in added sugar and fat; and
- It teaches children to eat when they're not hungry as a reward to themselves.

Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

#### **Guidelines--Alternatives to Using Food as a Reward**

##### Zero-Cost Alternatives

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get "free choice" time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher read a special book to the class

##### Low-Cost Alternatives

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theater coupon
- Get a set of flash cards printed from a computer
- Receive a "mystery pack" (notepad, folder, sports, cards, etc.)

#### Policy History:

Adopted on: March 12, 2008

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