

246-AR STUDENT WELLNESS

Definitions

- A. Nutrition – the process of taking in and utilizing food substances that provide nourishment.
- B. Standards-based – planned instruction that is related to the knowledge and skills defined by the PA Academic Standards.
- C. Professional development – programs and opportunities that are designed to meet the educational needs of professional employees and improve teaching skills and methods used for instruction.
- D. Family and Consumer Science – educational program focused on the individual, the family, and the community that supports the knowledge and skills that students need as family members both now and in the future.

II. Nutrition Guidelines (See Attachment A)

- A. Ala carte Foods/Snacks
- B. Ala carte Beverages
- C. Vending Food and Snacks
- D. Vending Beverages
- E. Rewards
- F. Classroom Parties and Holiday Celebrations
- G. Fundraisers
- H. School Stores Food and Snacks
- I. School Stores Beverages
- J. Foods from Home
- K. Faculty Lounges

III. Nutrition Education

- A. Nutrition education will be provided within the sequential, comprehensive education program as established by the Academic Standards for Health, Safety and Physical Education and Family and Consumer Sciences.
- B. Nutrition education will provide children with the knowledge and skills needed to lead healthy lives.
- C. Nutrition education lessons and activities will be age appropriate.

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- D. Nutrition education will be integrated into other subjects to complement, but not replace, standards-based nutrition education.
- E. Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.
- F. Coordination between school food service and nutrition education classes will occur to create a learning laboratory.
- G. Consistent nutrition messages will be provided throughout the school, classroom, and cafeteria.
- H. The staff responsible for providing nutrition education will be adequately prepared and participate in appropriate professional development.
- I. Nutrition education will extend beyond the school environment by sharing information with and involving families and communities.

IV. Physical Activity

A. Recommendations for Physical Activity

- 1. Schools will contribute to providing children the opportunity to accumulate at least 60 minutes and up to several hours, of age-appropriate physical activity on all, or most days of the week. (The 60 minutes also includes physical activity opportunities outside of the school environment, such as outdoor playtime prior to dinner, etc.)
- 2. Children will participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- 3. Extended periods of inactivity, periods of two hours or more, will be discouraged for children.
- 4. Organized, age-appropriate physical activity opportunities such as before-school, during recess, after-school, during lunch and interscholastic athletic activities, will be provided for all students in addition to planned physical education.
- 5. Physical activity opportunities and developmentally appropriate activities will be provided for all students.

B. Physical Activity During the School Day Through Physical Education

- 1. Physical education will be the environment through which all children learn, practice, and are assessed on the developmentally appropriate skills and knowledge necessary for participation in lifelong, health-enhancing physical activity.
- 2. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation will be provided.

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3. Adequate amounts of planned instruction and time will be provided in order for students to be able to achieve the proficient level for the Pennsylvania Health, Safety and Physical Education standards.
4. A local assessment system will be implemented to track student progress on the Health, Safety and Physical Education standards.
5. A sequential physical education program consistent with the Academic Standards for Health, Safety and Physical Education will be developed and implemented.
6. Physical education will be provided by certified Health and Physical Education teachers.
7. Physical education classes will have a teacher-ratio comparable with those of other classes.
8. Students will be moderately to vigorously active as much time as possible within the physical education class or as physically active within the physical education class as a documented medical condition or disability will allow.
9. A physical and social environment that encourages safe and enjoyable activity for all students will be provided.
10. Appropriate professional development for staff will be provided.

C. Physical Activity During the School Day Beyond Physical Education

1. Physical activity breaks will be provided during classroom hours at the Elementary Center.
2. Middle School and High School will offer organized before-school and after-school intramural programs, physical activity clubs and/or interscholastic activities that meet the needs and interests of all students that promote physical activity.
3. Schools will partner with parents and community members to institute programs that support physical activity.
4. After-school programs will provide developmentally appropriate physical activity for participating children.

V. Other School Based Activities

A. School Environment

1. Drinking water will be available at all meal periods and throughout the school day.
2. Students will have access to hand washing or hand sanitizing before meals and snacks.
3. Fundraising will be supportive of healthy eating.

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4. Parents, teachers, administrators, students, foodservice professionals, and community members will be encouraged to serve as appropriate role models through staff wellness programs, and parent and community outreach.
5. Local Wellness Policy goals will be considered in planning all school-based activities (school events, field trips, dances, etc.).
6. Physical activity will not be used as a form of punishment.
7. Food will not be used as a reward or punishment.

B. Family and Community

1. Schools will partner with parents and community members to institute programs that support nutrition education and physical activity.
2. Nutrition analysis of school meals and/or nutrient content of foods will be available to parents and students.

C. Nutrition Services

1. Students will be provided a clean and safe meal environment.
2. Students will be provided adequate time to eat.
3. Meal periods will be scheduled at appropriate hours.
4. Schools will provide adequate space for eating and serving school meals.
5. Access to the food service operation will be limited to child nutrition staff and authorized personnel.
6. Schools will make use of available funding and programs through the school foodservice program to enhance student health.

D. Professional Development

1. Qualified nutrition professionals will administer the school meals program.
2. Schools will provide appropriate professional development for all child nutrition staff. Professional development should be provided appropriately according to job responsibilities.
3. Schools will provide appropriate in-service training to all staff on components of Local Wellness Policy.

MUHLENBERG SCHOOL DISTRICT

Pupils: 200

Administrative Regulations: 246-AR

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VI. Implementation

- A. The Food Services Coordinator is responsible for the development and implementation of the Nutrition Guidelines in the cafeteria.
- B. The Building Principal and Assistant Principal(s) are responsible for the development and implementation of Nutrition Guidelines, Nutrition and Physical Education, and Other School Based Activities.

VII. Governance

- A. It is the responsibility of the Assistant Superintendent to ensure compliance with this policy.

Established: 1/11/2012

Muhlenberg School District Nutrition Guidelines

A. Ala carte Foods/Snacks:

1. Except for entrees, items will provide <250 calories per serving.
2. Portion sizes will not exceed the serving sizes of food served in the National School Lunch Program and/or items will be packaged in single serving sizes.
3. At least 50% of grains offered will be whole grains.
4. A minimum of two fresh fruits and vegetables will be offered daily. A variety of fruits and vegetables will be offered from day to day.
5. No foods will be on-site deep fat fried. This does not include stir fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 3 times per week. These three items are exempt from the total fat and saturated fat restrictions listed below.
6. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.
7. A minimum of 75% of items available will contain:
 - a. <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
 - b. <10% of calories from saturated fat (excluding reduced fat cheeses).
 - c. <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.
 - d. Minimal to no trans fatty acids.
8. Marketing, pricing, and nutrition education strategies will be used to encourage the selections of foods meeting these standards.

B. Ala carte Beverages:

1. A minimum of 75% (100% for grades K-5) of the beverages offered will be:
 - a. Water, unflavored (any size).
 - b. 100% fruit juice (not to exceed 8 oz. – elementary, 12 oz. - secondary).
 - c. Milk: 1% lowfat or nonfat (not to exceed 16 oz.) unflavored; 0% milk fat (or fat free) flavored (not to exceed 32 grams of sugar, inclusive of naturally occurring sugar).
2. Marketing, pricing, and nutrition education strategies will be used to encourage the selections of foods meeting these standards.

3. Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of items available) will not exceed:

150 calories
35 grams of sugar

4. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

C. Vending Food and Snacks:

1. Vending will not be available for students in grades K-6, and will only be available in limited quantities for grades 7-9.
2. The following standards apply to all foods offered through vending machines for all grades:
 - a. Items will provide <250 calories per serving.
 - b. Packages will be in single serving sizes.
 - c. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available at anytime during the school day.
 - d. In addition, a minimum of 75% of items available will contain:
 - 1) <35% of calories from total fat (excluding nuts, seeds, nut butters and reduced fat cheeses).
 - 2) <10% of calories from saturated fat.
 - 3) <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.
 - 4) Provide minimal to no trans fatty acids.
3. Marketing, pricing, and nutrition education strategies will be used to encourage the selections of foods meeting these standards.

D. Vending Beverages:

1. Middle School, High School, and Elementary School:
 - a. All beverages offered through vending will be:
 - 1) Water, unflavored (any size)
 - 2) 100% fruit juice (not to exceed 8 oz. – elementary, 12 oz. secondary)
 - 3) Milk: unflavored is 1% lowfat or nonfat (not to exceed 16 oz.), flavored is nonfat (not to exceed 32 grams of sugar inclusive of naturally occurring sugar).
2. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.

E. Rewards:

1. Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.

F. Classroom Parties and Holiday Celebrations:

1. Classroom parties will offer minimal amount of foods (maximum of 2-3 items that contain added sugar as the first ingredient and will provide the following:
 - a. Fresh fruits and vegetables.
 - b. Water, 100% fruit juice, or milk.

G. Fundraisers:

1. All food items sold as fundraisers, available during the school day, will follow the following standards:
 - a. Except for entrees, items will provide <250 calories per serving.
 - b. Portion sizes will not exceed the serving sizes of food served in the National School Lunch Program and/or items will be packaged in single serving sizes.
 - c. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.
 - d. Items available will contain:
 - 1) <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
 - 2) <10% of calories from saturated fat (excluding reduced fat cheeses).
 - 3) <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.
 - 4) Minimal to no trans fatty acids.
2. Marketing, pricing, and nutrition education strategies will be used to encourage selection of the healthier foods.

H. School Stores Food and Snacks:

1. Except for entrees, items will provide <250 calories per serving.
2. Portion sizes will not exceed the serving sizes of food served in the National School Lunch Program and/or items will be packaged in single serving sizes.
3. At least 50% of grains offered will be whole grains.
4. A minimum of two fresh fruits and vegetables will be offered daily. A variety of fruits and vegetables will be offered from day to day.
5. Foods of Minimal Nutritional Value (USDA regulation 7 CFR 210 and 220) will not be available anytime during the school day.
6. A minimum of 75% of items available will contain:
 - a. <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
 - b. <10% of calories from saturated fat (Excluding reduced fat cheeses).
 - c. <35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.

- d. Minimal to no trans fatty acids.
- 7. Marketing, pricing, and nutrition education strategies will be used to encourage the selections of foods meeting these standards.

I. School Stores Beverages:

- 1. A minimum of 75% of the beverages offered through the school stores will be:
 - a. Water, unflavored (any type)
 - b. 100% fruit juice (not to exceed 12 oz.)
 - c. Milk, 1% lowfat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.
- 2. Marketing, pricing, and nutrition education strategies will be used to encourage the selections of foods meeting these standards.
- 3. Any beverage that does not qualify in the above mentioned standards (not to surpass 25% of items available) will not exceed:

150 calories
35 grams of sugar

Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

J. Foods from Home:

- 1. Parents/guardians are encouraged to promote their child's participation in the school meals program. If their child does not participate in the school meals programs, parents/guardians are encouraged to provide the purchase of healthy alternatives.
- 2. Nutrition standards will be explained to parents/guardians. They will be continuously provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. We will promote this through newsletters, open houses, school sponsored family events, etc.

K. Faculty Lounges:

- 1. Faculty is encouraged to set the example for the students. Students are more likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that are in accordance with the school policy.

L. Other

- 1. Vegetarian Options – Students will be surveyed yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices.
- 2. Student Input – Students will be an active part of menu planning through regularly scheduled meetings and taste tasting.

* Foods of minimal nutritional value include soft drinks, water ices, chewing gum, and certain types of candies: hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.