

R5512 Westford Public Schools Wellness Policy Regulations **School Store, Vending, Snack Window and Beverage Regulations (A La Carte)**

Goals:

- To help improve the nutritional quality of the student's diet and ensure access to foods that are nutrient-rich and appealing.
- To establish a set of standards that is specific and easy to follow for school personnel when selecting foods for the student body. These guidelines shall serve as a teaching tool.

Standards and foods available from approved food vendors will be evaluated annually. Vendors are required to supply nutrition information. This shall include full ingredient listing and nutrition facts. These regulations will be fully implemented the first day of school in August 2007.

Definitions:

A La Carte Food Sales: The sale involving any food or beverage that students purchase in addition to or in place of the USDA reimbursable school lunch. This would be from sources such as vending machines, school stores or other snack areas located on the school grounds including the cafeteria. These are often referred to as competitive foods as they do compete with USDA school meals.

Foods of High Nutritional Value: These foods will naturally have a significant amount of at least one of the following: calcium, vitamin C, vitamin A, Iron and fiber. If a food contains 10 % of a nutrient it is a significant source and if it contains over 20 % of a nutrient it is a great source of a nutrient. Note that a food that contains less than 10% of a nutrient is not a good source. This information is listed on the nutrition facts portion of the label. These foods include, but are not restricted to, complex carbohydrates and/or lean protein sources that are low in total fat and saturated fat.

Trans Fatty Acid: These fats are found in food products in the form of hydrogenated and partially hydrogenated oils. Trans fats raise the total blood cholesterol and the LDL cholesterol similar to how saturated fats do, and therefore should be avoided. Foods that contain partially or fully hydrogenated fats will not be allowed.

Whole Grain: Whole grains contain the entire kernel, consisting of the bran, endosperm and germ. To identify a whole grain the initial ingredient shall read "whole" or "100% whole grain or brown in the case of rice. Oatmeal is also a whole grain. Often terminology is stated as enriched or simply wheat indicating the food contains only part of the grain and is not nutritionally equivalent to a whole grain.

Artificial Sweeteners: Artificial sweeteners are sugar substitutes such as Splenda®, NutraSweet®, Equal®, Sweet 'N Low®, and Canderel®, or sucralose, trichlorosucrose, aspartame, saccharin, neotame, or acesulfame potassium.

Beverage Regulations:

Beverages allowed shall exclude those with:

- corn syrup
- artificial sweeteners
- added sugar
- caffeine

The following are allowed as long as they do not contain the substances mentioned above:

- Bottled water or flavored water – unlimited size
- Carbonated water and carbonated 100% fruit juice
- 100 % juice – portion to be limited to 11.5 ounce
- Fat-free and 1% milk – 8-16 oz. portion size
- Flavored milk shall be limited to 8-10 oz. portion size. Low fat milk will not contain more than 25 grams of sugar per 8 oz. serving at elementary level and 31 grams of sugar at middle and high school level.
- EXCEPTION: Sport drinks will be allowed to be sold to Westford Academy athletes after school adjacent to the locker rooms in single serving containers. (To meet the unique needs of electrolyte balance after exercise)

Rationale:

Many soft and sports drinks are high in calories. Some are fortified with unnecessary and potentially harmful additives that students do not need at any time. Potential health problems associated with high intake of sweetened drinks are obesity, calcium deficiency and tooth decay. Water is an important nutrient for the human body. It is an important part of metabolism. Current recommendations are that Americans should drink 8-12 glasses of fluid a day.

A La Carte Food Regulations: * see definitions

Food allowed shall exclude the following:

- trans fats *
- artificial sweeteners*
- fried food
- candies (school store shall be allowed to sell breath mints)
- Foods packaged in multiple serving packages
- MSG

Total Fat: No more than 30% of the total calories from fat (7 grams maximum per serving).

Saturated Fat: No more than 10 % of total calories from saturated fat (1 gram per 100 calories).

Total Carbohydrate: No more than 32 grams of total carbohydrate per serving (this includes natural and added sugar). Select whole grain items when possible.

Sugars: Grain products (crackers, baked chips, grahams, cereals, granola or cereal bars) shall not exceed 8 grams of sugars. Goal is to minimize the amount of added sugars and corn syrups added to foods.

Sodium: No more than 480 milligrams per serving

Maximum portion size allowed:

Yogurt- 8 oz

Milk – 16 oz (flavored milk 8 – 10 oz containers)

Ice cream - 4 fluid oz

Cheese – 2 oz

Bagels – 3 oz

Muffins – 3 oz.

Baked chips/crackers /popcorn 1.25 oz.

Granola/cereal bars 1.4 oz.

Cookies- not to exceed 2 oz

Nutritional Quality of Foods and Beverages Sold; Served through the Food Services Department

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

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- meet current USDA regulations of total fat for reimbursable school meals of no more than 30% of total calories from fat and no more than 10% of total calories from saturated fat
- ensure that all foods offered through the school lunch program will have no more than 0 grams of trans fat by January 2008
- offer fresh fruits and vegetables at all points of service at all school levels; frozen and canned fruits should be packed in natural juice, water or light syrup; only 100% fruit juice will be served in all school cafeterias
- serve low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives as available (to be defined by USDA); 8 oz and 10 oz low fat flavored milks must not contain more than 25 grams of sugar per 8 oz serving at the elementary level and 31 grams of sugar per 10 oz serving at middle and high school level
- ensure that french fries and other previously fried potato products will be baked for on-site preparation; portion size may not exceed 3 oz and may only be purchased one serving at a time at all school levels, and served no more than twice a week at all schools
- ensure that whole grain products are offered to the furthest extent possible through yearly bid contracts
- require that nutrition labels and ingredient lists are made available from government commodities, diverted processors, collaborative bids and individual food vendors

In order to promote healthy eating and to identify new, wholesome and appealing food choices, school food service shall engage students in taste tests and surveys of new products. In addition, school food service will share information about the nutritional content of meals with parents and students. Such information shall be made available to the best of its ability on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

Elementary Milk Program: Participating elementary schools will make available to all children the opportunity to purchase low fat milk choices daily during snack time.

Breakfast: In order to meet children's nutritional needs and enhance their ability to learn, schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home material or other means.

Free and Reduced-priced Meals: Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling: Schools will, to the greatest extent possible,

- Provide students with the maximum seat time for lunch possible
- Arrange meal periods at appropriate times per each school's daily schedule
- Schedule lunch periods to follow recess periods whenever possible at the elementary level
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks

Qualifications of School Food Service Staff: The Food Service Director shall have a minimum of five years supervisory experience in the preparation and servicing of volume food service; should have a knowledge of general nutritional requirements and experience in menu planning, volume food purchasing and record keeping; knowledge of equipment required for large-scale food preparation and familiarity with USDA and Mass Department of Education/Nutrition, Health & Safety regulations as well as local and state sanitary codes.

As part of the school district's responsibility to operate a food service program, continuing professional development will be provided for all nutrition professionals in all schools. Staff development programs should include appropriate certification and/or training programs for the food service director and administrative support as well as the school cafeteria managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions in some children's diets. No peanuts or tree nuts or products containing derivatives of nuts will be served in any cafeterias.

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. In order to promote good health and wellness, parents should be discouraged from bringing in restaurant fast food for lunch for their children. If available, foods and beverages sold individually should include low-fat and non-fat milk, fruits, and non-fried vegetables.

Physical Activity, Education and Building Based Regulations

Fundraising Activities:

School fundraising activities will only use foods and beverages that meet the district's nutrition (A La Carte) standards. Schools will encourage fundraising activities that promote physical activity. The school district will make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

Snacks and Rewards:

Classroom snacks will feature healthy choices that meet the district's nutrition (A La Carte) standards. School personnel will not withhold student access to snacks as punishment.

Celebrations

The district will limit celebrations that involve food during the school day. Foods and beverages served at school celebrations will meet the district's nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers, including healthy food and beverage choices and alternative activities (e.g. increase recess time instead of a class party).

School-sponsored Events:

Foods and beverages offered or sold at school-sponsored events during the school day will meet the district's nutrition standards. School-sponsored events include, but are not limited to, athletic events, dances and performances.

Physical Activity/Recess:

Recess is a valuable learning tool for children. School personnel will encourage and develop schedules that provide time within every school day for preschool, kindergarten, elementary and middle school students. Each school will have playgrounds and other facilities for free play. Recess will complement not substitute for physical education classes. Staff will not deny a student's participation in recess or other physical activity as a form of punishment nor should they cancel whole class recess for instructional makeup time.

Physical Education:

Every student will be physically educated-that is will develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, understand the short term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifelong lifestyle.

Each student in grade 1-12 will participate in physical education during the school year. All students enrolled, including students with disabling conditions and those in alternate educational settings, will participate. Students in grades 1-8 shall participate in physical education for a minimum of 45 minutes per week and students in grades 9-12 will participate in no less than four semesters of physical education during their four years at Westford Academy.

Nutrition Education:

Nutrition Education is a vital part of the Coordinated School Health Program. Nutrition Education has significant and firm roots in the MA Health Curriculum Frameworks. Using tools such as the "food guide pyramid", students will gain an understanding of food choices serving sizes, dietary proportions, and the role of physical activity plays in a healthy lifestyle. Every student K-12 will participate in nutrition education. No student will be exempted from nutrition education unless for religious reasons.

Implementation:

The Wellness Policy and Regulations will be implemented day to day by each building's Principal or designee. The Superintendent of Schools will address questions arising concerning the Wellness Policies within the school year and/or by a sitting Nutrition Committee acting in an advisor/oversight role. Adherence by school personnel of the policy from year to year will be addressed by a committee selected by the Superintendent prior to the upcoming school year which will consist of not less than the food service director, nurse leader, parents, principals, and the wellness coordinator. The above committee will conduct a review of possible new regulations for the upcoming school year.

Goals for 2008-2009 school year

- * Eliminate corn syrups and artificial colors in all products in school store, vending, snack window and food service
- * Integrate healthier grains into the food options
- * USDA School Lunch will evaluate the restriction on artificial sweeteners, MSG in foods and evaluate the prevalence of fat substitutes in foods
- * Evaluate the prevalence and use of fat substitutes in foods
- * Interest in school breakfast programs should be revisited on a yearly basis through parent surveys, and pilot programs at individual schools
- * Inclusion of Kindergarten Physical Education in curriculum