

Nutrition and Wellness - 6700

The Issaquah School District is committed to providing learning experiences that foster students' lifelong healthy habits. Nutrition is an essential part of academic performance, because children who eat well-balanced meals are more likely to be healthy and are therefore better prepared to learn in school. Because the District supports physical activity and good nutrition at all grade levels, it is the District policy to:

- provide students access to nutritious foods;
- encourage healthful activity and fitness for life;
- make accurate information available about these topics.

The superintendent shall develop and implement comprehensive district-wide nutrition procedures consistent with state and federal requirements for districts participating in the National School Lunch Program.

This program will set guidelines for foods and beverages served:

- in food service programs
- in vending machines
- in snack bars
- in school stores, and
- in school sponsored activities, including fundraising.

The superintendent shall establish an advisory committee of students, parents, and staff that will provide input regarding this policy's implementation.

Legal References:

RCW	28A.210.360(3)	Model policy on access to nutritious foods and developmentally appropriate exercise – School district policies.
RCW	28A.235	Food Services
	28A.235.120	Meal programs – Establishment and operation – Personnel – Agreements
	28A.235.130	Milk for children at school expense
	28A.623.020	Nonprofit meal program for elderly — Authorized — Restrictions
	69.04	Interstate Commerce in Food, Drugs and Cosmetics
	69.06.010	Food and beverage service worker's permit – Filing, duration Minimum training requirements
	69.06.020	Permit exclusive and valid throughout state — Fee
	69.06.030	Diseased persons — May not work — Employer may not hire
	69.06.050	Permit to be secured within fourteen days from time of employment.
	69.06.070	Limited duty permit
7 CFR	Parts 210 and 220	
7 CFR	Part 245.5	

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Poor nutrition affects children's health and their ability to learn. Schools are a place that should model and reinforce healthy eating behaviors. The District will provide healthy eating choices with the following procedures.

Along with the responsibility to offer healthy food products to students, the District recognizes the need for schools to raise funds to support student activities and the need for cafeteria operations to pay their own way. In order to meet these requirements the following policies apply to all food and beverages served or sold to students 30 minutes before and after school, during school hours by vending machines, student stores, the PTSA or Booster Club and the school cafeteria. It currently does not apply to after-school functions or sporting events. However, the District strongly encourages the sale and distribution of nutrient dense foods at all school functions and activities. These nutrition standards for food and beverages sold in schools will be observed by all schools in the District.

Nutritional Standards for Food and Beverages sold as part of the School Lunch Program

The District shall provide school meal programs which meet the nutritional standards required by state and federal school breakfast and lunch programs.

To build on the District's continuous improvement of the school lunch program (e.g. no deep fat frying, no irradiated food, addition of whole wheat flour when possible, addition of salad bars at elementary school):

- Fresh fruits and vegetables will be offered daily with seasonal and organic produce provided by local farmers when possible.
- Nutritional content information will be available for all products served on the serving line at all secondary schools.
- Seek to eliminate food additives and preservatives;
- No more than 35% of a meal's total calories will come from fat;
- No more than 10% will come from saturated fat;
- Milk products should contain 2% or less fat;
- Seek to reduce trans fats/hydrogenated oils and GMOs (genetically modified organisms);
- No more than 35% of a food's calories will come from sugar or other sweeteners (not including fresh, dried, or frozen fruit and vegetables);
- The exceptions to these standards are: nuts, seeds, real cheese, cream cheese, fruit, vegetables, milk or 100% fruit and vegetable juice.

Vending Machines, Student Stores, Snack Bars

All foods and beverages sold at school will follow the same guidelines as those for the School Lunch Program above. In addition to the above requirements:

In the 2006-07 school year, beverage vending machines and beverages to be sold in student stores at secondary schools must include at least 50% water, low or non-fat milk and/or juice products. School vending machines or school stores that did not sell carbonated beverages in the 2005-06 school year may not add them in 2006-07.

Effective with the start of the 2007-08 school year, carbonated beverages, excluding those that contain 100% juice or water, may not be sold in student stores or vending machines before school or during school hours. Beverage vending machines and student stores shall only sell 1% or non-fat milk products, water, electrolyte replacement drinks and/or 100% fruit and vegetable juices. The District shall work with students and vendors to identify alternative nutritionally acceptable beverages whose sales will support ASB fund-raising efforts.

Starting with the 2006-07 school year, items sold in snack bars, student stores and vending machines will be limited to those that are nutritionally healthful. Products defined by USDA guidelines as "foods of minimal nutritional value" will not be sold. These include certain candies made predominately from sweeteners such as hard candy, breath mints, gum drops, "gummy" figures, licorice, fondant, spun candy, candy coated popcorn, marshmallow candies and water-ices, unless made with real fruit juice. Foods that do meet minimum nutrition standards include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese and crackers, 100% juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix and low fat/non-fat milk products.

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Individual snack food items shall not exceed 300 calories or portion sizes as follows:

- 1.5 ounce snacks and sweets;
- 2 ounce cookies and cereal bars; 3 ounce bakery items or frozen desserts;
- 8 ounce yogurt; 1 ounce nuts and seeds;
- 12 ounce beverages, with the exception of water products or electrolyte replacement drinks with no more than 42 grams added sweetener per 20-ounce serving;
- Vending machines and student stores meeting these criteria may be open during the regular lunch service.

Schools are encouraged to install fresh fruit vending machines and work with the ASB, DECA and Activity/Athletic Departments on healthy vending options that meet the above requirements. In order to support student stores and parent groups such as PTSA and Booster Clubs, who may have a current inventory of items no longer meeting the required calorie or portion sizes, these groups will be allowed to sell down that inventory during the 2006-07 school year. However, no new items that do not meet the required calorie and portion standards may be ordered for sale before or during the school day.

Parties, PTSA Functions and Student Incentives

Honoring the spirit of the District Nutrition Policy and the above procedures, school staff and parents should reward students with physical activities, non-food items or healthy snacks at classroom parties, holiday celebrations, and as student incentives.

Nutrition Education

The Issaquah School District will provide appropriate State directed Grade Level Expectations (GLEs) education to all students.

Health and Fitness

It is the district's position that all students have equitable opportunities for physical activity and fitness education in our schools. The Superintendent is encouraged to review and consider implementing physical activity and fitness education program improvements to meet the goals of the district:

- A. All children, from kindergarten through high school, will participate in a quality, standards-based physical activity/fitness education program;
- B. All schools will have facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the district's facilities use policy, and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Schools should identify safe and active routes to school and promote alternative methods for children to travel to and from school, such as walking and bicycle programs.

Staff Development

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition, physical activity, and overall wellness will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

- A. Nutrition education materials and meal menus are made available to parents via the internet, school news, media, and other viable sources.
- B. Parents are encouraged to promote their child's participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;

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- C. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- D. School staff considers the various cultural preferences in development of nutrition education programs and food options.

Advisory Committee

The District's Nutrition and Physical Activity advisory committee will assist in implementation of the district-wide nutrition and physical fitness procedures. The committee shall include food service director and staff, parents, school district and building level administrators, students, school district nurses, and the public.

Evaluation of Effectiveness

The District's Nutrition and Physical Activity advisory committee will meet at least twice a year to track the effects and effectiveness of these procedures and modify as necessary during the next five years. Measures might include:

- Participation rates in school meal programs
- Student (customer) satisfaction surveys
- Parent (indirect customer) satisfaction surveys
- Review changes in ASB and DECA revenue