

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. Students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

III. GUIDELINES

- A. Foods and Beverages
 - 1. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 - 2. All foods and beverages made available on campus during the school day (including school store and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans. See Attachment A - Food and Beverage Guidelines.

3. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. The school district 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.
6. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate the Director of Food and Nutrition Services to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus during the school day in the food service program to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.

- b. Part of health education classes and in other classes where appropriate. See attached Nutrition Education Guidelines.
2. The school district will encourage all students to make healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, snack bar, vending machines, and student stores during the school day.
3. All organizations engaged in fundraisers or concessions should explore and seek out healthy options.
4. Although non-food rewards are preferred, when food is used as a reward, the school district will encourage the use of healthy foods.
5. The school district will not withhold food or beverages as punishments.
6. When snacks are provided during the school day or during a before or after school program, healthy options should be considered.

D. Physical Activity

1. The school district will provide opportunities for students and staff to be physically active during and outside of school hours.
2. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
3. The school district will encourage participation in extra curriculum activities and sports programs.
4. Opportunities for physical activity may be incorporated into other subject lessons, when appropriate. See attached Physical Activity and Education Guidelines.
5. Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Food brought in for classroom sharing must be purchased from a store or commercially prepared.
5. The school district will make available information about nutrition education and other school-based nutrition opportunities and will support parents' efforts to provide their children with healthy nutritional options outside of school.
6. The school district will make available information about physical education and other school-based physical activity opportunities. The school district will support parents' efforts to provide their children with opportunities to be physically active outside of school to achieve the recommended goal of 60 minutes per day of physical activity.

IV. IMPLEMENTATION AND MONITORING

- A. The Director of Food and Nutrition Services will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the Food Service Program.
 - B. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.
 - C. The Wellness Committee, not to exceed 15 members, comprised of community members, students, school nurse, food service, school board, staff and administration will meet on a regular basis to review the policy and its implementation.
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Legal References:

- 42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)
- 42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)
- P.L. 108-265 (2004) § 204 (Local Wellness Policy)
- 7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
- 7 C.F.R. § 210.10 (School Lunch Program Regulations)
- 7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources:

- Minnesota Department of Education, www.education.state.mn.us
- Minnesota Department of Health, www.health.state.mn.us
- County Health Departments
- Action for Healthy Kids Minnesota, www.actionforhealthykids.org and www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

AUSTIN PUBLIC SCHOOLS

Food and Beverage Guidelines

1. Drinking water and hand-washing facilities should be conveniently available for students at all times.
2. Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
3. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
4. Foods and beverages available during the school day should minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
5. Food and beverage providers should offer modest portion sizes age-appropriate for elementary, middle, and high school students, respectively.
6. If a la carte foods are available, they should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.
7. Nutrition information for products offered in snack bars, a la carte, vending and school stores should be available when possible. Healthy food and beverage choices should be available at these locations.
8. Carbonated beverages should not be available to elementary school students during the school day.
9. Beverage vending machines will be available to students as permitted by applicable state and federal laws regarding hours of operation. However, carbonated beverages will not be sold until the conclusion of the school day. Teachers' lounges may be exempt from this requirement.
10. Classroom snacks should reinforce the importance of healthy choices.
11. Classroom celebrations should encourage healthy choices and portion control.

AUSTIN PUBLIC SCHOOLS

Nutrition Education Guidelines

1. School programs should ensure that students in pre-kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition concepts should be reinforced by all school personnel.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities to effectively delivery quality nutrition education.
5. School districts should provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

AUSTIN PUBLIC SCHOOLS

Physical Activity and Education Guidelines

1. Students from kindergarten through grade 8 will receive regular, age-appropriate physical education. Students in grades 9-12 will have required and elective physical education opportunities.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
3. The physical education curriculum should be coordinated with the health education curriculum.
4. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
5. Whenever possible, elementary schools should provide daily recess that encourages physical activity.
6. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
7. The school district will encourage participation in extra curricular activities and sports programs.

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