

# TWINFIELD UNION SCHOOL

## CHILD NUTRITION/WELLNESS

## POLICY F28

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1<sup>st</sup> reading: May 8, 2012

Policy Adopted: June 12, 2012

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### Purpose

The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004. In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, school administrators and the public.

### Policy Statement

It is the policy of the Twinfield Union School district to establish goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day.

#### **I. Goals for Nutrition Education**

1. The school will pursue introduction of healthy snacks through the Federal Fresh Fruit and Vegetable Program.
2. Nutrition education will be embedded into Health Education, Physical Education, the TLC Program, Science, Foreign Language and other disciplines are appropriate.
3. The Friday morning popcorn program will continue to provide healthy snacks and funding for the Food Service Advisory Committee.
4. The school will continue to offer off site experiences regarding local, healthy food production.
5. The school will pursue avenues to increase nutrition education through the athletic programs.
6. TLC will pursue offering healthy after school snacks for students staying after school.
7. Nutrition education posters will be distributed school wide.

8. Links to nutrition information sites will be provided on the Twinfield website.
9. Nutrition education is an essential part of the curriculum. Teachers and food service personnel, as well as students, will upgrade their knowledge of this rapidly changing field.
10. Parent, student and community involvement in our school nutrition program is encouraged through opinion surveys, our Food Services Advisory Committee and our open invitation to join us at breakfast and lunch.
11. Twinfield may pursue local food resources and volunteers to contribute to our school's nutrition education and food service program.
12. Fund raising activities of school groups will be consistent with the nutrition goals of the food service program and the nutrition principles taught in the classroom.

## **II. Goals for Physical Activity**

1. The school shall provide physical education classes for all students as required by Vermont School Quality Standards.
2. The school will provide other physical activity opportunities for students through recess periods in appropriate grades
3. The school will provide open gym time in the morning for any students.
4. The school will provide recess before lunch for all grades to the extent possible.
5. TLC will provide physical activity choices on a daily basis.
6. The school will embed short physical activity "brain breaks" through out the academic day as recommended in brain research.
7. The school will pursue avenues to increase organized activity during recess time.

## **III. Other**

1. Our School participates in the School Breakfast Program and the National School lunch Program (NSLP) in order that all students are assured of access to high quality nutrition every day. Appropriate modifications are made to ensure that children with *special health, cultural and religious dietary needs* are able to participate. Procedures are in place to protect the confidentiality and identity of students qualifying for free or reduced price school meals. We promote the use of these programs by regularly informing families of the program benefits.

2. Our food service program participates in the “Offer versus Serve” method of meal service, *beginning with the fifth grade, with the “Serve” option in use for lower grades.* A wide variety of healthful foods are offered and students are encouraged to make wise food choices. Good food habits are encouraged through the model of appropriate portions, suitable variety, and preparation techniques that emphasize high quality nutrition.
3. Our cafeteria will be a pleasant and inviting place. There will be an adult presence to help ensure mealtimes are relaxed and pleasant.
4. Students will have an adequate amount of table time, 15-20 minutes, to eat lunch.
5. The school will provide instruction and model for students, appropriate mealtime behavior.
6. The school will explore breakfast in the classroom.

#### **IV. Nutrition Guidelines.**

1. Supplemental foods, such as a la carte items will be in accordance with National School Lunch Program Guidance. Foods of minimal nutritional value will not be sold in our school.
2. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale.
3. Our food service programs strive to offer meals that meet the Dietary Guidelines for Americans. To do this the following standards are used in menu planning and meal preparation:
  - a. Our menus emphasize low fat main dish protein items.
  - b. Fresh produce is used as much as possible. At a minimum, a fresh fruit or vegetable is offered at least 3 days per week. A fruit is always offered as a dessert choice.
  - c. Fresh and frozen vegetables are preferred over canned. They are prepared by steaming whenever possible.
  - d. Desserts, other than fruits, are limited. Whenever served, desserts contribute essential nutrients to the meal.
  - e. The breads and grain alternates we use are usually made with whole grains. School baked breads always contain whole grains.

- f. The use of salt is limited. Salt is not available for students at the table.
- g. Foods are not deep-fat fried.
- h. Menus are planned a month in advance to assist in providing needed nutrients over the long term.
- i. *When possible, locally grown and produced food products will be used through purchasing partnerships with local farms, using local products already available through distribution channels, and asking distributors to carry Vermont products in their inventories.*

The goal for lunches is to provide an average of one third of the daily nutritional needs, based on the Dietary reference Intake (DRI) for nutrients, fat and calorie levels that meet the NSLP nutrient standards. Breakfast contribute one fourth of daily needs according to the same standards.

- 4 To the extent practicable, the district shall ensure that foods offered at school other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines, shall comply with the A la Carte and Vending Guidelines established by the Vermont Departments of Health and Education.

## **V. Policy Implementation.**

- 1. The superintendent or his or her designee shall monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- 2. The superintendent or his or her designee shall report at least annually to the board on the district's compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

### Legal Reference(s).

- 16 V.S.A. §§131 & 906(b)(3).
- Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.
- Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.
- Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265.
- Code of Federal Regulations, 7 CFR Part 210 and Part 220.

Wellness Policy Resources

**General Resources**

National School Boards Association. [www.nsba.org](http://www.nsba.org).

Action for Healthy Kids. [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

CDC School Health Index. [www.cdc.gov/healthyyouth/](http://www.cdc.gov/healthyyouth/)

National Association of State Boards of Education. [www.nasbe.org](http://www.nasbe.org).

Vermont Department of Education Nutrition Policy Guidelines.  
[http://www.state.vt.us/educ/new/pdfdoc/pgm\\_nutrition/nutrition\\_policy\\_guidelines\\_05.pdf](http://www.state.vt.us/educ/new/pdfdoc/pgm_nutrition/nutrition_policy_guidelines_05.pdf)

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**Nutrition Education Section**

USDA Team Nutrition. [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn). Includes ample policy language, examples of state and local school district policies for nutrition education, and resources and implementation tools. Go to *Local Wellness Policy*; then go to *Local Wellness Policy Requirements*; then go to *Nutrition Education*.

Kansas State Department of Education. [www.kn-eat.org/SNP/SNPShell/snp\\_wellness\\_policy.htm](http://www.kn-eat.org/SNP/SNPShell/snp_wellness_policy.htm). Includes Kansas “Eat Smart Nutrition Education Guidelines for grades pre-K through 12.

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**Physical Activity Section**

National Association of State Boards of Education.  
[http://nasbe.org/HealthySchools/physical\\_activity.html](http://nasbe.org/HealthySchools/physical_activity.html). Includes *Fit, Healthy, and Ready to Learn: A School Health Policy Guide*.

The National Alliance for Nutrition and Activity, NANA.  
[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org).

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**Other School-Based Activities Section**

National School Boards Association. [www.nsba.org](http://www.nsba.org). Contains a searchable website for wellness policies and other health related programs such as AIDS-HIV, adolescent health and many other topics and links.

Center for Disease Control. [www.cdc.gov/healthyyouth/index.htm](http://www.cdc.gov/healthyyouth/index.htm). Contains model policies and links to state and local policies.

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**Policy Implementation Section.**

School Nutrition Association. <http://wellness.schoolnutrition.org/content/home.aspx>. Includes various samples of monitoring and policy review procedures.

Action for Healthy Kids.  
[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf). See *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*.