

# **Brussels Community Unit School District No. 42**



## **Wellness Policy**

Adopted November 16, 2010  
Amended January 2022  
Brussels Board of Education

## WELLNESS COMMITTEE MEMBERS

Dr. Mark Martin	Superintendent
Mrs. Cindy Kuhn Co-Chair	Food Service Coordinator
Pam Long	High School Principal
Mrs. Sarah Schleeper Co-Chair	School Nurse

The Brussels School District 42 is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Brussels School District 42 that:

### **Model School Wellness Policies**

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades Pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **School Health Council**

The school district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

### **Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **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 setting.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives.
- Ensure that half of the served grains are whole grain.
- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parent to provide a healthy breakfast for their children newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

- School 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. Toward this end, schools may utilize electronic identification and payment systems.

### **Qualifications of School Food Service Staff**

- Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition 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 or snack times, given concerns about allergies and other restrictions on some children's diets.
- When children bring their lunch, Brussels School District 42 will encourage parents to provide healthy lunches and snacks that meet the nutritional recommendations of the U.S. Dietary Guidelines. No soda, or carbonated drinks will be permitted in school lunches. Examples of healthy foods are lean or low sodium lunch meat sandwich, peanut butter sandwich, fresh fruit and vegetables, baked chips, granola bars, light pudding, fruit in light syrup. Students may purchase milk for their lunch or bring fruit juice or drinks that are at least 50% fruit juice.

## **Current Healthy Food Choice Techniques**

Brussels District 42 is making a concentrated effort to offer choices to children that give them the opportunity to follow the Dietary Guidelines for Americans and the (nutrient standard) Menus that the USDA recommends school meal programs follow. The following are techniques the Food Service Program is using to further healthy eating for our students.

- Our recipes have been adjusted to reduce salt by 50%. No salt is added to French fries. Salt shakers are available in the elementary school cafeteria upon request of the customer. Many of the recipes for desserts have been updated to use less sugar and fat.
- All scratch-made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat and rinsed before using in casseroles and meat fillings. Ground turkey is often substituted for 33 to 50% of the beef in these recipes.
- The ham used is made from turkey, which is 15 to 25% lower in fat than pork ham.
- All deli meats are very lean and trimmed of all visible fat.
- Reduced fat mayonnaise is used in dressing and salad recipes and as a condiment.
- Most foods used in the program are baked, not fried. However, when fried, 100% vegetable oil is used, which is cholesterol free. French fries are usually limited to one day per week at the elementary level and two times per week at the middle schools level.
- Fresh fruits, canned fruits in light syrup or natural juice, and fresh vegetables are offered daily as choices for students when selecting a school lunch.
- School cooks have been trained in low-fat cooking techniques and use the methods learned in meal preparation
- Milk choices are available: 1% white, chocolate, strawberry, and vanilla milk.
- Another drink choice offered is a 50% fruit juice drink that contains 100% of the daily Vitamin C requirement and the same amount of calcium as in eight ounces of milk, 300 milligrams. This item is a reasonable milk replacement for those children who cannot tolerate milk products.
- All entrees utilized in the program can be combined with a variety of fruits and vegetables and a low fat beverage that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.
- Breakfast is offered daily. Studies confirm the educational benefits of the School Breakfast Program. These studies show that children who have access to breakfast at school have a higher achievement than children who do not. Other studies have shown that people who eat breakfast have fewer problems with weight gain.
- Those students that participate in the school lunch program on a regular basis can be assured that the meals are planned to provide one-third the Recommended Dietary Allowances (RDA) for key nutrients and calories.
- The prices for meals are reasonable to encourage students to purchase the best bargain. Prices of a la carte items are priced higher to further encourage the purchase of the full meal.

The Food Service program's main goal is to provide nutritious meals at a reasonable cost. Menus are planned for the average healthy child and reflect the preferences of the school community to encourage students to eat nutritious meals. If healthy children are the aim of society, then we also need the parent's help in encouraging children to eat properly and to get adequate exercise. The school, parents, and the community need to all be a part of the team that takes an active interest in the well-being of our children.

## How USDA Foods Support New Regulatory Requirements under Final Rule “Nutrition Standards in the National School Lunch and School Breakfast Programs”

Revised December 2013

Nutrient Standards	New Standards Under Final Rule	How USDA Foods Supports New Requirements				
<b>Sodium</b>	<b>Target I: SY 2014-15</b>	USDA offers canned, frozen, and fresh vegetables, meat, poultry, pork, and cheeses with reduced or low sodium levels to help school meet the SY14-15 target.				
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<b>Saturated Fat</b>	<b>Saturated Fat</b> <10% of total calories	USDA offers lean meats, poultry, fish, and reduced fat cheeses.				
<b>Trans Fat</b>	<p><b>New Specification:</b> zero grams per serving (nutrition label) Note: FDA allows products with less than 0.5 gm per serving to count as zero. Naturally -occurring trans fat is exempted.</p>	<p>USDA Foods do not contain <b>added trans</b> fats.</p> <ul style="list-style-type: none"> <li>· Peanut &amp; Sunflower butters</li> <li>· Vegetable oils</li> <li>· Potato products</li> <li>· Catfish strips</li> <li>· Very little naturally occurring trans fats in beef and cheese</li> </ul>				
<b>Calories</b>	<p><b>Daily Average Calorie Ranges (min and max)</b> Only food based menu planning allowed:</p> <p>Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p> <p>Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>	USDA offers a wide variety of nutrient dense foods which are reduced or low in solid fats and added sugar, thus providing fewer discretionary calories.				

## National School Lunch Program Meal Pattern

Food Group	New Requirements	How USDA Foods supports new requirements
<b>Fruits</b>	<p>1/2-1 cup of fruit per day</p> <p>Note:</p> <p style="padding-left: 40px;">Students must select 1/2 cup fruit or vegetable under OVS.</p> <p style="padding-left: 40px;">Frozen fruits with added sugar can be offered as outlined in SP-49-2013</p> <p>Credit as volume offered except dried fruit counts as 2x volume</p>	<p>USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are lower in sugar or have no added sugars.</p> <ul style="list-style-type: none"> <li>● Canned fruits in extra light syrup. Applesauce is unsweetened, and also is available in shelf stable cups.</li> <li>● Frozen fruits - peaches, apricots, strawberries, unsweetened blueberries, unsweetened whole strawberries, and apple slices without added sugar.</li> <li>● Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh</li> <li>● Dried fruits include raisins, cherries, fruit mix (may include dried plums, apricots, fig pieces, dates, or cranberries)</li> </ul>
<b>Vegetables</b>	<p>3/4 - 1 cup of vegetable per day</p> <p>Weekly requirement for:</p> <ul style="list-style-type: none"> <li>● Dark green</li> <li>● Red/orange</li> <li>● Beans/peas (legumes)</li> <li>● Starchy</li> <li>● Other (see 2010 dietary Guidelines)</li> <li>● Refer to Food Buying Guide for Child Nutrition Programs</li> </ul>	<p>USDA offers a wide variety of low sodium canned, frozen and fresh vegetables and tomato products.</p> <ul style="list-style-type: none"> <li>● Red/Orange-Fresh baby carrots, frozen carrots, sweet potatoes, fresh, frozen, bulk), tomato products</li> <li>● Dark green– frozen broccoli, frozen chopped spinach</li> <li>● Beans-canned and dry; bulk pinto and garbanzo beans for processing</li> <li>● Starchy vegetables-No salt added canned and frozen corn, fat free potato wedges, low sodium canned and no salt added frozen peas.</li> <li>● Other-green beans (canned, frozen)</li> <li>● Other direct delivery fresh produce available through DoD Fresh Fruits &amp; Vegetables Program</li> </ul>
<b>Meat/Meat Alternate</b>	<p>Daily minimum and weekly ranges:</p> <p>Grade Pre-K 1.5oz eq. min daily (7.5oz weekly)</p> <p>Grades K-5: 1oz eq. min. daily (8-10oz weekly)</p> <p>Grades 6-8: 1oz eq.min daily (9-10oz weekly)</p> <p>Grades 9-12: 2oz eq. min. daily (10-12oz weekly)</p> <p>Flexibility for additional servings as outlined in SP-26-2013</p>	<p>USDA offers a wide variety of nutrient-dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> <li>● Reduced-sodium mozzarella; light or part skim</li> <li>● Mozzarella string cheese, 1 oz stick9pilot)</li> <li>● Reduced-fat shredded cheddar, reduced sodium/reduced fat American cheese</li> <li>● Lean meat, pork, poultry and fish products</li> <li>● Lower sodium port ham, turkey ham, turkey breast deli, turkey taco filling</li> <li>● Lower sodium chicken fajita</li> </ul>
<b>Grains</b>	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1oz eq. min. daily (8-9oz weekly)</p> <p>Grades 6-8: 1oz eq.min daily (8-10oz weekly)</p> <p>Grades 9-12: 2oz eq. min. daily (10-12oz weekly)</p>	<ul style="list-style-type: none"> <li>● Whole grain pastas (spaghetti, rotini, macaroni)</li> <li>● Whole grain tortillas</li> <li>● Whole grain pancakes</li> <li>● Whole wheat flour</li> <li>● Rolled oats</li> <li>● Regular and quick cooking brown rice</li> </ul>

	Refer to SP-02-2013 Flexibility for additional servings as outlined in SP-26-2013	<ul style="list-style-type: none"> <li>• Whole kernel corn for further processing</li> <li>• Exploring whole white wheat/enriched flour blend specification</li> <li>• Exploring whole grain blend penne</li> </ul>
<b>Whole Grains</b>	SY 2013-2014, half of the grain servings must be whole grain rich. Beginning July 1, 2014, all grain products must be whole grain rich. SY 2013-2014, half of the grain servings must be whole grain rich. Beginning July 1, 2014, all grain products must be whole grain rich.	USDA foods offers grain products that meet the whole grain criteria
<b>Milk</b>	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)	

### School Breakfast Meal Pattern

Food Group	New Requirements	How USDA Foods supports new requirements
<b>Fruits</b>	1 cup of fruit per day (vegetable substitution allowed—see description in NSLP) Note: Quantity required SY 2014-2015. Students must also select 1/2 cup fruit under OVS beginning SY 2014-2015	USDA offers a wide variety of canned, frozen, fresh and dried fruits, which are lower in sugar or have no added sugars. <ul style="list-style-type: none"> <li>• Canned fruits in extra light syrup. Applesauce is unsweetened, and also is available in shelf stable cups.</li> <li>• Frozen fruits - peaches, apricots, strawberries, unsweetened blueberries, whole strawberries, and apple slices without added sugar.</li> <li>• Fresh sliced apples, whole apples for direct delivery or processing, fresh pears, fresh oranges; other direct delivery fresh produce available through DoD Fresh</li> <li>• Dried fruits include raisins, cherries, (fruit-nut mix may include dried plums, apricots, fig pieces, dates, or cranberries)</li> </ul>
<b>Grains</b>	Daily min. and weekly ranges for grains (meat/meat alternate substitution allowed after the daily grains minimum met): Grades K-5: 1 oz eq. min. daily (7-10 oz weekly) Grades 6-8: 1 oz eq.min daily	USDA offers many whole grain products to help school meet the new requirements while meeting new nutrient targets: <ul style="list-style-type: none"> <li>• Whole grain tortillas</li> <li>• Whole grain pancakes</li> <li>• Whole wheat flour</li> <li>• Rolled oats</li> </ul>

	(8-10 oz weekly) Grades 9-12: 2 oz eq. min. daily (9-10 oz weekly)	<ul style="list-style-type: none"> <li>• Regular and quick cooking brown rice</li> <li>• Whole kernel corn for further processing</li> </ul> <p>USDA offers a wide variety of nutrient dense meat/meat alternate products which are reduced or low sodium and lower in fat.</p> <ul style="list-style-type: none"> <li>• Egg products; 5 lb or 30 lb cartons of liquid eggs</li> <li>• Reduced-fat shredded cheddar cheese</li> <li>• Reduced sodium and reduced fat American cheese</li> <li>• Shredded mozzarella light or part skim</li> <li>• Mozzarella string cheese, 1 oz stick (pilot)</li> <li>• Lean meats, poultry and fish products</li> <li>• Turkey ham, turkey deli breast</li> <li>• Chicken Fajita –lower sodium</li> <li>• Turkey taco filing-lower sodium</li> </ul>
<b>Whole Grain</b>	Beginning July 1, 2014, all grain products must be whole grain rich.	USDA grain products meet the whole grain criteria and contain at least 50% whole grain.
<b>Milk</b>	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)	

### Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	To be allowable, a competitive FOOD item must: <ol style="list-style-type: none"> <li>1. Meet all of the proposed competitive food nutrient standards; and</li> <li>2. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or</li> <li>3. Have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meats, bean, poultry, seafood, eggs nuts, seeds, etc.); or</li> <li>4. Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or</li> </ol>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>• Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</li> <li>• Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all</li> </ul>



	<p>5. Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.</p> <p>*If water is the first ingredient, the second ingredient must be on of items 2, 3, or 4 above.</p>	nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> <li>• Products consisting of only dried fruit with nuts and /or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> <li>• Seafood with no added fat is exempt from the total fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</li> <li>• Products consisting of only dried fruit</li> </ul>

		<p>with nuts and/or nut/seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</p> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served ( $\leq$ 0.5% g per portion).	
Sugar	Acceptable food items must have $\leq$ 35% of weight from total sugar as served.	<ul style="list-style-type: none"> <li>• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>• Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> <li>• Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats</li> </ul>
Sodium	<p>Snack items and side dishes sold a la cart: <math>\leq</math> 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold as a la carte must be: <math>\leq</math> 200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq</math>480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: <math>\leq</math> 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold as a la carte: <math>\leq</math>350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> <li>• Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</li> </ul>

Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	

**Beverages**

Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low fat milk, unflavored (≤8 fl oz);</li> <li>• Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice(≤ 8 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz)</li> </ul> <p>Middle School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low fat milk, unflavored (≤12 fl oz);</li> <li>• Non fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice(≤ 12 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added</li> </ul>	
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	<p>sweeteners (<math>\leq 12</math> fl oz).</p> <p>High School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low fat milk, unflavored (<math>\leq 12</math> fl oz);</li> <li>• Non fat milk, flavored or unflavored (<math>\leq 12</math> fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (<math>\leq 12</math> fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<math>\leq 12</math> fl oz)</li> <li>• Other flavored and /or carbonated beverages (<math>\leq 20</math> fl oz) that are labeled to contain <math>\leq 5</math> calories per 8 fl oz, or <math>\leq 10</math> calories per 20 fl oz; and</li> <li>• Other flavored and /or carbonated beverages (<math>\leq 12</math> fl oz) that are labeled to contain <math>\leq 40</math> calories per 8 fl oz, or <math>\leq 60</math> calories per 12 fl oz.</li> </ul>	
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## Foods

### A food item sold individually...

- will have no more than 50% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 25% of its calories from saturated and trans fat combined.
- will have no more than 35% of its weight from added sugars
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium preserving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

## Portion Sizes

### Portion sizes of foods and beverages sold individually will be limited to...

- One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

- One ounce for cookies;
- Two ounces for cereal bars, granola bars, muffins, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.

Note: Fruits and non-fried vegetables are exempt from portion size limits.

### **Beverages**

- Not Available: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice of that contain caffeine (with the exception of low-fat or fat free chocolate milk which contains a trivial amt. of caffeine)
- No vending machines are used for the Lunch Program for grades Pre K – 12<sup>th</sup> grade at Brussels District 42.

### **Food or Physical Activity as a Reward or Punishment**

- The school district will not use food as rewards for academic performance or good behavior.
- The school district will prohibit the use of food as a reward or punishment in schools.
- The school district will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time. Alternative awards are on page 12.

### **Brussels School District 42 allows exemptions for foods that exceed the established nutrition parameters as follows:**

- In observance of state or national holidays;
- For established religious observances, such as Christmas, Hanukah, and Kwanza;
- School community observances, such as birthday parties;
- As part of a learning experience related to the reinforcement of established lesson plans in the classroom.
- Healthy food and beverage options for school functions on page 7.

### **High School:**

- Beverages sold outside of reimbursable meal include water, 50% fruit juice and low fat milk.
- Snacks sold outside of reimbursable meal include granola bars, baked chips, pretzels, popcorn, and low fat cookies. Also, apples and oranges.

### **Concession Stand**

- Vending Machines include water and 50% fruit juice drinks.
- Food sold include low fat turkey hotdogs, apple chips, sugar substitute fruit snacks, pretzels, rice krispy treat, popcorn, etc.

### **Fundraising**

Foods high in fat are not encouraged for fundraisers. Additional healthy fundraising recommendations are listed on page 14. Any reviewing and approving or denying requests for exempted fundraising days must be approved by building principal.

# Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

## There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.<sup>1</sup> Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.<sup>2</sup>

1. Birch LL. Development of Food Preferences. *Annu. Rev. Nutr.* 1999, 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

## Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

### ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

### LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

### IDEAS FROM MICHIGAN TEACHERS

**GAME DAY:** "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

**FRIDAY FREE TIME:** "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0002 or go to [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu).

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Used with permission from Michigan Team Nutrition, a partnership between the Michigan Department of Education and Michigan State University Extension.

## Healthful Food and Beverage Options for School Functions\*

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff, and community wellness. Example of nutritious food and beverages that are consistent with the Dietary Guidelines of Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges-cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit-nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits-raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (Variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat pudding cups
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this will necessarily meet district nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.



# Smart Fundraisers for Today's Healthy Schools

## Healthier Food

### Ideas:

- ◆ Bottled water with school name/logo
- ◆ Gift baskets of fruit/cheese
- ◆ Naturally lowfat pretzels
- ◆ Specialty shaped pastas
- ◆ Boxes of citrus fruits
- ◆ Popcorn
- ◆ Cheese
- ◆ Apples
- ◆ Nuts

## Activity-Related

### Fundraisers

- ◆ Skate night
- ◆ Jog-a-thons/Walk-a-thons
- ◆ Tennis/horseshoe competition
- ◆ Jump rope-a-thons
- ◆ Golf tournament
- ◆ Bowling night

## Show-Your-School Spirit

### Fundraisers With School

#### Name/Logo

- ◆ Mugs
- ◆ Scarves
- ◆ Megaphones
- ◆ Stadium cushions
- ◆ T-shirts & sweatshirts
- ◆ "Rally rags," "Team towels," "Homer hankies"
- ◆ License plate frames
- ◆ Spirit/seasonal flags
- ◆ Frisbees
- ◆ Magnets
- ◆ Hats

## Fun and Entertaining Fundraisers

- ◆ Dances
  - ◆ Talent Shows
  - ◆ Magic Shows
- ◆ School art drawings
- ◆ Buttons, pins and stickers
  - ◆ Balloon bouquets
- ◆ Temporary tattoos
- ◆ Singing telegrams
- ◆ Milk Mustache photos
  - ◆ Valentine's Day flowers

## Community-Related Fundraisers

- ◆ Customized signs
- ◆ Family portraits
- ◆ Scratch & Help Cards
  - ◆ Gift wrapping (at holiday time)
- ◆ Selling local agricultural products.  
(Contact [pepper.bromelmeier@mi.usda.gov](mailto:pepper.bromelmeier@mi.usda.gov))
  - ◆ Recycling cans/paper/ink cartridges
- ◆ Emergency kits for cars
- ◆ Car washes

## Material Fundraisers

- ◆ Candles
- ◆ Jewelry
  - ◆ First aid kits
- ◆ Bath accessories
  - ◆ House decorations
  - ◆ Computer software
- ◆ Holiday ornaments
  - ◆ Plants, flowers & bulbs
  - ◆ Greeting cards/stationery
- ◆ Stone/brick/tile memorials
- ◆ Books, calendars and magazines
  - ◆ Cookbook of easy & healthy after-school snacks



## **GOALS FOR NUTRITION EDUCATION**

- Students in preschool through grade 12 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis should be placed on nutrition education in preschool through primary grades as eating habits are established at a young age. The curriculum shall be consistent with and incorporate relevant Illinois Learning Standards.
- To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the standards-based lesson plans of other school subjects like math, science, language arts, physical education, health, family and consumer science and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of fifty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips, and school gardens.

### **Physical Activity Opportunities and Physical Education**

#### **Daily Physical Education (P.E) K-12**

All students in grades K-12, including students with disabilities and special health-care needs will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for junior high and high school students) for the entire school year. All physical education will be taught by a certified physical activity (interscholastic sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

#### **Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

#### **Physical Activity Opportunities Before and After School**

All high schools and junior high schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities should be available to students, staff, and community members before and after the school day, on weekends, and during school vacations with approval of the School Board as defined in Board of Education Policy. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs with approval of the School Board as defined in Board of Education Policy. School policies concerning safety will apply at all times.

## **Monitoring and Policy Review**

### **Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**Wellness Policy Addendum**

**Food Allergy Management Program**

School attendance may increase a student’s risk of exposure to allergens that could trigger a food-allergic reaction. A food allergy is an adverse reaction to a food protein mediated by the immune system which immediately reacts causing the release of histamine and other inflammatory chemicals and mediators. While it is not possible for a school district to completely eliminate the risks of exposure to allergens when a student is at school, the Food Allergy Management Program using a cooperative effort among students’ families, staff members, and students helps the school district reduce these risks and provide accommodations and proper treatment for allergic reactions.

Goals as established in The School Code:

- Identifying students with food allergies
- Preventing exposure to known allergies
- Responding to allergic reactions with prompt recognition of symptoms and treatment
- Educating and training all staff about management of students with food allergies, including administration of medication with auto-injector, and providing in-service training program for staff who work with students that is conducted by a person with expertise in anaphylactic reactions and management.

**Phase One: Identification of Students with Food Allergies**

Actor	Action
Parent/Guardian	Inform the Building Principal of the student’s food allergy. Complete Allergy History Form and School Medication Authorization Form. Return them to the Building Principal and Nurse. Participate in all meetings to assess and manage the individual student’s health needs.
Principal and/or Nurse	Follow District’s procedural safeguards for convening a meeting to assess the individual student’s allergy management needs.
504 Team	For a student that is not already identified as disabled, determine whether a referral for an evaluation is warranted using the District’s evaluation procedures for determining whether a student is a student with a disability within the meaning of IDEA or Section 504. For a student with an existing IEP or Section 504 Plan, or who qualifies for one on the basis of his or her food allergy, determine: <ol style="list-style-type: none"> <li>1. Whether the student’s food allergy requires related services to ensure the provision of a “free appropriate public education, and/or</li> <li>2. Whether the student’s food allergy requires appropriate reasonable accommodations for the student’s disability.</li> </ol> If the answer to either of the above questions is negative, notify the parent/guardian in writing of the reasons for the denial and the right to appeal.  If the answer to either of the above questions is positive:

	<ol style="list-style-type: none"> <li>1. Gather appropriate health information by using the completed Allergy History Form and Emergency Action Plan</li> <li>2. Identify all necessary accommodations and complete a 504 Plan.</li> <li>3. Determine which staffing provides the identified accommodations. Remember that accidental exposures are more likely to happen when an unplanned event or routine event occurs and special care should be taken to address procedures for staff members who provide transportation, substitute teaching, coaching or other activities, field trips, and classroom celebrations.</li> <li>4. Assign responsibilities to individual staff members for providing the identified accommodations. Inform absent staff members during the creation of the 504 Plan of their responsibilities.</li> <li>5. Identify willing 504 Team members trained in emergency response to respond to any allergic reactions the students may have.</li> <li>6. Provide the required procedural safeguard notices.</li> </ol>

### Phase Two: Prevention of Exposure to Known Allergens

Actor	Action
Principal and/or Nurse	<p>Convene a meeting to educate all staff members who will provide the identified 504 plan accommodations about their responsibilities.</p> <p>Ensure individual staff members perform their responsibilities and provide the necessary accommodations for the student's individual health needs.</p> <p>Facilitate the dissemination of accurate information in the building about the student's food allergy while respecting privacy rights.</p> <p>Provide a medical alert to parents/guardians.</p> <p>Prepare a list of answers to anticipated questions about managing the student's health needs.</p> <p>Check with the Nurse regarding any known competing educational interests with the student's health needs among other students attending the school.</p> <p>Manage identified students' competing educational interests by:</p> <ol style="list-style-type: none"> <li>1. Consulting the Board Attorney.</li> <li>2. Creating a method to monitor identified competing educational interests between students.</li> <li>3. Responding to future unidentified competing educational interests and managing them immediately.</li> <li>4. Modifying any other conditions as the facts of the situation requires.</li> </ol>
504 Team	<p>Implement and follow all identified responsibilities in the 504 Plan.</p> <p>Understand that accidental exposures are more likely to occur when an unplanned event occurs, which makes it critical to follow the exact accommodations in the student's 504 Plan.</p> <p>Practice emergency procedures outlined in the student's EAP and be prepared to follow them.</p>
Parent/Guardian	<p>Implement and follow the applicable items in the <i>Parent/Guardian of Children with Food Allergies Checklist</i></p>
Student	<p>Implement and follow the applicable items in the <i>Students with Food Allergies Checklist</i></p>

### Phase Three: Response to Allergic Reactions

Actor	Action
504 Team	Follow the student's 504 Plan and EAP.
Anyone	Anytime an allergic reaction is suspected, give the epinephrine auto-injector first, and then call 911. Fatalities occur when epinephrine is delayed or withheld.
Nurse	Implement and follow the applicable items in the Return to School After a Reaction Checklist. If the student has no EAP or 504 Plan, provide the parent with the EAP and <i>Sample Allergy History</i> forms and refer them to the process outlined in the <b>Identification of Students with Food Allergies</b> phase above. Review Special Considerations for the Student; specifically, collaborate with the students' medical provider.

### Creating a Safer Environment for Students with Food Allergies:

If a student has a 504 Plan, a multi-disciplinary team must be assembled to manage the individual student's health needs. The 504 Coordinator and/or the school nurse/Designated School Personnel (DSP) must bring together a team that includes a variety of school staff. The team may include, but is not limited to:

- Administration
- Coaches and physical education teachers
- Custodial Staff
- Food Service Director/staff
- Local EMS
- Parent/Guardian of students with food allergies
- Recess supervisors
- School counselor
- School Health Professional
- Student with food allergy
- Teachers and specialists
- Transportation staff
- Other learning support staff and aides

### Best Practice Measures to Reduce Exposure to Allergens:

Protecting a student from exposure to offending allergens is the most important way to prevent anaphylaxis. Schools are considered high-risk settings because of the risk of cross-contamination on tables, desks, and other surfaces, and exposures to allergic foods because of food sharing, hidden ingredients, craft, art and science projects, bus transportation, fundraisers, bake sales, parties and holiday celebrations, field trips, and substitute teaching staff being unaware of the food-allergic student. The following are recommended best practices for schools:

- Address life-threatening allergic reaction prevention in all classrooms, food services/cafeterias, classroom projects, crafts, outdoor activity areas, on school buses, during field trips, before and after school activities and in all instructional areas.
- Adapt curriculum, awards, rewards or prizes by substituting non-food items.
- Limit food related to fundraising, birthday celebrations, PTA functions to cafeteria or another designated areas. Incorporate non-allergenic or non-food items.
- Establish cleaning procedures for common areas
- Avoid the use of food products as displays or components of displays in hallways.
- Develop protocols for appropriate cleaning methods following school events that involve food.
- Determine who should be familiar with the student's 504 plan.
- Teach all faculty and staff about the signs and symptoms of possible anaphylaxis. This training should include:
  1. How to recognize symptoms of an allergic reaction
  2. Review of high-risk areas
  3. Steps to take to prevent exposure to allergens
  4. How to respond to an emergency
  5. How to administer an epinephrine auto-injector
  6. How to respond to a student with a known allergy as well as a student with a previously known allergy.
- Conduct a medical emergency response drill twice a year. The recommended interval is at the beginning of school year and just after mid-year break.

TITLE 23: EDUCATION AND CULTURAL RESOURCES  
 SUBTITLE A: EDUCATION  
 CHAPTER I: STATE BOARD OF EDUCATION  
 SUBCHAPTER i: FOOD PROGRAMS

PART 305  
 SCHOOL FOOD SERVICE

Section

305.5 Definitions

305.10 Illinois Free Lunch and Breakfast Programs

305.15 Sale of Competitive Food in Participating Schools

305.20 Student Workers

305.30 Government-Donated Commodities

**AUTHORITY:** Implementing and authorized by the Richard B. Russell National School Lunch Act (42 USC 1751 et seq.), Child Nutrition Act of 1966 (42 USC 1771 et seq.), and the School Breakfast and Lunch Program Act [105 ILCS 125].

**SOURCE:** Peremptory rule adopted at 2 Ill. Reg. 45, p. 83, effective October 25, 1978; codified at 7 Ill. Reg. 14743; amended at 30 Ill. Reg. 17475, effective October 17, 2006; amended at 32 Ill. Reg. 17603, effective October 23, 2008; emergency amendment at 38 Ill. Reg. 14445, effective June 25, 2014, for a maximum of 150 days; amended at 38 Ill. Reg. 23192, effective November 19, 2014.

**ISBE 23 ILLINOIS ADMINISTRATIVE CODE 305.5**

SUBTITLE A

SUBCHAPTER i

**Section 305.5 Definitions**

"Competitive food" means all food and beverages that are offered by any person, organization or entity for sale to students on the school campus during the school day, other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act (42 USC 1751 et seq.) and the Child Nutrition Act of 1966 (42 USC 1771 et seq.), as amended by the Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296).

"Competitive food standards" means the nutrition standards for competitive food promulgated by the U.S. Department of Agriculture. (See 7 CFR 210.11 (2013).)

"Eligible student" means a student eligible for free or reduced price meals under the School Breakfast Program authorized under the Child Nutrition Act of 1966 and/or the National School Lunch Program in accordance with federal regulations found at 7 CFR 245.3 (2014).

"Exempted fundraising day" means a school day on which food and/or beverages not meeting competitive food standards may be sold to students on the school campus.

"Food service area" means any area on school premises where reimbursable meals are served and/or eaten.

"Meal period" means the period of time during which breakfast or lunch is regularly served and the time scheduled for the students to eat the meal.

"Participating school" means any public or nonpublic school that participates in the School Breakfast Program or the National School Lunch Program.

"Reimbursable meal" means a meal meeting the definition of a "federal reimbursable meal", as set forth in regulations governing the School Breakfast Program (7 CFR 220.8 (2014)) or the National School Lunch Program (7 CFR 210.10 (2014)).

"School campus" means all areas of the property under the jurisdiction of the participating school that are accessible to students during the school day.

"School day" means the period of time from the midnight before the start of the official school day until 30 minutes after the end of the official school day.

(Source: Amended at 38 Ill. Reg. 23192, effective November 19, 2014)



**Section 305.10 Illinois Free Lunch and Breakfast Programs**

- a) In accordance with Section 4 of the School Breakfast and Lunch Program Act [105 ILCS 125/4], every public school shall provide free lunches to students eligible to receive free meals in accordance with 7 CFR 245.3 (2008).
- b) Every public school that offers a free breakfast program as defined in 105 ILCS 125/1 shall provide free breakfasts to students eligible to receive free meals in accordance with 7 CFR 245.3 (2008).
- c) Every public school, at the beginning of each school year, must publicly announce the availability of free lunches and, as applicable, free breakfasts. This public notice may be published in a newspaper of general circulation for the school district, made available on the school district's website, provided in a school newsletter, or included with registration materials. The notice shall at least include the criteria used to determine eligibility for free meals, the process for applying for a free meal, and the name and telephone number of a contact person for the program. Copies of the notice also shall be made available upon request to any interested person.
- d) Public and nonpublic schools may claim State reimbursement for each reimbursable meal provided to students eligible to receive free meals in accordance with 7 CFR 245.3 (2008).
- e) An accurate record of the actual number of free breakfasts and lunches served to children each day must be maintained.

(Source: Amended at 32 Ill. Reg. 17603, effective October 23, 2008)

### **Section 305.15 Sale of Competitive Food in Participating Schools**

- a) Beginning July 1, 2014, each participating school shall adhere to the competitive food standards for the sale of competitive food sold to students on the school campus of the participating school during the school day, except as permitted under subsection (b). (See 7 CFR 210.11 (2013).)
- b) A participating school may annually have no more than the number of exempted fundraising days authorized in this subsection (b).
  - 1) For school year 2014-15, the number of exempted fundraising days shall be limited to:
    - A) No more than nine exempted fundraising days for participating schools with grades 8 and below; and
    - B) No more than 36 exempted fundraising days for participating schools with grades 9 through 12.
  - 2) For school year 2015-16 and after, the number of exempted fundraising days shall be:
    - A) prohibited in participating schools with grades 8 and below; and
    - C) limited to no more than nine exempted fundraising days for participating schools with grades 9 through 12.
  - 3) The provisions of this subsection (b) do not limit the number of foods and beverages that may be sold to students on an exempted fundraising day nor do they limit the number of organizations or clubs to which a participating school may grant permission to offer competitive food for sale to students on an exempted fundraising day.
- c) In order to have exempted fundraising days authorized under subsection (b), a participating school shall:
  - 1) adopt a policy stating the procedures to be used to request an exempted fundraising day, and the process and criteria to review and approve or deny a request;
  - 2) include the fundraising policy adopted under subsection (c)(1) in the participating school's local school wellness policy established in accordance with 42 USC 1758b and any federal regulations issued under that statute (see proposed rule at 79 Fed. Reg. 10693, February 26, 2014); and
  - 3) maintain for no less than three years a listing of the exempted fundraising days held; these records shall be retained in accordance with the requirements of 7 CFR 210.9(b)(17) (2013).
- d) All revenue from the sale of any food or beverage meeting the competitive food standards sold to students in the food service areas during the meal period shall accrue to the nonprofit school lunch program account.

(Source: Amended at 38 Ill. Reg. 23192, effective November 19, 2014)

### **Section 305.20 Student Workers**

- a) In order for a student to work in the food service area, any public school or any nonpublic school participating in the National School Lunch Program shall obtain written consent from the individual who legally enrolled the student, whether it be the parent, guardian or other individual.
- b) An eligible student shall not be required to work for his or her meals.
- c) A lunch or breakfast served to a student worker cannot be claimed for reimbursement as a free or reduced-price meal unless the student is an eligible student.
- d) A meal served to a student worker is to be recorded in the eligibility category for which the student would qualify if not working.

(Source: Added at 30 Ill. Reg. 17475, effective October 17, 2006)

### **Section 305.30 Government-Donated Commodities**

- a) Any agreement or contract to process government-donated commodities between an eligible receiving agency (school district or institution) and a food supplier or management firm not listed on the electronic Illinois Commodity System must be submitted for approval to the Illinois State Board of Education.
- b) Proper storage facilities must be provided for government-donated food commodities. Such storage facilities shall meet the requirements set forth in federal regulations governing the storage and use of commodities in child nutrition programs (7 CFR 250 (2006)).
- c) Government-donated commodities shall not be stored at private residences or facilities, unless the facility is operated and designed for the storage or refrigeration of food, and the facility meets the requirements of subsection (b) of this Section.
- d) Government-donated commodities shall be ordered in amounts that can be adequately stored without loss or spoilage.
- e) Complaints from participating schools or agencies authorized to receive government-donated commodities about food safety and other food-quality issues concerning those commodities shall be reported to the State Board of Education on the form provided for that purpose.

(Source: Amended at 30 Ill. Reg. 17475, effective October 17, 2006)