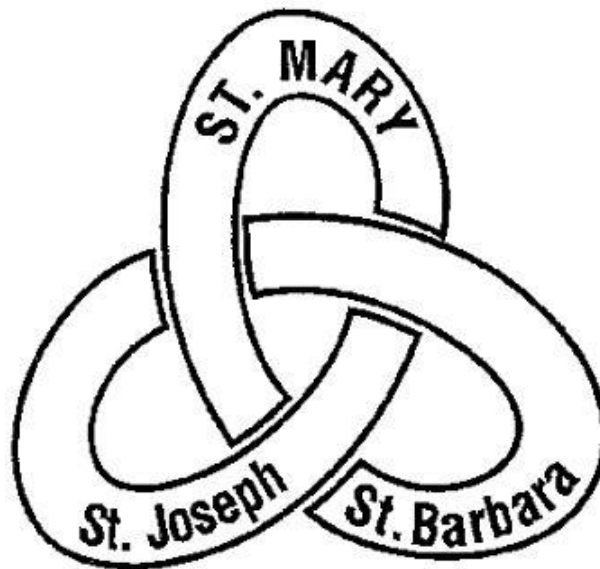


# **St. Mary School**



## **Wellness Policy**

Amended January 2024

## **WELLNESS COMMITTEE MEMBERS**

Mrs. Rebecca Lorts	Principal
Mrs. Charlene Friedel	School Board Member/Parent
Mrs. Jill Rose	School Board Member/Parent
Mrs. Jeanne Johnes	School Board Member
Mrs. Lisa Kiel	School Board Member/Public Member
Mrs. Cindy Kuhn	Food Service Coordinator

St. Mary School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the St. Mary School that:

### **Model School Wellness Policies**

- The school 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 PreK-8 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, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- The school 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 Committee**

The school will create, strengthen, and/or work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The wellness committee 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 administrator, teacher, health professional, 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 a clean and pleasant setting.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a 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 parents 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, it 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.**

- The schools will 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, the school 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

The school 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.

- Recipes have been adjusted to reduce salt by 50%. No salt is added to French fries. Saltshakers 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 school's 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
Sodium	Target I: SY 2014-15		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.
	Lunch ≤1230 mg(K-5) ≤1360mg (6-) ≤1420mg (9-12)	Breakfast ≤540 mg(K-5) ≤600mg (6-) ≤640mg (9-12)	
	Target I: SY 2014-15		USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.
	Lunch ≤935 mg(K-5) ≤1035mg (6-) ≤1080mg (9-12)	Breakfast ≤485 mg(K-5) ≤535mg (6-) ≤570mg (9-12)	
	Final Target: SY 2022-23		
	Lunch ≤640mg(K-5) ≤710mg (6-) ≤740mg (9-12)	Breakfast ≤430 mg(K-5) ≤470mg (6-) ≤500mg (9-12)	
Saturated Fat	Saturated Fat <10% of total calories		USDA offers lean meats, poultry, fish, and reduced fat cheeses.
Trans Fat	New Specification: 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.		USDA Foods do not contain <b>added trans</b> fats. · Peanut & Sunflower butters · Vegetable oils · Potato products · Catfish strips · Very little naturally occurring trans fats in beef and cheese
Calories	Daily Average Calorie Ranges (min and max) Only food-based menu planning allowed: Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)  Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)		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 stick</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> <p>Refer to SP-02-2013</p> <p>Flexibility for additional servings as</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> <li>• Whole kernel corn for further processing</li> </ul>

	outlined in SP-26-2013	<ul style="list-style-type: none"> <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)	

<b>School Breakfast Meal Pattern</b>		
<b>Food Group</b>	<b>New Requirements</b>	<b>How USDA Foods supports new requirements</b>
<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 (8-10 oz weekly)	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> <li>• Regular and quick cooking brown rice</li> </ul>

	Grades 9-12: 2 oz eq. min. daily (9-10 oz weekly)	<ul style="list-style-type: none"> <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)	

<b>Nutrition Standards for All Foods Sold in School</b>		
<b>Food/Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <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> <li>5. Contain 10% of the Daily Value (DV)</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 nutrient standards.</li> </ul>



	<p>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>	
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 $\leq$ 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 with nuts and/or nut/seeds with no</li> </ul>

		<p>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 carte: <math>\leq 230</math> mg sodium per item as served. Effective July 1, 2016, snack items and side dishes sold as a la carte must be: <math>\leq 200</math> mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq 480</math> mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: <math>\leq 200</math> calories per item as served, including any added accompaniments.</p> <p>Entrée items sold as a la carte: <math>\leq 350</math> 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	Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.	
<b>Beverages</b>		
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 (<math>\leq 8</math> fl oz);</li> <li>• Nonfat milk, flavored or unflavored (<math>\leq 8</math> fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements.</li> <li>• 100% fruit/vegetable juice (<math>\leq 8</math> fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<math>\leq 8</math> 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 (<math>\leq 12</math> fl oz).</li> <li>• Nonfat 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> </ul>	

## **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 no 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.

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

- The school will not use food as rewards for academic performance or good behavior.
- The school will prohibit the use of food as a reward or punishment in schools.
- The school 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 13.

**The School District 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.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities involving foods will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Additional healthy fundraising recommendations are listed on page 15. Any reviewing and approving or denying requests for exempted fundraising days must be approved by the 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).

Michigan State University and the Michigan Department of Education are affirmative-action, equal-opportunity institutions. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status.

MICHIGAN STATE  
UNIVERSITY  
EXTENSION



MICHIGAN  
Department of  
Education



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 8 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) 1-8**

All students in grades 1-8, including students with disabilities and special health-care needs will receive physical education for at least 60-89 minutes per week throughout the school year. Secondary students are required to take the equivalent of one academic year of physical education.

#### **Daily Recess**

All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which teachers will encourage moderate to vigorous physical activity.

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 After School**

Will offer interscholastic sports programs as appropriate for middle school. School 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 encourage moderate to vigorous physical activity for all participants.

## Monitoring and Policy Review

### Implementation & Monitoring

The school will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report. The principal will ensure compliance with established nutrition and physical activity wellness policies.

### Recordkeeping

Schools will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating the policy has been made available to the school families and school constituents.
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update.
- The most recent assessment on the implementation of the local school wellness policy

### Triennial Progress Assessments

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 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 schools will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

School wellness policy committees will update or modify the wellness policy based on the results of the triennial assessments and/or as school or Diocesan priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued.

## **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 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 reduce these risks and provide accommodations and proper treatment for allergic reactions.

Goals as established:

- 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.