

## WELLNESS POLICY FOOD & BEVERAGE HIGHLIGHTS

**School Meals.** Meals served through the Breakfast Program and National School Lunch Program will:

- Meet, at a minimum, nutrition requirements established by federal, state, local and/or federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that at a minimum half of the served grains are whole grain.

**Foods and Beverages Sold Individually (i.e. foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines.)**

**Elementary Schools.** To the extent possible, all foods prepared, sold and/or made available on school grounds may not contain peanuts and/or tree nuts. The food and beverages provided by the food service program will be approved before sale to students in elementary schools. Given young children’s nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** To the extent possible, all foods prepared, sold and/or made available on school grounds may not contain peanuts and/or tree nuts. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) will meet the following nutrition and portion size standards:

**Beverages: Soda or carbonated beverages will not be sold in vending machines within the district**

<u>Elementary Schools</u>	<u>Middle School</u>	<u>HS (During Day)</u>	<u>HS (After Dismissal)</u>
Water	Water	Water	Water
8oz unsweetened juice	12oz unsweetened juice	Diet & unsweetened teas	Diet & unsweetened teas
Low fat or fat free milk	Low fat or fat free milk	Light juices, sport drinks, 12oz of no more than 100 calories	Light juices, sport drinks, 12oz of no more than 100 calories
100% fruit juices	100% fruit juices	100% fruit juices	100% fruit juices
		Low fat or fat free milk up to 12 oz	20 oz sport drinks

**Foods:**

- A food item sold individually(a la carte and/or vending machine items):
  - Will have no more than 7 grams of fat per serving
  - Will have no more than 2 grams of saturated fat per serving
  - Will have no more than 0 grams of trans fat per serving (no partially hydrogenated oils)
  - Will contain 15 grams or less of sugar per serving
  - Will contain 360 milligrams or less of sodium per serving
  - Will not contain monosodium glutamate (MSG)
  - A variety of fat-free food selections will be offered daily
  - Whole fruits and non-fried vegetables will be for sale at the school site where foods are sold and are exempt from portion size limitations
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to:
  - Fresh fruits and vegetables
  - Cooked, dried
  - Cooked, dried vegetables (that meet the above fat and sodium guidelines) as part of a reimbursable school meal and/or offered as an “a la carte” item

**Portion Sizes for all snacks and “a la carte items”**

- All snacks will provide only single servings;
- All snacks will be limited to one and one-quarter ounces for chips, crackers, popcorn, or cereal;
- Two and one half ounces for seeds or dried fruit;
- Two ounces for cookies, granola bars or cereal bars;
- Three ounces for pastries, muffins, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream or frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes and wraps, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.
- **Any deviations from this list must be approved by the Director of Wellness Programs or their designee.**

**Fundraising Activities.** To support children’s health and school nutrition-education efforts, school fundraising activities, either by students or outside organizations, (PTA, Huskers, etc.) on school grounds will meet the nutritional guidelines of this policy. **All fundraisers (PTA, clubs or organizations) containing food and/or beverage items must comply with the established guidelines or be approved by the director of Wellness Programs or their designee. Food fundraisers need not be strictly forbidden, provided they fit into the context of the healthy school environment.** Schools will encourage fundraising activities that promote physical activities.

**Snacks. To the extent possible, all snacks served, sold and/or made available during school and after school activities may not contain peanuts and/or nuts** and will meet the nutrition standards for foods and beverages sold individually. Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, parents and community groups on the district website.

To support the district’s nutrition education efforts and promote student wellness and safety, parents/guardians and staff are required to select any foods and beverages that are donated/purchased for class activities/celebrations from the list of nutritious snacks provided on the district website.

- **Foods and beverages from this list must be store bought, in the original sealed container, and ready to eat.**
- Other nutritious snacks may be added to the list by getting the approval of the Director of Wellness Programs or their designee; provided these items meet all of the nutritional standards in the wellness policy.
- To ensure that foods brought into schools for celebrations/activities conform to Board policy and contribute to the nutritional well-being of students, the following are not permitted: soda, candy, and gum.

**Rewards.** Schools will not use foods or beverages as rewards for academic performance or good behavior (pizza parties, ice cream parties, etc.) and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** All celebrations will meet the guidelines of the Wellness Policy as previously stated. **Schools should limit celebrations that involve food during the school day to no more than one party per class per month.** Teachers are strongly urged to limit birthday parties to one per month for all students born in that month, with one snack for all to share. **Party bags or holiday cards containing food are prohibited.** Pencils, stickers, etc are fun treats that can be shared or distributed.

Schools discourage celebrations during the school day, which primarily focus on food consumption. (i.e., “Pi” day, international food celebrations, field trips to restaurants, end of year parties, etc.)

- **On-Campus After-School Events** (such as, but not limited to, athletic events, dances, or performances, both school-sponsored and those run by outside groups). **Foods and beverages prepared, sold and/or made available** at after-school events outside the school day will meet the nutrition standards for meals and/or foods and beverages sold individually and **may not contain peanuts and/or tree nuts.**

**Staff Wellness.** The Yorktown Central School District will support the health and well-being of every staff member and will encourage the planning and implementation of activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school will establish and maintain a staff wellness committee composed of staff members and other appropriate resources. The committee will develop, promote, and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

**Student Wellness.** The Yorktown Central School District will support the health and well-being of every student and will encourage the planning and implementation of activities that encourage healthy lifestyle. Wellness clubs will be encouraged as well as student representation on the student wellness committees to advocate, plan and promote healthy eating, physical activity and other elements of healthy lifestyle among all students.

## V. **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 be charged with operational responsibility for distributing and ensuring compliance with those policies in his/her school and will report on the school’s compliance to the school District superintendent or designee annually. School food service staff, at the school or District level, will ensure compliance with nutrition policies within school food service areas. The superintendent or designee will develop a summary report annually 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 continual development of the District’s wellness policies, each school in the District will conduct an 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.