

## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

General nutrition guidelines apply to breakfast, lunch, and all foods sold through vending machines, student stores, snack bars, and a la carte during the school day. The school day is defined as the period from midnight before, to 30 minutes after the end of the official school day.

### **Food Options**

To ensure that all students have the opportunity to select healthy food options, the district will ensure that any food sold in schools must meet the following nutrition standards:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable;

Foods must also meet the following nutrient requirements:

- Calorie limits:
  - Snack items:  $\leq 200$  calories
  - Entrée items:  $\leq 350$  calories
- Sodium limits:
  - Snack items:  $\leq 200$  mg
  - Entrée items:  $\leq 480$ mg
- Fat limits:
  - Total fat:  $\leq 35\%$  of calories
  - Saturated fat:  $\leq 10\%$  of calories
  - Trans fat: zero grams
- Sugar limit:
  - $\leq 35\%$  of weight from total sugars in foods

### **Healthy Beverages**

The district will limit beverage selections to the following:

- Plain water (with or without carbonation)
- Unflavored low fat milk, unflavored or flavored fat free milk, and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

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### **Additional (No Calorie/Lower Calorie) Options for High Schools:**

No more than 20-ounce portions of:

- calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.

No more than 12-ounce portions of:

- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Breakfast**

The school district will:

- Arrange bus schedules and utilize methods to serve breakfast that encourage participation, including serving breakfast in the classroom, grab-and-go breakfasts, or breakfast during morning break or recess.
- Notify parents and students of the availability of the School Breakfast Program.
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, website content, or other menus.

### **Healthy Eating Environment**

The school district will:

- Provide choices offered daily for entrees, vegetables, fruits, and milk.
- Attempt to assure that students get what they order.
- Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals.
- Food items served and sold in schools shall to the extent possible be prepared from fresh, locally grown, or locally produced ingredients. Nutrition services staff will design and activity pursue programs which make this possible, and if necessary, recruit the support of local individuals and organizations.
- Food items served and sold in schools shall reflect the cultural diversity of the student body and consideration of special dietary needs, food preferences, and practices.
- A nutrient analysis of menus and a la carte items will be available on the district website.
- Offer nutritionally equivalent alternatives for students with food allergies or intolerances.
- Provide a clean, safe, and pleasant dining experience for students.

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### **Meal Times and Scheduling**

The school district will:

- Schedule lunch periods to allow each student at least 10 minutes to eat.
- Schedule lunch periods between 11:00AM and 1:00PM, with the exception of early-release days.
- Consider scheduling lunch after recess to stimulate appetite and encourage students to finish their lunch rather than hurrying to get outside to play.
- Maintain a closed campus that prohibits students from leaving campus during the lunch period.
- Provide students access to hand washing or hand sanitizing before eating meals and snacks.
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Foods Sold Outside the Meal (e.g. vending machines, a la carte, fundraisers)**

The school district will:

- Insist that only items that meet nutrition standards be included in outside vending/bottler contracts.
- Actively ensure that all foods and beverages sold individually outside the reimbursable meal programs (including a la carte items, vending machines, student stores, fundraising activities, or through programs for students after the school day) will meet the nutrition standards as required by state or federal law.

### **Snacks Served in the Classroom**

The school district will:

- Allow and encourage snacks to be served in the classroom, especially at the primary level.
- Encourage parents/teachers to offer foods that meet Smart Snacks guidelines.
- Provide a list of healthy snack options to parents and teachers at the beginning of each school year.

### **Fundraising Activities**

The school district will:

- Encourage that healthy foods be sold at bake sales and other fundraising activities, similar to Healthy Food Guidelines/Smart Snacks.
- Not allow food/beverage sales to occur during the school breakfast or lunch period.
- Allow only foods that meet Healthy Food Guidelines/Smart Snacks to be sold to students during the school day, and up to 30 minutes after school is dismissed.
- Disseminate a list of healthy bake sale items to parents and teachers.

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### **Birthday, Classroom, and Building Celebrations**

The school district will:

- Limit foods and drinks brought for classroom celebrations initiated by parents, students, or staff during the school day to a list of foods that meet the Healthy Food Guidelines/Smart Snacks.
- Distribute this list to parents and teachers at the beginning of the school year.
- Provide options for parents or staff to purchase Smart Snacks from the Gilbert Food Service Department.
- Encourage staff to incorporate physical activities into classroom and building celebrations.

### **Rewards and Incentives**

The school district will:

- Encourage staff to only use non-food items as rewards or incentives to encourage student achievement of desirable behavior.
- A list of non-food rewards will be distributed to teachers at the beginning of the school year.
- Encourage exception to this ONLY if the student's IEP or other individual student plan includes the use of food for behavior modification. In this case, food shall be used as a last alternative and used minimally. Healthy food options should always be considered first. Discourage the withholding of food or beverages as a punishment of students.

### **Concessions/Dances/School Sponsored Activities**

The school district will:

- Encourage the sale of foods at school-sponsored events outside of the school day to include beverages and foods that meet the Healthy Foods Guidelines/Smart Snacks.

### **Collaboration Between Food Service and Health Education**

The school district food services program will encourage food service staff to collaborate with classroom teachers to reinforce nutrition education lessons taught in the classroom. Examples of the collaborative activities include but are not limited to:

- Displaying educational materials in the cafeteria that reinforce classroom lessons.
- Teaching or presenting nutrition lessons or nutritional information to students.
- Providing cafeteria tours to students.
- Conducting healthy taste testing events in the cafeteria.

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### **Food Service Staff**

The school district will:

- Ensure that qualified nutrition professionals administer the school food services;
- Provide continuing professional development for all food service staff;
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Free and Reduced-Priced Meals**

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price meals. Toward that end, the school district will:

- utilize electronic identification and payment systems; and
- promote the availability of meals to all students.

All students and families will receive free and reduced-price meal applications at the beginning of each school year.

### **Sharing of Foods**

The school district discourages 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.

### **Food Allergies and Sensitivities**

The district is required by law to provide substitutions for children with allergies and sensitivities. Written documentation is required by a physician.

### **Food Safety**

- All foods made available on campus adhere to food safety and security guidelines. ☐
- All foods comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. [http://www.fns.usda.gov/tn/Resources/servingsafe\\_chapter6.pdf](http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf) ☐
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel. If staff supervision and/or assistance is required for outside groups using the facility, that group will bear the cost of this staff time.

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