

NUTRITION EDUCATION

Goal: The school district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill necessary to promote and protect their health.

- The school district will examine, identify and implement a standards-based curriculum.
- The school district will identify and provide training for teachers and staff annually as new guidelines emerge.
- The school district will ensure nutrition education is part of our K-12 curriculum.

Goal: The school district will use a variety of promotion strategies to reinforce classroom nutrition education.

- The school district's meals served through the National School Lunch and Breakfast Programs will offer a variety of whole-grain products, fruits, vegetables, low-fat/nonfat dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- The school district will encourage nutrition promotions that include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens.
- The school district will engage in nutrition promotion that links with other wellness-related community services.

Approved: April 11, 2016

Reviewed: May 8, 2017

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General Guidelines Nutrition rules apply to breakfast and lunch and all foods sold through vending machines, student stores, snack bars and a la carte during the school day – 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- Calorie limits: Snack items: ≤ 200 calories, Entrée items: ≤ 350 calories
- Sodium limits: Snack items ≤ 230 mg, Entrée items: ≤ 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

Breakfast

The school district will:

- Arrange bus schedules and utilize methods to serve breakfasts 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.

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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 produced ingredients. Nutrition Services staff will design and actively 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, and food preferences and practices.
- A nutrient analysis of menus and a la carte items will be available on the district website.
- Offer nutritionally equivalent alternates for students with food allergies and intolerances.
- Provide a clean, safe and pleasant dining experience for students.

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.
- Provide students access to hand washing or hand sanitizing before eating meals and snacks.

Foods Sold Outside The Meal (e.g. vending, a la carte, sales)

The school district will:

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- Encourage staff to be role models for students in the choices of vending beverages and foods.
- Inform new bottler/vending contractors of the nutrition requirements for food and drinks and insist only items that meet the standards be included in the contract.
- 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/teacher to offer foods that meet the Healthy Food Guidelines/Smart Snacks.
- Provide a list of healthy snack options to parents and teachers at the beginning of the school year.

Fund Raising Activities

The school district will:

- Encourage that healthy foods be sold at bake sales and other fund-raising activities, similar to Healthy Food Guidelines/Smart Snacks and;
- Not allow food/beverages 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 back sale items to parents and teachers.

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 Foods 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 food service
- Encourage staff to incorporate physical activities into classroom and building celebrations

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Rewards and Incentives

The school district will:

- Encourage staff to only use non-food items as rewards or incentives to encourage student achievement or desirable behavior;
- 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.

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 this end, the school district will:

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

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

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 made available on campus 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

- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff or personnel authorized by the district. If staff supervision and/or assistance is required for outside groups using the facility, that group will bear the cost of this staff time.

Approved: March 7, 2016