

NUTRITION

Nutritional Content and Food Services Operations

The district operates under the following nutritional content and food services operations guidelines:

- Only food or beverages that meet or exceed the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served by the food services program in the school. Such a provision specifically precludes the sale of carbonated beverages.
- Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese and crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, low fat and nonfat milk.
- Foods sold or served in school should encourage student health by providing a variety of whole foods, including vegetables, fruits, and grains.
- Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- Students and staff will have access to safe, fresh drinking water throughout the school day.
- Employees are encouraged not to use food as a reward in the classroom.
- All students are encouraged to participate, in the school district food service program.
- Adequate time and space are provided for students to eat meals in a pleasant and safe environment.
 - Seating is not overcrowded;
 - Safe behavior expectations are clear;
 - Appropriate supervision is provided; and
 - It is strongly recommended that any recess held in conjunction with the lunch period is scheduled prior to the lunch period for elementary students.

School Cafeterias

- Any student may eat in the school cafeteria or other designated place.
- Meal price changes will be approved by the superintendent and food service director, with the approval of the board no later than the beginning of each school year.
- Healthy option foods will be competitively priced.
- Meal prices will be conspicuously posted in each cafeteria or designated meal area.

Nutrition Education

Nutrition education at all levels of the district's integrated curriculum includes the following essential components designed to help students learn:

- Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understand essential nutrients; learn about nutritional deficiencies;

understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;

- Age-appropriate nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information and develop a health and fitness plan and a monitoring system, to plan and prepare a healthy meal, understand and use food labels, and to critically evaluate nutrition information, misinformation, and commercial food and advertising; and
- How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

Staff Development

Professional development training opportunities for staff in the area of nutrition, health and physical fitness will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring that:

- Nutrition education materials and meal menus are made available to parents;
- Families are invited to attend exhibitions of student nutrition projects or health fairs;
- Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);
- School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
- School employees consider the various cultural preferences in development of nutrition education programs and food options.
- Students/parents are permitted to bring commercial foods to school that do not meet the Smart Snacks standards on occasions such as birthdays and holiday celebrations; however, the district will encourage healthy food choices in all school operations.

PHYSICAL FITNESS

Health and Fitness

All students must have equal and equitable opportunities for physical activity and fitness education in our schools.

- All grades kindergarten through twelve students will participate in quality, standards-based physical activity/fitness education programs. Schools require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness.
- All schools will have certificated physical education teachers providing instruction.

All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards.

Access to school facilities will be permitted consistent with the district's facilities use policy to enhance youth and adult access to physical activity.

The district prohibits the imposition of physical activity or withholding of physical education class as punishment.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

- Physical education activity ideas are sent home with students;
- Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- Physical education curriculum includes homework that students can do with their families;
- School staff consider family cultural preferences in development of physical education programs; and
- Cooperation with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

Advisory Committee

A district Healthy Youth Task Force advisory committee assisted in development of district policy and procedure 6700, and included the food service director, staff, a school principal, the superintendent, and parents and members of the public. Students and the board were involved in policy and procedure review prior to adoption.

The board expects the superintendent/designee to:

- Conduct an annual review of policy and procedure 6700 to measure the extent to which schools and food services are in compliance;
- Involve parents, students, food services employees, teachers, school health professionals, a representative from the board, and the public as the district's "Healthy Youth Task Force" in the review, and in making recommendations for changes to this policy, and provide a summary report to the board.

Program Evaluation

- **Nutrition:** The superintendent is responsible for evaluating the school food services program (with input from students, parents and staff) and periodically assessing implementation of board policy 6700 and this procedure.
- **Physical Education:** District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs. Results of these assessments will be reported to the board, school staff and will be made available to parents and community.