Creating Healthy Schools

Implementation for success

Food:

- Encourage the consumption of nutrient dense food, i.e. whole grains, fresh fruits & vegetables, and dairy products.
- For schools participating in the National School Lunch Program and/or School Breakfast Program (NSLP/SBP), any food sold in schools must meet USDA and state agency nutrition standards. These standards provide specific definitions for the food and beverage products.
- All food and nutrition standards align with USDA Smart Snacks in School standards.

Any food sold in schools must be:

- Be a whole grain-rich product; OR
- Have as the first ingredient: a fruit, a vegetable, a protein food, or dairy product; OR
- Be a combination food that contains at least ¼ c. fruit and/or vegetable; OR
- Contain 10% Daily Value (DV) of at least one nutrient of public health concern (dietary fiber, vitamin D, calcium, or potassium). This qualification standard will become obsolete July 1, 2016.

Also meet nutrient requirements:

Calorie limits:

Snack items:	≤200 calories
Entrée items:	≤350 calories

Sodium limits:

Snack items:	≤230 mg (this limit decreases to ≤200 mg, July 1, 2016)
Entrée items:	≤480 mg

Fat limits:

Total fat:	≤35% of calories
Saturated fat:	<10% of calories
Trans fat:	zero grams

Sugar limit:

≤35% of weight from total sugars in foods

Model Policy:

Our school district cares about the health and well-being of its students and staff, and understands the impact of food and beverages sold at school may have on student and staff health behaviors. Schools have the ability to play a pivotal role in influencing students' food choices. All foods and beverages sold individually outside the reimbursable school meal programs during the school day, or through programs for students before and after the school day, will meet the nutrition and portion size standards as defined by the USDA and State Education Agency. This includes food items sold through á la carte [snack] lines, vending machines, school stores, or fundraising activities.

Evaluation:

The district wellness council and school administrators are jointly accountable for implementing, enforcing, and evaluating this policy. Evaluation of this policy will include administration working with vending contractors to ensure that foods sold meet requirements, surveying faculty and staff about acceptability of products, and enacting a schedule for when vending machines, á la carte, and school stores will sell food items. Each school will report annually to the district wellness council on the progress of policy implementation and will include recommendations where further district support may be beneficial.

The district wellness council may also request select schools conduct student, family, and/or staff surveys as part of their evaluation process. At the end of each school year, the district wellness council leader will submit an annual report to the superintendent/board of education on the implementation and evaluation of this policy. This report shall be posted on the Internet for easy public access.

Beverages:

All schools may sell:

- 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 and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

No caffeinated beverages allowed at elementary and middle schools.

Serving sizes for milk and juice shall be no more than:

- 8 oz. for elementary / 12 oz. for middle and high school

There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students:

- No more than 20 oz. 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 fl. oz. or <10 calories per 20 fl. oz.
- No more than 12 oz. portions of beverages with <40 calories per 8 fl. oz., or <60 calories per 12 fl. oz.

Rationale:
Although vending and á la carte sales account for a portion of school revenue, the bigger cost to students in terms of health should be taken into account. Vending and á la carte sales that do not meet healthy standards increase the risk for students and staff to consume too many calories from foods with limited nutritional value. Changing vending options to foods that meet the nutrition standards meets USDA requirements, improves nutrition options, allows for an additional avenue to reinforce marketing of healthy foods and reinforces nutrition education principles being taught. Additionally, regulated vending and á la carte items creates a healthier school environment that reduces risks for obesity, dental cavities and weight-related health problems that children are currently experiencing.

Two other versions of this policy item are available for both staff and family to assist with implementation and communication.

Resources:

- USDA Smart Snacks in School: **http://www.fns.usda.gov/school-meals/ smart-snacks-school**

- Alliance for a Healthier Generation, Healthy Schools Program, Snacks and Beverages: **https://schools.healthiergeneration.org/focus_areas/snacks_ and_beverages/smart_snacks/**

- Rhode Island Action for Healthy Kids Nutrition Guidelines for School Vending & A La Carte Foods: **http://www.ride.ri.gov/Portals/2/Uploads/Documents/ RINutrition-GuidelinesVending-AlaCarte.pdf**

- Nemours Health & Prevention Services Healthy concessions Guide: **http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/ healthy-living/growuphealthy/healthyconcession.pdf**

- Nemours Health & Prevention Services Healthy Vending Guide: **http://www.nemours.org/content/dam/nemours/www/filebox/service/ preventive/nhps/resource/healthyvending.pdf**

- King County Healthy Vending Guidelines and Implementation Toolkit: **http://www.kingcounty.gov/healthservices/health/nutrition.aspx**

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