

School District of Glenwood City Policy

HEALTHY SCHOOL NUTRITION AND PHYSICAL FITNESS ENVIRONMENT

The School District of Glenwood City recognizes that proper nutrition and physical activity are related to students' physical well-being, growth, development and readiness to learn. A healthy school environment gives students consistent, reliable health information and ample opportunity to use it.

The School District of Glenwood City supports and promotes a healthy school nutrition environment, which includes the following:

- A. Quality school meals with an emphasis on nutritional foods
 - School meals, breakfast and lunch, will follow at least the minimal U.S. Government's Nutrition Standards
 - Ala carte items that do not meet the District nutrition standards may be acceptable through moderation (ex: limit amount sold to a student)
- B. Other healthy food choices
 - All foods served, sold or distributed throughout the school day shall meet the nutrition guidelines established by the District
- C. Pleasant eating experience
- D. Nutrition education
- E. Marketing health and nutrition within the community

The School District of Glenwood City is committed to providing opportunities for physical activity within the school day.

The School District of Glenwood City will promote knowledge and behavior that improve health, intellectual development and overall quality of life. Students, parents, teachers, school officials, community and business leaders must be actively involved in ensuring that the school environment promotes good health.

The district's nutrition/wellness committee will monitor the implementation of the district's wellness policies, evaluate the progress of related goals, serve as a resource to the staff, plan special events and incentives, and recommend policy revisions as necessary. The committee will meet at least twice yearly and will include the Director of Food Service; a building principal; school nurse; and a student, parent and staff member from each school level. Staff member representation should include at least one physical education teacher and one health teacher. An administrator will chair the committee.

School District of Glenwood City

DISTRICT NUTRITION STANDARDS

The School District of Glenwood City strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards for foods sold outside of a reimbursable school meal, such as student vending machines, cafeteria ala carte, fundraisers, school stores, school parties and snacks during the school day. School sites are encouraged to study these standards and use the following District Nutrition Standards as minimal guidelines.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30 grams of carbohydrates.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 7 grams of fat per serving.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

Beverages:

- Low fat milk, fat free milk, water, 100% fruit juice, and diet/sugar free beverages may be sold on school grounds both prior to and throughout the instructional day.

Candy:

- The vending of candy will not be permitted.
- Non-vending sale of candy will be permitted at the end of the instructional day.
- Candy is defined as any item that contains sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two (2) ingredients.

Classroom Incentive:

- Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are to adhere to these guidelines.

Guidelines

Banned Beverages:

- Any non-diet beverage
- Sport Drinks
- Fruit-based drinks that contain less than 100% fruit juice

Allowed Beverages:

- Water
- 100% fruit juices
- Low fat milk
- Fat free milk
- Diet/sugar free beverages

Banned Foods:

- Any food items, sold individually, that contain more than 7 grams of fat per serving
- Any food items, sold individually, that list sugar as its first ingredient (that contain more than 30/35 grams of carbohydrates).

Reduced Portions:

- Cookies: 1 ounce
- Chips: 1.25 ounces
- Cereal Bars: 2 ounces
- Frozen Desserts: 4 ounces
- Yogurt: 8 ounces
- Beverages: 12 ounces
- Milk: 16 ounces

Class Celebrations Involving Food and Beverages:

- Those involving food during the school day should be limited to one per classroom per month.
- No more than one food or beverage that does not meet the policy requirements will be permitted.

Breakfast Program:

- Focus on fresh fruits, vegetable and whole grains

Fund Raisers and After School Events:

- Are not covered by the policy and may include foods and beverages prohibited by the policy.

Suggested food for classroom activities:

- Low-fat milk/flavored milk
- 100% fruit juice
- Fresh fruit assortment
- Fruit and cheese kabobs
- Vegetable tray with dip
- Cheese-cubes and string cheese
- Popcorn
- Angel food cake with unsweetened fruit
- Graham crackers
- Low-fat pudding
- Yogurt parfaits
- Quesadillas with salsa
- Pizza
- Low sugar breakfast or granola bars
- Trail/Cereal mixes