

FULLERTON SCHOOL DISTRICT

STUDENTS

Regulation No.: 5030

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Approved: November 28, 2006

Nutrition Education

Nutrition Education Goals:

1. Nutrition Education may be implemented both in the context of Health instruction, as well as in other Board adopted, standards-based, curricular areas such as English/Language Arts, Mathematics, Science and/or Physical Education.
2. Participatory activities such as contests, health-related promotions, classroom or schoolwide gardens, taste-testing, farm visits or other hands-on learning projects are encouraged.
3. Nutrition Education will focus on choosing foods wisely, based on the most current USDA Food Pyramid and other recent research.
4. Emphasis will be placed on increasing servings of complex carbohydrates, selecting low fat protein foods and controlling/reducing the intake of fat, sugars, salt and other non-nutritious foods and beverages and on healthy food preparation techniques.
5. Other resources for teaching nutrition education will include: appropriately selected and monitored Internet resources, library materials and approved speakers and/or materials from organizations within the larger community whose goal it is to promote and ensure student health.
6. Basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques along with strategies designed to promote healthy eating habits will be the primary emphases of teacher training in Nutrition Education.

Physical Activity

Physical Education Goals:

1. Physical Education curriculum will consist of standards-based lessons on topics such as: fitness concepts, aerobic capacity, skills, strength and endurance, flexibility and body composition.
2. The environment for physical education will feature appropriate class size, safe and well-maintained facilities, adequate equipment and supplies in good repair, and staff properly trained to provide a quality program.
3. Opportunities for physical education should be integrated into other curricular areas such as and Science, Health, Language Arts, Math and/or Visual and Performing Arts as appropriate.
4. Emphasis will be placed on providing safe and enjoyable activities for all students, regardless of their skill level.
5. Students will be encouraged to participate in physical activity during daily, supervised recess breaks and schools will provide appropriate space and equipment for this purpose. Periods of two or more hours during which students are inactive are discouraged.
6. District personnel are encouraged to refrain from assigning physical activity such as running laps, doing pushups, etc., as a consequence for poor behavior or performance.

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7. Staff is encouraged to refrain from withholding opportunities for physical activity, such as recess or physical education instruction, as punishment for poor academic performance or as a disciplinary measure.

Nutrition Standards for Foods Available at School

1. Meals served to students in the Fullerton School District must meet Federal, State and local program requirements and that nutrition standards must be consistent with those set forth in the 7 Code of Federal Regulations, Part 210 and 220.
2. All foods available to students both within the school meal program and foods and beverages sold or served outside of school meals should be nutrient dense, decreasing in fats and sugars and moderate in portion size.
3. Meals should be nutritionally balanced and such meals will be served as part of the school meal program. Foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits and non-fried vegetables.
4. At the junior high and middle school levels, foods and beverages served outside the reimbursable school meal program, specifically items sold individually, may be sold but must meet the standards identified below. These items include those sold in a la carte lines, vending machines, student stores and fundraising activities, both during the school day or after the school day.

Foods and Beverages Sold Individually

Beverages:

The only beverages that will be sold to students are milk, water and juice which is at least 50% fruit juice and contains no added sweetener.

1. Water: Plain or carbonated, no added sweetener, no additives except those normally added to tap water. May be any size.
2. Fruit Based Drinks: Plain or carbonated, must be composed of at least 50% fruit juice, no added sweeteners, artificial flavors, caffeine or herbal supplements. Maximum size 12 oz.
3. Milk: Flavored or unflavored, low-fat milk (1%) or fat-free milk or nutritionally equivalent nondairy beverage.
4. Electrolyte Replacement Drinks: Non-carbonated, contain no more than 42 grams added sweetener per 20 ounce serving. Maximum size 20 ounces.
5. Carbonated beverages: Except fruit juice and water listed above, caffeinated beverages (excluding low-fat or fat-free chocolate milk), beverages containing additives such as herbal and non-vitamin supplements are not allowed.

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Food Regulations Specify:

1. No Food of Minimal Nutritional Value (FMNV), a food which provides less than five percent of the Reference Daily Intakes for eight specified nutrients (protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron) per serving.
2. No more than 30% of calories from fat (excluding nuts and seeds).
3. No more than 10% of calories from saturated fat and trans fat.
6. No more than 35% of total weight from sugar (excluding fruits and vegetables).
7. A choice of at least two fruits and/or vegetables will be offered for sale at any location where food is sold. Such items may include fresh fruits and vegetables; 100% fruit or vegetable juice; fruit based drinks as stated above; cooked, dried or canned vegetables.
8. All a la carte item sales should be limited to no more than three items per child.
9. Nutritional information for products offered will be made available upon request.

Portion Sizes:

Limit portion sizes to the following:

1. One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit and jerky.
2. Two ounces for cookies and cereal bars.
3. Three ounces for bakery items.
4. Four ounces for frozen desserts, excluding low-fat or non-fat frozen yogurt.
5. Eight ounces for non-frozen yogurt, low-fat or non-fat frozen yogurt.
6. Twelve ounces for beverages, excluding water, milk and electrolyte replacement drinks, as previously stated.

Food Fundraising Sales:

1. Fundraising events shall strive to promote positive health habits such as healthy eating and physical activity.
2. Events should strive to focus on selling non-food items or nutritious food items.
3. Sponsors of food and beverage sales should strive to include nutritious food items and should make every effort to meet the standards listed in previous sections.
4. Fundraising foods sales may not begin until the regularly scheduled lunch service period is over.
5. Food items sold may not be the same food item sold by the food service program that day.
6. Food may be from home or a restaurant but may not be prepared on premises.
7. Pre-purchased wrapped food items are preferred.

Celebrations:

1. Classroom parties and celebrations should not feature food items as their primary component. If food is part of the celebration, it should focus on healthy food choices such as fruits, vegetables, low-fat baked goods and low-fat dairy products.
2. As often as possible, Food Services shall be contacted and utilized for the main party provider, as meals provided will then be balanced and nutritious.

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Rewards:

1. Foods and beverages shall not be used as a means of reward or punishment. Schools will strive not to use foods or beverages, whether they meet nutritional standards or not, as rewards and will not withhold foods or beverages as a punishment, unless such limitations are detailed in a student's Individualized Education Plan.

School Events:

To the extent possible, foods and beverages offered or sold at school-sponsored events shall meet the nutritional standards stated above.

School Meals

All schools in the District, when feasible, will participate in available Federal school nutrition programs, including the National School Lunch Program and School Breakfast Program. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

All meals served as part of a meal program will:

1. Be appealing and attractive to children of various ages.
2. Be served in a clean and pleasant setting with enough seating for all students.
3. Meet the minimum nutrition regulations according to local, State and Federal regulations.
4. Offer a variety of fruits and vegetables daily. To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.
5. Include only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternative.
6. Contain whole grains in at least half of the grains served.
7. Contain no more than 35% of their weight as sugar, excluding fruits and vegetables.

Schools should engage students and parents to participate in the selection of foods to be sold and served. This can be done using taste-testing, community meetings, surveys, etc. The nutritional content of meals will be made available to parents and students via the website, on printed menus or other means visible to parents and students.

Breakfast:

Some children may not have the chance for breakfast before they arrive at school, it is the duty of the District to make sure that all children have an opportunity to eat breakfast once they arrive at school. Eating breakfast is not only needed to meet nutritional needs but can enhance a child's learning ability.

1. Schools are encouraged to participate in the School Breakfast Program, whenever possible. Participation may include classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, or other options.
2. Schools will, to the extent possible, arrange bus and bell schedules and use other methods as appropriate to encourage participation in the breakfast program.

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3. Schools are encouraged to participate in the School Breakfast Program, whenever possible. Participation may include classroom breakfast, grab-and-go, second chance breakfast, breakfast on the bus, or other options.
4. Schools will, to the extent possible, arrange bus and bell schedules and use other methods as appropriate to encourage participation in the breakfast program.
5. Schools will promote the importance of eating a healthy breakfast and encourage parents to provide a healthy breakfast for their children, whether at home or at school.
6. Schools that serve breakfast will notify students and parents of the availability of the School Breakfast Program.

Free and Reduced-priced Meals:

1. All steps should be taken to ensure that all eligible children qualify to receive free and reduced-price meals.
2. Schools and employees should ensure that students' status, whether reduced or free, is kept confidential.
3. Schools will make every effort to eliminate any social stigma or discrimination of students who are eligible for free and reduced-priced meals.

Meal Times and Scheduling:

1. Enough serving area will be provided so that students do not have to spend too much time waiting in line.
2. Students should have at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.
3. Meals will be scheduled at appropriate times, such as lunch between 10:30 am to 1:00 pm.
4. Activities, such as tutoring, club meetings, etc., should not be scheduled during meal periods unless students may eat during these activities.
5. Lunch periods will be scheduled after recess (elementary schools).
6. All students will have access to hand washing before eating any meals or snacks.

Snacks:

Whenever possible, snacks served to students during the day should help children meet their recommended nutritional requirements by consisting of fruits, vegetables and/or whole grains. All snack foods and beverages shall meet the standards for foods individually sold, previously stated. Schools shall time nutrition breaks as to not interfere with breakfast and lunch meal periods.

Summer Food Service Program:

At appropriate sites, the school with 50% or more students eligible for free and reduced-priced meals, will sponsor the Summer Food Service Program for at least six weeks but preferably throughout the entire summer vacation.

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Sharing:

Students will be discouraged from sharing their foods and beverages with others during meals and snacks, given concerns about allergies and other dietary restrictions. Meals will be served on site, with the exception of those sent to field trips. They are not to be taken home or eaten by siblings or any other non-enrolled students.

Food Service Program

Safety and Sanitation:

All foods made available on campus shall comply with the State and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points plans and guidelines are implemented to prevent food illness in schools. For the safety and security of the food, facility access to the food services operations is limited to Child Nutrition staff and authorized personnel.

Marketing:

The marketing and advertising of unhealthy foods and beverages on the school premises is discouraged. Foods of minimal nutritional value and those that do not meet the previously stated standards shall not be promoted in any manner. Marketing can only be done to promote foods offered by the food service department, such as new items, celebration menus, etc, with emphasis placed on promoting healthy eating including fruits, vegetables and whole grains. Advertising messages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Qualifications of Food Service Staff:

All food service personnel shall have adequate training, participate in continuous professional development and hold a Serv-Safe certificate or other State-issued training certificate. Food service personnel will practice proper food safety and sanitation methods to assure that safe food is served to the students.

Qualification of Food Service Director:

The District will employ a Food Service Director who is properly qualified, certified and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements.

Financial Responsibility:

The child nutrition program will aim to be financially self supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

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School-Based Wellness Activities

When schools offer consistent wellness messages not only in the classroom setting but in all aspects of the school day, students are more likely to recognize the importance of healthy eating and regular physical activity.

1. Requirements of the Local School Wellness Policy will be considered when whole school events, field trips, dances and assemblies are being planned.
2. To the greatest degree possible schools will emphasize sound dietary practices, feature healthy refreshments at school meetings and events, stock vending machines and student stores with nutritious items and promote good nutrition when offering prizes/incentives or holding class celebrations.
3. District and school staffs will have available for parents, information on both nutrition education and ways to incorporate physical activity into their children's lives using connections such as newsletters, on-line notifications and meetings.
4. Parents will be strongly encouraged to provide healthy foods at celebrations, classroom parties and/or school-sponsored events.
5. Students will be provided with a variety of opportunities for physical activity as appropriate for individual schools. Examples are: 1) Walking or biking to school; 2) Extracurricular physical activity programs such as clubs and intramural programs; 3) Interscholastic sports programs at junior high school level; 4) Before- and after-school child care and enrichment programs that provide a daily period of moderate to vigorous physical activity for all students.
6. As appropriate, organizations and agencies offering physical activity programs and/or nutrition education will be allowed to enter into Facilities Use Agreements subject in compliance with District standards of usage and safety.
7. Schools are urged to host health clinics, health screenings and help to enroll eligible children in Medicaid and other State children's health insurance programs.
8. School level wellness activities and programs such as developing new school gardens or instituting Walk To School Day will be planned and implemented with the cooperation of faculty, parents and students.

Monitoring and Policy Review

Compliance with the Local School Wellness Policy will be monitored in the following ways:

1. Progress toward achieving District nutrition education/physical activity goals will be assessed regularly in conjunction with other District academic and health-related programs using tools such as the Healthy Kids Survey and Fitness-gram Physical Fitness Testing. Results of these surveys and assessments will be evaluated annually and reported to the Board of Trustees, school sites, parents and community.

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2. School food service staff will ensure compliance with nutrition policies within school food service areas and will report progress to the Superintendent or designee to be included in a summary report. USDA School Meals Initiative (SMI) review findings will also be reported in years when such review has been conducted.
3. School site administrators will monitor progress toward the implementation of the goals of the Local School Wellness Policy, as they pertain to Meal Times and Scheduling, School-Based Wellness Activities, and other appropriate sections of this Administrative Regulation.
4. The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy Districtwide and at each District school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the District's meal programs; and feedback from food service personnel, school administrators, the school health council, parents; guardians, students, and other appropriate persons.
5. Each school shall post the District's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)