

## NEWPORT-MESA UNIFIED SCHOOL DISTRICT

### RULE AND REGULATION

#### Nutrition

These Rules and Regulations represent the consensus of community stakeholders who participated in their development throughout the 2005-2006 school year to promote student wellness, healthy lifestyles and meet the mandated requirements of the Child Nutrition and WIC Reauthorization Act of 2004.

#### **I. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

##### **1.1 School Meals**

- 1.1.1 Meals served through the National School Lunch and Breakfast Programs will:
  - 1.1.1.1 Be appealing and attractive to children
  - 1.1.1.2 Be served in clean and pleasant settings
  - 1.1.1.3 Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
  - 1.1.1.4 Offer a variety of fruits and vegetables
  - 1.1.1.5 Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- 1.1.2 Nutrition Services staff should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.
- 1.1.3 In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

## **1.2 Breakfast**

- 1.2.1 To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
  - 1.2.1.1 Schools will, to the extent possible, operate the School Breakfast Program.
  - 1.2.1.2 Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including daily use of the multi-purpose room to provide warmth and shelter from the early morning outdoor environment, breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
  - 1.2.1.3 Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
  - 1.2.1.4 Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **1.3 Free and Reduced-Priced Meals**

- 1.3.1 Schools 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 school meals. Toward this end, schools may utilize electronic identification and payment systems, promote the availability of school meals to all students, and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

## **1.4 Meal Times and Scheduling**

- 1.4.1 Schools:
  - 1.4.1.1 Will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
  - 1.4.1.2 Should attempt to schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
  - 1.4.1.3 Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
  - 1.4.1.4 Elementary schools should consider scheduling lunches after recess periods, so the students play first, then eat.
  - 1.4.1.5 Shall provide students access to hand washing facilities before they eat meals or snacks.
  - 1.4.1.6 Should take reasonable steps to accommodate the tooth-brushing regimens of students.

## **1.5 Qualifications of School Food Service Staff**

- 1.5.1 Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

## **1.6 Sharing of Foods and Beverages**

- 1.6.1 Schools should discourage 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.

## **1.7 Foods and Beverages Sold Individually**

- 1.7.1 Foods sold outside of reimbursable school meals; such as, through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc., may not compete with the school food service program (7 CFR 210).

## **1.8 Elementary Schools**

- 1.8.1 The Nutrition Services Director or his/her designee will approve all food and beverage sales to students in elementary schools, one hour before school until one hour after school. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually (a la carte, on-site fund raisers by student groups, etc.) must be limited to low-fat and non-fat milk, fruits, non-fried vegetables, water, and items containing a preponderance of whole grains

## **1.9 Middle/Junior High and High Schools**

- 1.9.1 The Nutrition Services Director or his/her designee will approve all food sales in middle and high schools. All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) one hour before school until one hour after school and after school programs must include items from the following section:

### **1.9.1.1 Beverages**

- Allowed: water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners, unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

- Not allowed: soft drinks containing caloric sweeteners, sports drinks, iced teas, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages containing caffeine, excluding fat-free chocolate milk (which contains a trivial amount of caffeine).

#### 1.9.1.2 Foods

A food item sold individually: will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined; will have no more than 35% of its *weight* from added sugars; will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

- 1.9.1.3 A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

- 1.9.1.4 Portion sizes will comply with the National School Lunch Program standards and the nutritional standards and beverages, as listed in the Education Code (E. C. 49431)

### 1.10 Fundraising Activities

- 1.10.1 Schools will encourage fundraising activities that promote physical activity. To support children's health and school nutrition-education efforts, effective July 1, 2007, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district will make available a list of ideas for acceptable fundraising activities.  
Appendix C

### 1.11 Snacks

- 1.11.1 Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and low-fat or non-fat milk and water as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. (Appendix C)

## **1.12 Rewards**

1.12.1 Schools will not use food or beverages as part of a reward for academic performance or good behavior. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

## **1.13 Celebrations**

1.13.1 Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Food or beverages served must meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers. (Appendix D - Healthy Party Ideas).

## **1.14 School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances).

1.14.1 The district encourages that foods and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals for foods and beverages sold individually (above), since these standards reflect our commitment to health and wellness.

## **2. Nutrition and Physical Activity Promotion and Food Marketing**

### **2.1 Nutrition Education and Promotion**

2.1.1 Newport-Mesa Unified School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

2.1.1.1 Offers at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

2.1.1.2 Includes not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.

2.1.1.3 Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.

2.1.1.4 Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

2.1.1.5 Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

- 2.1.1.6 Links with school meal programs, other school foods, and nutrition-related community services.
- 2.1.1.7 Teaches media literacy with an emphasis on food marketing.
- 2.1.1.8 Includes training for teachers and other staff.

## **2.2 Integrating Physical Activity into the Classroom Setting**

- 2.1.1 For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:
  - 2.1.1.1 Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
  - 2.1.1.2 Opportunities for physical activity will be incorporated into other subject lessons.
  - 2.1.1.3 Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

## **2.3 Communications with Parents**

- 2.3.1 NMUSD supports parents' efforts to provide a healthy diet and daily physical activity for their children. The Nutrition Services Department will support schools to offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community. The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, other take-home materials, special events, or physical education homework.

## **2.4 Food Marketing in Schools**

- 2.4.1 School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage

marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).

- 2.4.2 School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, low-fat dairy products, and water is encouraged. Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.
- 2.4.3 Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.
- 2.4.4 Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials; such as, newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

### **3. Physical Activity Opportunities and Physical Education**

#### **3.1 Daily Physical Education (P.E.) K-12**

- 3.1.1 All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every two weeks for elementary school students and 400 minutes every two weeks for middle and high school students) for the entire school year. Students will spend as much time as possible in physical education participating in moderate to vigorous physical activity, consistent with the California Physical Education Standards.

#### **3.2. Daily Recess**

- 3.2.1 All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **3.3. Physical Activity Opportunities Before and After School**

- 3.3.1 In collaboration with recreation districts, to the extent possible, all elementary, middle, and high schools will offer extracurricular physical activity programs; such as, physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- 3.3.2 After-school elementary child care and enrichment programs, will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### **3.4 Physical Activity and Punishment**

- 3.4.1 Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### **3.5 Safe Routes to School**

- 3.5.1 The school district will assess and, if necessary and to the extent possible, identify needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

### **3.6 Use of School Facilities Outside of School Hours**

- 3.6.1 School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning facility use, safety, and nutrition will apply to such use.

Education/Legal Code References:

SB677

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