

Posting Requirements

Each district 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)

Each district school may also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. (Education Code 49432)

Nutritional Standards

The Wellness Committee and the Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students.

1. The Superintendent or designee will ensure that all foods offered to students on school campuses from the morning opening of school until 30 minutes after the last period, will comply with the following SB12 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices).
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices).
2. The district shall exercise control over all vending machines for student access on its property including vendors, locations, contents, and appearance.
 - a. All vending machines for student access located on school campuses may sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure fresh produce, particularly California grown fruits and vegetables, is offered.
 - a. The Food Services program will offer fresh fruits and/or vegetables daily using California grown produce when feasible, as part of the school food service program.
 - b. Salad bars and/or fresh fruit and/or vegetables shall be available at each school site.
4. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Students shall have a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast, when provided.

Business and Noninstructional Operations
FOOD SERVICE/CHILD NUTRITION PROGRAM

AR 3550(b)

- b. School site leadership shall be involved to improve cafeteria décor and atmosphere.
 - c. Food Services shall solicit student preferences in planning menus and snacks through surveys and taste tests for new foods and recipes.
 - d. Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.
5. Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.
- a. Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
 - b. All schools are encouraged to develop School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.
 - c. Ways to establish on-site cooking equipment/facilities shall be explored, and methods to incorporate cooking into class nutrition lessons shall be pursued.
6. Ensure that no student is hungry.
- a. The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
 - b. The district shall ensure that all eligible children qualify for free and reduced meals.
7. Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.
- a. Provide nutrition and physical activity information through a website linked to Westminster School District.
 - b. Involve parents/community as part of the Wellness Committee for an ongoing review of food services, nutrition education, and physical education program services in order to improve the quality, access, and knowledge of services.

Wellness Committee

The membership of the Wellness Committee shall include, but is not limited to, the following members: Governing Board member, school administrators, food service staff, students, parents/guardians, physical and health education teachers, health care professionals and interested community members.

The Wellness Committee shall meet one to two times during the year and meetings shall be open to the public.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)
(*cf. 1220 – Citizen Advisory Committees*)

1. Implementing the nutritional standards set forth in Education Code 49431.
2. Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods.
3. Ensuring that no student is hungry.
4. Improving nutritional standards.
5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold.
6. Ensuring, to the extent possible, that the food served is fresh.
7. Encouraging eligible students to participate in the school lunch program.
(*cf. 3533 – Free and Reduced Price Meals*)
8. Integrating nutrition and physical activity into the overall curriculum.
9. Ensuring food and/or physical activity is not to be used as a reward or punishment.
10. Ensuring regular professional development for food service staff.
11. Ensuring students a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast, when provided.
12. Ensuring students engage in healthful levels of vigorous physical activity.
13. Ensuring students receive nutrition education.
14. Improving the quality of physical education curricula and increasing training of physical education teachers.
15. Enforcing existing physical education requirements.
16. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy foods.

In developing the policy(ies), the committee shall hold at least one public hearing.
(Education Code 49433)