

WELLNESS PLAN

Nutritional Standards

Ensure that a healthy and nutritious breakfast and lunch is available to every student at every school so that students are prepared to learn to their fullest potential.

- The district shall develop a coordinated and comprehensive outreach and promotion plan to encourage maximum participation in the school meal program.
- To the maximum extent practicable, the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- The district shall work to ensure that all students who are qualified will become eligible and participate in the free and reduced meal program, with the ultimate goal that all such students are served.
 1. If possible use lists from middle schools, and send a separate letter to each student who qualifies for the free and reduced lunch program to encourage them to enroll.
 2. Use the free and reduced list of students with discretion to remove any stigma these students may encounter.
 3. Improve the quality of the food served, and ensure that it is appealing and attractive to students.
- Every effort will be made to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. This may include the use of electronic identification or other point of sale payment systems.
- Upon request, students eligible for the free and reduced lunch program who are attending a field trip away from school grounds during lunch will be provided with a sack lunch.

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

- Foods and drinks shall be carefully chosen so as to contribute to students' nutritional well-being and the prevention of disease.
- Foods shall meet minimum nutritional standards as specified by local, state and federal statutes and regulations.
- To the extent possible, the district will encourage the use of fresh fruits and vegetables, using California grown produce.

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- Foods shall be prepared in ways that will be appealing to students that will retain nutritive quality, and foster lifelong healthful eating habits.
- Foods shall be available to students at reasonable prices.
- Food preparation shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455. All food preparation personnel shall obtain ServSafe Certification.

The Superintendent or designee shall ensure that all foods and beverages not served through the district free and reduced lunch program meet basic nutrition standards.

- The district will ensure that all foods sold through its program comply with *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12 . All regulations are effective from midnight to one-half hour after school; applies to ALL foods and beverages sold to students by any entity; and sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.
- Compliant foods:
 1. Food items must be:
 - a. \leq 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo)
 - b. $<$ 10% calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo),
 - c. \leq 35% sugar by weight (except fruit*, non-fried veggies, dried fruit+nut/seed combo)
 - d. $<$ 0.5 grams trans fat per serving (no exceptions)
 - e. \leq 230 milligrams sodium (no exceptions)
 1. Breakfast meal \leq 200 milligrams
 2. Lunch meal \leq 480 milligrams
 - f. \leq 200 calories per item/container (no exceptions)

* Dried blueberries cranberries, cherries, tropical fruit, chopped dates or figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

AND must meet one of the following:

- g. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient) or
- h. Contain \geq 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16) or

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- i. Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable
 - ** A whole grain item contains:
 - a. The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...” or
 - b. A whole grain as the first ingredient or
 - c. A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify) or
 - d. At least 51% whole grain by weight
2. Entrée food items must be:
- a. Meat/meat alternate and whole grain rich food, or
 - b. Meat/meat alternate and fruit or non-fried vegetable, or
 - c. Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a snack)

AND:

An individual entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- a. ≤ 400 calories
- b. ≤ 4 grams of fat per 100 calories
- c. < 0.5 grams trans fat per serving

An entrée sold by Food Service if not on the menu the day of or day after or any other entity (PTA, student organization, etc.) must be:

- a. $\leq 35\%$ calories from fat
- b. $< 10\%$ calories from saturated fat
- c. $\leq 35\%$ sugar by weight
- d. < 0.5 grams trans fat per serving
- e. ≤ 480 milligrams sodium
- f. ≤ 350 calories

AND must meet one of the following:

- g. A fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient)
- h. Contain $\geq 10\%$ DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16)
- i. Be a combination food containing at least $\frac{1}{4}$ cup fruit or vegetable

If exempt food(s) combine with nonexempt food(s) or added fat/sugar they must meet ALL nutrient standards above.

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Non-compliant foods may be sold from one-half hour *after school* through midnight.

- Compliant Beverages:

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, or electrolyte replacement beverage/sports drink AND meet all criteria under that specific category.

1. Fruit or Vegetable juice:
 - a. \geq 100% juice
 - b. No added sweeteners
 - c. \leq 12 fl. oz. serving size

2. Milk:
 - a. Cow's or goat's milk
 - b. 1% (unflavored), nonfat (flavored, unflavored)
 - c. Contains Vitamins A & D
 - d. \geq 25% of the calcium Daily Value per 8 fl. oz.
 - e. \leq 28 grams of total sugar per 8 fl. Oz.
 - f. \leq 12 fl. oz. serving size

3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3))
 - b. \leq 28 grams of total sugar per 8 fl. Oz.
 - c. \leq 5 grams fat per 8 fl. Oz.
 - d. \leq 12 fl. oz. serving size

4. Water:
 - a. No added sweeteners
 - b. No serving size limit

5. No-calorie Electrolyte Replacement Beverages
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/8 fl. oz.
 - c. \leq 5 calories/8 fl. oz. (or \leq 10 cal/20 fl. oz.)
 - d. 10-150 mg Na+/8 fl. oz.
 - e. 10-90 mg K+/8 fl. oz.
 - f. No added caffeine
 - g. \leq 12 fl. oz. serving size

6. Low-calorie Electrolyte Replacement Beverages
 - a. Water as first ingredient
 - b. \leq 16.8 grams added sweetener/8 fl. oz.
 - c. \leq 40 calories/8 fl. oz.

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- d. 10-150 mg Na+/8 fl. oz.
- e. 10-90 mg K+/8 fl. oz.
- f. No added caffeine
- g. \leq 12 fl. oz. serving size

Non-compliant beverages may be sold from one-half hour after school through midnight.

- **Student Organizations:**

The following is in effect from midnight to one-half hour after school.

The following applies **ONLY** to food and beverage sales by student organizations.

1. Up to three categories of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.)
2. Food or beverage item(s) must be pre-approved by governing board of school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on the campus outside of curricular activities.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

Reference: California Code of Regulations Section 15501

- The district shall exercise control over all vending machines on its property, including vendors, locations, contents and appearance.
 - Vending machines accessible to students and staff shall only dispense foods and beverages compliant with existing federal and state laws.
 - If a food or beverage cannot be sold on campus during school hours because it does not meet the standards of existing federal and state law, then neither can that food or beverage be advertised during school hours.

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- Non-nutritious foods and beverages, including but not limited to candy, soft drinks, and chewing gum, cannot be sold by or to students during their official school day (defined as midnight until one half hour after the official school day ends).

Facilities:

- The district will develop locations at each school site that meet the following criteria:
 1. Students will have access to a safe, clean and pleasant setting.
 2. There will be adequate seating for all students who choose to use the facility.
 3. Amenities will be available that will assist students who want to prepare and eat food from home.
- Students will have a minimum of ten minutes to eat breakfast, and a minimum of twenty minutes to eat lunch.

District schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior. Likewise, schools will not withhold food or beverages (including food served through school meals) as a punishment.

- Classroom celebrations or school functions that involve food or beverages should be limited to appropriate educational opportunities at the discretion of the teacher or administrator. Teachers, advisors, and administrators are encouraged to limit food and beverage choices to those items that meet the minimum nutritional standards outlined in federal and state law.

To support children's health and school nutrition-education efforts, school fundraising activities will be limited.

- During the school day, the district will limit student-initiated fundraising strategies involving food to items that are in compliance with existing federal and state law. The district will encourage alternative fundraising strategies such as the sale of non-food items and the promotion of physical activity.
- Fundraising involving foods and beverages that are sold away from school premises, or at least one-half hour after the end of the school day, do not require that the items sold comply with state nutritional standards.
- The district will encourage student and non-school groups to provide healthy food and drink choices as part of after school fundraising activities such as snack bars at athletic events and fine arts performances.

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Communication:

- The district will share information about the nutritional content of meals with parents and students.
- School sites will notify parents and students of the availability of the breakfast and lunch programs, including the posting of the monthly menus.

The district values the health and well-being of every staff member, and seeks to both support and initiate activities and policies that encourage staff members to maintain a healthy lifestyle.

- The district will make available the JPA monthly newsletter to encourage healthy habits, choices, and physical well-being.
- The district may establish a staff wellness committee, composed of representatives that include the following groups: certificated staff, classified staff, administration, board members, health professionals, recreation program representatives or others.

The wellness committee may develop, promote, and oversee the planning of events and activities to support staff health and wellness.

Physical Activity

The primary goals of the Physical Activity component of the Wellness Policy are to provide students of the district:

- Opportunities for students to develop the knowledge and skills for specific physical activities.
- Regular physical activity to maintain and/or improve students' physical fitness.
- Instruction on short and long-term benefits of physical activity lifestyle.

The Superintendent or designee shall ensure that school sites will develop physical education and activity for students in the district that will include:

- The opportunity for physical education and physical activity during the school day through physical education classes.
- Adaptive Physical Education classes to accommodate special need students.
- Extracurricular sports programs for all students.

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- After school weight training.
- Possible fitness activities during times of student availability.
- Intramurals programs both during school hours and after school.
- Opportunities for evening fitness programs for students who may not have the desire or possibly the skills to participate in organized school sports.
- Physical education facilities and equipment available at lunch.
- The development of clubs that provide support for students interested in becoming more fit.

The Superintendent or designee shall ensure that school sites will develop community outreach that will:

- Work with community based organizations to promote and/or support recreational activities provided by those local organizations. (Recreation Departments, AAU, ASA Softball...)
- Encourage parents to support their children's participation in physical activity.

The physical activity evaluation will be conducted at the same time as the other components of the Wellness Policy and reported to the Board.

Nutrition Education & Promotion

In accordance with federal and state law through the Healthy, Hunger-Free Kids Act of 2010, each local educational agency participating in any federally funded child nutrition program establish a local school wellness policy that is updated on an annual basis through selected assessments.

The Board recognizes that students need adequate nutrition education in order to grow, learn, and be able to make informed decisions to maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in increased academic success.

Developing Positive Attitudes:

The Board feels that it is important for the district's schools to begin to develop a cultural change in regards to nutrition and education that places emphasis on the importance of nutrition education in a positive manner. Cultural changes can occur in the following ways:

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- Each site shall develop strategies for the emphasis of nutrition education that best fits the culture of each individual site.
- Developing nutrition education curriculum that is accurate and up to date that can have application across curriculums in all grades 9-12.
- Providing nutrition education for staff.
- Providing nutrition education for parents.
- Developing nutrition education campaigns across the school and community that stress proper nutrition. These campaigns could be initiated through the school bulletin, the school website, posters, presentations, and health fairs.
- Bring in outside agencies to promote nutrition and nutrition education such as the Department of Health and Human Services, Food for People, the Food Bank, and Farms to School.
- Encourage outside trainings that promote nutrition and nutrition education such as through the North Coast CO-OP and Farm Shares.

Nutrition Standards:

The Board recognizes the importance of content standards to guide nutritional education in the district. With this goal in mind, the district will use the California Department of Education program *Nutrition Education Resource Guide for Public Schools Kindergarten Through Grade Twelve* (published in 2017) or other similar tools as a guide for imparting nutrition education. The Board also requires sites to gather model curriculum for nutrition education for use in teaching the competencies outlined in the *Nutrition Education Resource Guide for Public Schools Kindergarten Through Grade Twelve*.

Integration of Nutrition Education:

The Board realizes the complexities of providing nutrition education for all students during each of their four years in high school. Although complex, nutrition education during all four years of a student's education is a necessity. Each site will work to develop strategies to infuse nutrition education at each grade level. The following strategies are suggested for use:

- Integrating nutrition education in other classes, particularly in grades 10-12.
- Sending home information via electronic media.
- Providing nutrition education in the daily bulletin.

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- Including nutrition education during parent visitation nights.
- Providing mini-lessons on nutrition education.
- Providing assemblies/class speakers for nutrition education.
- Providing nutrition education in our kiosks or through other postings.
- Providing model nutrition education curriculum.
- Providing nutrition education training for all stakeholders.
- Develop project-based assignments with nutrition education themes.
- Providing outside opportunities for student involvement such as the Workforce Investment Acts Farm Program.

Policy

NORTHERN HUMBOLDT UNION HIGH SCHOOL DISTRICT

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McKinleyville, California

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