

**CHURCHILL COUNTY SCHOOL DISTRICT POLICY**

**WELLNESS AND HEALTHY SCHOOL ENVIRONMENT**

Churchill County School District is committed to providing an environment where students can make healthy food choices that support academic success and lifelong health. Research has found a clear connection between good nutrition and student achievement. Schools that have implemented healthy food programs report fewer behavior problems. This regulation outlines requirements and directions for increasing the availability of healthy foods and beverages and supports, students, staff, and parents in making educated nutritional choices.

CCSD goals are as follows:

1. Follow the Nevada State Wellness Policy with regards to:
  - A. Food choices
  - B. Physical activity
  - C. Healthy choice education
2. Utilize the CDC Health Index to perform site based assessments. Information gained from the assessments may be used by the Wellness Committee to determine future goals.
3. Increase parent and student awareness of healthy lifestyle choices by periodically providing information to families.

Effective July 1, 2006, the following nutrient standards, which comply with the Nevada Department of Education wellness policy, will apply to all foods and beverages sold at all school district facilities. These standards are applicable one-half hour before school starts until one-half hour after the end of the regular school day. The standards govern the quality and portion sizes of food and beverages authorized for sale through, including but not limited to; student stores, vending machines, the CCSD Food Service Department a la carte sales, and school-sponsored fundraising activities

**I. Nutrient Standards Requirements**

Nutrient Standards and Guidelines are necessary to: provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily; set upper limits for nutrients of concern, i.e., total fat, saturated fat, sugar and sodium; evaluate in products the level of key nutrients students need to increase, i.e., protein, fiber, vitamin A, vitamin C, iron and calcium, and determine when maximum levels of nutrients of concern can be waived due to the presence of at least one (1) key nutrient at greater than or equal to 10% daily value. Items meeting these criteria will be identified in the standards.

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A. Food Nutrient Value Guidelines. Food choices provided to students will meet the following standards:

1. No more than 30% of total calories from fat. No more than 10% of total calories from saturated fat, including trans fat. (Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from this standard.)
2. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives)
3. No more than 600 mg. of sodium per serving.

Examples of healthy choices may include, but are not limited to, graham crackers, low-fat muffins, baked chips, pretzels, low-fat sports bars, yogurt, trail mix, beef jerky, fruit bars, and properly washed and/or sanitarily wrapped fresh fruits and vegetables. (See attached approved directory.

B. Beverage Guidelines. Beverage choices provided to students will meet the following standards:

1. No carbonated drinks
2. No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine.
3. No beverages containing additives such as herbal/non-vitamin supplements
4. Fruit based drinks must be composed of a minimum of 50% fruit juice.
5. Plain waters or flavored waters that meet guidelines in this regulation per serving.
6. Reduced-fat, low-fat milk, fat-free milk, or cultured low-fat or non-fat buttermilk which meet state and local standards for milk.

Examples of healthy beverage choices may include, but are not limited to, milk, fruit/vegetable juices, fruit smoothies, and approved water/sport drinks.

C. Portion Guidelines. The following standards will be used in determining portion sizes of food choices provided to students.

1. Snacks and sweets (including, but not limited to crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): not to exceed 1.5 ounces.

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2. Regular chips not to exceed 1 ounce for elementary school and 1.25 ounces for secondary.
  3. Baked chips may have no more than 5 grams of fat per ounce.
  4. Cookies/Cereal bars (plain): not to exceed 2 ounces.
  5. Cookies/Cereal bars made with nuts, raisins, chocolate pieces and/or fruit purees: not to exceed 2.2 ounces.
  6. Bakery items (e.g. pastries, muffins): not to exceed 3 ounces.
  7. Frozen deserts: not to exceed 4 ounces.
  8. Sports beverages: not to exceed 12 ounces (excluded at elementary schools).
  9. Fruit drinks and frozen slushes: not to exceed 16 ounces (with a minimum of 50% juice).
  10. Other entrée items and side dishes shall be no larger than the portions of those foods served as part of the National School Lunch Program.
- II. The Food Service Manager is responsible for maintaining the directory of approved items. This directory will be distributed to all school sites for use in ordering items for vending machines, student stores, a la carte sales and school-sponsored fundraising activities, and will be incorporated into all school vending and food purchasing contracts.
- III. The visibility, variety, and accessibility of fresh fruits and vegetables at school sites will be encouraged.
- IV. K-12 nutrition education and materials encourage awareness and promote healthy nutrition choices by students and adults. Information will be provided to parents encouraging them to make healthy choices for their child and for items to be distributed in the classroom setting. (A suggested list of acceptable nutritious snacks will be distributed to students.)
- V. Food and beverages sold more than one-half hour outside of regular school hours are exempt from this policy.
- VI. Food and beverages sold in administrative and faculty areas must adhere to this policy.
- VII. Schools are encouraged to include non-food items such as pencils, stickers, etc., as choices in their student store, vending machines, and school-sponsored fundraising activities, and as classroom incentives and rewards.

**PERSONNEL/STUDENTS**

**P7130(c)**

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- VIII. Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the CCSD Food Service Department.
- IX. The Food Service Manager will oversee compliance of the state and local wellness policy and maintain the directory of approved items. Financial accounting for the sale of food and beverages on school grounds must adhere to CCSD accounting practices and procedures.
- X. The following activities are exempt from this policy:
- A. Observance of state or national holidays, established religious observances, community observances, birthdays, etc.
  - B. As part of a learning experience related to the reinforcement of established lessons plans in the classroom (may not involve sales)
  - C. Fieldtrips
- XI. Each elementary school shall:
- A. Serve lunch after the mid-day recess period.
  - B. Designate at least 15 minutes for students to consume the breakfast meal.
  - C. Designate at least 20 minutes for students to consume the lunch meal.
  - D. Designate at least 30 minutes daily for physical activity.

Questions regarding compliance to this policy should be directed to the CCSD Food Service Manager.

**ADOPTED: 4/13/06**

**REVIEW RESPONSIBILITY:**

**FOOD SERVICE MANAGER**