

WELLNESS

PROPOSED WELLNESS PLAN

WELLNESS

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities outlined in the Districts adopted Wellness Plan.

DEVELOPMENT OF  
GUIDELINES AND GOALS

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition staff, school administration, the Board, parents, and the public. [See BDF and EHAA]

NUTRITION GUIDELINES

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all food available on each campus is in accordance with the state and federal law. [See CO]

SMART SNACKS GUIDELINES

Smart Snacks are science-based nutrition standards for food and beverages provided to students at school during the day. Smart Snacks guidelines pertain to a la carte, competitive foods, and fundraisers provided to students. *Smart Snacks shall not apply to food sold during non-school hours, weekends, and off-campus fundraising events.*

<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/cf/smartsnacks.pdf>

DEFINITION

School Day: USDA defines it as midnight to 30 minutes after the end of instruction.

In addition to legal requirements, the District shall establish age-appropriate guidelines for competitive foods, as well as school-sponsored fundraising activities that involve serving or selling food as specified within the USDA Smart Snacks in School guidelines [see CO].

COMPETITIVE  
FOODS/FUNDRAISERS

The following guidelines shall apply:

1. No competitive food or beverage items may be offered or sold to students, including through direct or indirect sales, during the instructional day at any campus that do not meet the Smart Snack Guidelines with the exception of food or beverages sold during a pre-approved fundraising which do not need to adhere to Smart Snack Guidelines.

2. Fund-raisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks in School Standards.

3. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the *school day*. Fundraising during school hours will sell only foods and beverages that meet or exceed the Smart Snacks nutrition standards. Or non food items all school-sponsored fundraising food and beverage items sold during the school day shall be reviewed via the District fundraising request form. The request shall include the nutrition labels of each item to be sold so that the nutritional values of the item(s) can be evaluated using the Smart Snacks calculator tool.

4. No homemade food items may be sold for fundraisers or given away. Only store-bought items may be provided to students.

5. These standards will apply in all locations and through all services where food and beverages are sold. After School sale of competitive foods will be under the direction of the campus principal.

The District shall establish the following exemptions:

#### EXEMPT FUNDRAISERS

1. "Free Dates": Campuses that participate in the NSLP and SBP may sell food and beverages that do not meet the nutritional standards outlined in 7 C.F.R Parts 210 and 220 as part of a fundraiser during the school day, For up to 6 pre-approved days per school year on each campus. However during these days or events, the items may not be sold in competition with school meals.( During meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

#### OUTSIDE FOODS

1. Food from Home: This policy shall not restrict what parents may provide for their own child's lunch and/or snack, as long as it remains for their own child's consumption and may not

be shared with other children at school. The district does restrict the consumption of energy drinks and caffeinated sodas at all campuses throughout the school day.

## OFFERED FOODS

All foods offered on the school campus throughout the *school day* will meet USDA Smart Snack in school nutrition standards including.

## Rewards and incentives

3. **Laurens Law:** A district may not adopt any rule, policy, or program under Education Code 28.002 that would prohibit a parent or grandparent of a student from providing any food product of the parent's or grandparent's choice to:

1. Children in the classroom of the child on the occasion of the child's birthday; or 2. Children at a school-designated function.  
Education Code 28.002(1-3)(2)

## WELLNESS GOALS

## NUTRITION EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

2. The school nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

3. Nutrition and fitness information shall be available on the District's website for employees, parents, administrators, and students to learn more about healthy lifestyles.

Any Food or beverages marketed or promoted to students on school campus during the school day must meet the USDA Smart Snack in School nutrition standards. Only those foods that comply will be allowed to be marketed or advertised to students

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#### MARKETING

Food and beverage marketing often includes oral written or printed statements made for the purpose of promoting the sale of a food or beverage product made by the vendor .The following examples of marketing must be in compliance with the USDA Smart Snack nutrition standards:

Displays on vending machines,scoreboards,school equipment,marquees,message boards,cups,plates trash cans and other items distributed or sold by the district.

Replacement of non compliant items will be dealt with in a timely manner and in accordance with district policy.

#### PARTICIPATION

In Accordance with federal law certain stakeholders must be involved in the development and update of the local wellness plan. The SHAC school health advisory committee will oversee the implementation and of the goals set forth in the local wellness policy. The SHAC will post topics and dates and times of meetings, to promote involvement with the implementation, revision and triennial assessment of the local wellness policy.

#### COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing food and beverages that are sold in schools in competition with regular school meals.  
Reviewing approved exempt fundraiser foods, and foods made available to students throughout the *school day*.

**PROGRESO INDEPENDENT SCHOOL DISTRICT**

**LOCAL WELLNESS PLAN ATTACHEMENT A**

**Nutrition Standards for All Foods Sold in School**

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> <li>(1) meet all of the proposed competitive food nutrient standards; and</li> <li>(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or</li> <li>(3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or</li> <li>(4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or</li> <li>(5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.</li> </ol> <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>• Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</li> <li>• Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.</li> </ul>
NSLP/SBP Entrée Items Sold A la Carte.	<p>Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.</p>	
Sugar-Free Chewing Gum	<p>Sugar-free chewing gum is exempt from all competitive food standards.</p>	
Grain Items	<p>Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.</p>	
Total Fats	<p>Acceptable food items must have ≤ 35% calories from total fat as served.</p>	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> <li>• Seafood with no added fat is exempt from the total fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</li> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served ( $\leq 0.5$ g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> <li>• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>• Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</li> </ul>
Sodium	<p>Snack items and side dishes sold a la carte: <math>\leq</math> 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: <math>\leq</math>200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq</math>480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: <math>\leq</math> 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq</math>350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> <li>Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</li> </ul>
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<b><i>Beverages</i></b>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> <li>Plain water or plain carbonated water (no size limit);</li> <li>Low fat milk, unflavored (<math>\leq</math>8 fl oz);</li> <li>Non fat milk, flavored or unflavored (<math>\leq</math>8 fl oz), including nutritionally equivalent milk alternatives as permitted by the</li> </ul>	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> <li>• 100% fruit/vegetable juice (<math>\leq 8</math> fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<math>\leq 8</math> fl oz).</li> </ul> <p><b>Middle School</b></p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (<math>\leq 12</math> fl oz);</li> <li>• Non-fat milk, flavored or unflavored (<math>\leq 12</math> fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (<math>\leq 12</math> fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<math>\leq 12</math> fl oz).</li> </ul> <p><b>High School</b></p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (<math>\leq 12</math> fl oz);</li> <li>• Non-fat milk, flavored or unflavored (<math>\leq 12</math> fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (<math>\leq 12</math> fl oz);</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<math>\leq 12</math> fl oz);</li> <li>• Other flavored and/or carbonated beverages (<math>\leq 20</math> fl oz) that are labeled to contain <math>\leq 5</math> calories per 8 fl oz, or <math>\leq 10</math> calories per 20 fl oz; and</li> <li>• Other flavored and/or carbonated beverages (<math>\leq 12</math> fl oz) that are labeled to contain <math>\leq 40</math> calories per 8 fl oz, or <math>\leq 60</math> calories per 12 fl oz.</li> </ul>	