

Student Wellness

Food Service/Child Nutrition Program

Nutritional Standards

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769j and 1771-1793 shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. (42 USC 1758, 1773)

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- ensure that beginning July 1, 2014 schools offer 1 cup of fruit daily and 5 cups of fruit weekly.
- serve only unflavored low-fat (1%) and flavored or unflavored fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
- ensure that at least half of the grains offered must be whole grain-rich.
- Ensure that one hundred percent whole grain products are served starting July 1, 2014.
- Ensure that the first intermediate sodium target as required by 7 CFR 210.10 and 7 CFR 220.8 be met no later than the 2014-2015 school year, and the second intermediate sodium target be met no later than the 2017-2018 school year.
- Ensure that final sodium targets as required by 7 CFR 210.10 and 7 CFR 220.8 are met no later than July 1, 2022.

In addition, District shall 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.

Breakfast. 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:

- Schools will, to the extent possible, operate the School Breakfast Program.

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- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children.
- Information may be provided through, newsletter articles, take-home materials, or other means.

Meal Times and Scheduling. Schools, to the extent possible:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Shall schedule meal periods at appropriate times, *e.g.*, lunch shall be scheduled between 10 a.m. and 2 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students the opportunity for hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of all students.

Sharing of Foods and Beverages. Schools will prohibit students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, disease transmission and other restrictions on some children's diets.

OTHER FOOD SALES (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

For foods not reimbursed through the federally reimbursable meal programs, a minimum of 50% of foods sold by the district on school grounds during regular school hours shall be from the list of nutritious foods provided in Education Code 38085.

Nutrition Guidelines for Food and Beverages (Available outside the school meal programs)

- Individual food items sold outside the federal reimbursable meal programs shall meet local, state and federal requirements.



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- The term “sold” refers to any food or beverages provided to students on school grounds in exchange for money, coupons, or vouchers. The term does not refer to food brought from home for individual consumption.
- Schools shall follow nutrition standards for kindergarten through grade twelve, including before and after school programs (See Box Below).
- Food or beverages sold for fundraising on campus during the school day must meet the nutrition guidelines as noted in the box below.
- Food or beverages that do not meet the nutrition standards in the box below, may be sold by students:
 - If the sale takes place off and away from school campus; or
 - On school grounds, if sales occur 30 minutes after the end of school

Elementary Schools

FOOD (EC Section 49431)	BEVERAGES (EC Section 49431.5)
<p>Beginning July 1, 2007, the only food that shall be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursement meal program.</p> <p>In addition, individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold. Individually sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item.</p>	<p>The only beverages that shall be sold are:</p> <ul style="list-style-type: none"> • Water, with no added sweeteners • Milk (one-percent, or nonfat or rice milk, or other similar nondairy milk) • Fruit juice, preferably 100 percent but at least 50 percent fruit juice, with no added sweeteners • Vegetable based juice drinks, at least 50 percent vegetable juice, with no added sweeteners.

High Schools

FOOD (EC Section 49430, 49431.2)	BEVERAGES (EC Section 49431.5)
<p>Beginning July, 2007, the only foods that may be sold outside the federal reimbursable meal programs must meet the following requirements:</p> <ul style="list-style-type: none"> • Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs and cheese • In addition, individually sold portions of nuts, nut 	<p>The only beverages that shall be sold are:</p> <ul style="list-style-type: none"> • Water, with no added sweeteners • Milk (one-percent, or nonfat or rice milk, soy milk, or other similar nondairy milk) • Fruit juice, preferably 100 percent but at least 50 percent fruit juice, with no added sweeteners.

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<p>butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes may be sold. Individually sold dairy items and whole grain food items may be sold, provided they meet the 35/10/35 guidelines listed below and do not exceed 175 calories per individual food item.</p> <ul style="list-style-type: none"> • Not more than 10 percent of its total calories shall be from saturated fat (excluding eggs and cheese). • Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar (excluding fruits and vegetables that have not been deep fried). • Calories shall not exceed 250 calories per food item. • Entrée items (i.e., foods generally regarded as being primary food in a meal, including but not limited to, sandwiches, burritos, pasta, and pizza) shall not exceed 400 calories per food item and 4 grams of fat per 100 calories. 	<ul style="list-style-type: none"> • Vegetable based drinks, at least 50 percent vegetable juice, with no added sweeteners. • Electrolyte replacement beverages with no more than 42 grams of added sweeteners per 20-ounce serving. • Electrolyte replacement beverage: Water as first ingredient, and 2.1 grams added sweetener per 1 fl. oz., and at least 10 but no more than 150 milligrams of sodium per 8 fl. oz., and at least 10 but no more than 90 milligrams of potassium per 8 fl. oz., and No added caffeine
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Fundraising Activities. To support children’s health and school nutrition-education efforts, school fundraising activities will involve food that meets the above current legislation. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. 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. 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. Food Services will disseminate a list of healthful snack items to schools for teachers, after-school program personnel, and parents. Schools offering afterschool snacks in afterschool care programs must meet the meal pattern requirements in 7 CFR 21.10(o)

Rewards. Schools, ~~to the extent possible,~~ will not use non-compliant foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. Child Nutrition/Food Services will provide a list of compliant rewards.

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Celebrations. Schools shall limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food item and one noncarbonated beverage that does not meet nutrition standards for foods and beverages sold individually (above). Food Services will disseminate a list of healthy party ideas to school for parents and teachers. Class parties or celebrations shall be held after the lunch period ~~when~~ possible.

Field Trip. Schools going on field trips, (in connection with courses of instruction or school-related social, educational, cultural, athletic, or school band activities), must offer students **nutritious meals in compliance with the School Breakfast Program and the National School Lunch Program** to the fullest extent possible. Meals shall be ordered a minimum of two weeks in advance of the field trip date at each site.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day, shall meet current legislation.

NUTRITION EDUCATION AND PHYSICAL ACTIVITY

Nutrition Education and Promotion. Stockton Unified School District aims to teach, encourage, and support healthy eating by students. Schools should to the extent possible, provide nutrition information and engage in nutrition promotion that:

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat (one percent) and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services.
- teaches media literacy with an emphasis on food marketing; and
- includes training for management and staff.

Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy

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eating, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis 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.

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, or other take-home materials, special events, or physical education homework.

Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12. 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/10 days for elementary school students and 400 minutes/10 days for high school students) for the entire school year pursuant to Education Code 51222. All physical education will be delivered by a teacher credentialed to teach physical education (EC Section 44203). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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Daily Recess. 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. (NOTE: This period cannot count as physical education).

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.

Physical Activity Opportunities Before and After School. To the extent possible, all elementary and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school enrichment programs will provide and encourage – verbally and through the provisions of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. 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.

Monitoring. The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

Food Services staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

The superintendent or designee will develop a summary report every two years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. The report will be provided to the school board and

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also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, a sample of schools in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

To determine whether the policy is being effectively implemented district-wide and at each district school, the following indicators shall be used:

1. Descriptions of the district's nutrition education, physical education, and health education curricula by grade level
2. Number of minutes of physical education instruction offered at each grade span
3. Number and type of exemptions granted from physical education
4. Results of the state's physical fitness test
5. An analysis of the nutritional content of meals served based on a sample of menus
6. Student participation rates in school meal programs, compared to percentage of students eligible for free and reduced-price meals
7. Number of sales of non-nutritious foods and beverages in fundraisers or other venues outside of the district's meal programs
8. Feedback from food service personnel, school administrators, the district wellness advisory committee, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons
9. Any other indicators recommended by the Superintendent and approved by the Board

Assessments will be repeated every two years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program



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elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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