

**WELLNESS****I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' physical, social and emotional health and development, and ability to learn by supporting healthy eating and physical activity. The Hastings Public School District encourages and promotes life long healthy eating and physical activity.

**II. DEFINITIONS**

**Competitive Foods** – All foods sold: (a) outside the school meal programs; (b) on the school campus; (c) at any time during the school day.

**School Day** – means for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

**School Campus** – means for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**III. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging, and making available opportunities for healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, board members, administrators and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.

- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

#### **IV. GUIDELINES**

##### **A. National School Lunch & Breakfast Program Operations**

1. All reimbursable school breakfast and lunch meals, as set by the District's Food Service Director, will meet or exceed current USDA Dietary Guidelines for American.
2. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
3. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. Food service personnel shall adhere to all federal, state and local food safety and security guidelines.
5. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals (10 minutes for breakfast and 20 minutes for lunch) in a pleasant dining environment and to schedule lunch after recess.
6. The school district, to the extent possible, will utilize a variety of methods to serve school breakfast and encourage participation. Each site will determine if breakfast will be allowed to be consumed in the classroom.
7. The school district will discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.

8. The school district will recognize and accommodate students with special dietary needs due to a chronic health condition or food allergy or intolerance.
9. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

**B. Foods and Beverages Available Outside the School Meals**

1. Elementary school students shall not have access to competitive foods other than fruits, vegetables, low calorie whole grain items, low fat dairy and water.
2. All foods sold (a) outside the school meal program; (b) on the school campus; and (c) at any time during the school day will meet the nutrition standards set for by the USDA "Smart Snacks in School Regulation", (Exhibit I).
3. The following beverages will not be for sale for students during the school day in Hastings School District: soda pop, sports drinks, fruit based drinks that contain less than 100% juice, and beverages that contain caffeine.
4. Schools will use a variety of rewards for academic performance and good behavior with an emphasis on non-food rewards such as theater tickets, school spirit apparel and other items; ideas include 1<sup>st</sup> to lunch, free-time in elementary, etc.
5. Non-food fundraising will be encouraged by the district. Foods sold in fundraising during the school day must meet the nutrition standards and frequency standards as set forth by the USDA "Smart Snacks in Schools Regulation", (Exhibit I).

**C. Nutrition Education and Promotion**

1. The school district will encourage and support healthy eating by students by providing nutrition education that is:
  - a) offered as part of a holistic, sequential, age-appropriate, comprehensive health education program designed to provide students with the knowledge and skills necessary to select, prepare and consume healthy foods to protect their health;
  - b) integrated in to K-12 curriculum delivered by licensed elementary (K-5) or Health Educator (7-12);

- c) enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The school district will ensure consistent messages are provided throughout the school, classroom and cafeteria through promotion of healthy foods and beverages by:
- a) Utilizing marketing strategies to promote fruits, vegetables, whole grains, lean proteins, water and low-fat dairy.
  - b) Prohibiting school-based marketing of low-nutrient foods such as chips, soda pop and candy.
  - c) Educating parents through dissemination of healthy snack and celebration food and beverage lists, guidance on packing healthy lunches and other nutrition education topics throughout the school year. All classroom celebration foods should meet Hastings Healthy Food Guidelines (Exhibit 1). *The exception to this section is Valentine's Day and Halloween.*
  - d) Encouraging teacher modeling of healthy eating behaviors.
  - e) Prohibiting the withholding of foods or beverages as punishment.

**D. Physical Activity and Physical Education**

Students need opportunities for physical activity in various school settings (PE classes, recess and classroom) to foster lifelong, regular physical activity, maintain a healthy weight, develop an understanding of teamwork, and achieve academic success. As such, the school district will ensure:

- a) All students in each grade, K-12, have the opportunity to receive weekly, standards-based physical education taught by a licensed instructor.
- b) All physical education classes include an emphasis on moderate to vigorous physical activities in all or most lessons.
- c) Physical education staff is provided with adequate professional development.
- d) Classroom teachers provide short physical activity breaks

between lessons or classes, as appropriate.

- e) All elementary school students have a minimum 20 minutes of daily quality recess with adequate space, structure and equipment to encourage active play.
- f) Parents and guardians receive information on school-based physical activity opportunities, how to integrate physical activity into a child's daily life at home, as well as the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- g) Physical activity or recess shall not be withheld regularly or used as punishment, unless the safety of students is in question.

## **V. IMPLEMENTATION AND MONITORING**

- A. The wellness policy will be implemented throughout the school district.
- B. The District will maintain a Smart Choices/Wellness Committee to support District policy regarding nutrition, healthy eating, physical activity, and healthy lifestyles and serve as a resource to school sites for school wellness policy implementation.
- C. The Wellness Committee will be composed of representatives from each school, staff, parents, students, school administrators and the public.
- D. The Wellness Committee will establish a plan to monitor and measure progress toward meeting District Wellness policy objectives and the Chair will provide an annual report on such progress to the school board. The report will be posted on the District website.
- E. The Superintendent or designee will ensure compliance with the wellness policy.

## 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*; <i>or</i></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.); <i>or</i></li> <li>(4) be a combination food that contains at least ¼ cup fruit and/or vegetable; <i>or</i></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.	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.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<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: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤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	<p>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.</p>	
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 (≤8 fl oz);</li> <li>Non fat milk, flavored or unflavored (≤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>Middle 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 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>High 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 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>	

## **Legal References:**

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)  
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)  
P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)  
7 C.F.R. § 210.10 (School Lunch Program Regulations)  
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

## **National Resources:**

School Wellness Policy Evaluation Tool:

<http://www.yaleruddcenter.org/resources/upload/docs/what/communities/SchoolWellnessPolicyEvaluationTool.pdf>

Centers for Disease Control and Prevention. (2011). School health guidelines to promote healthy eating and physical activity. MMWR, vol. 60 (5).

National Association for Sport and Physical Education. (2011). Position statement: physical education is critical to educating the whole child.  
<http://www.aahperd.org/naspe/standards/upload/Physical-Education-Is-Critical-to-Educating-the-Whole-Child-Final-5-19-2011.pdf>

Institute of Medicine. (2007). Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth. Washington, D.C.: The National Academies Press

Model Policies:

Cass-Clay: <http://www.dakmed.org/uploads/resources/440/2012-sample-model-school-wellness-policy-5-11-12.pdf>

Minneapolis: [http://sss.mpls.k12.mn.us/sites/6c9fd336-96c5-451c-a8a6-b6f00373668d/uploads/Wellness\\_Policy.pdf](http://sss.mpls.k12.mn.us/sites/6c9fd336-96c5-451c-a8a6-b6f00373668d/uploads/Wellness_Policy.pdf)

Pennsylvania: <http://www.portal.state.pa.us/portal/server.pt?open=514&objID=509214&mode=2>  
Farmington:

<http://www.chartwellsschooldining.com/farmingtonschools/content/nutritionnews/wellness%20policy-2012.pdf> (Policy)

<http://www.chartwellsschooldining.com/farmingtonschools/content/nutritionnews/wellness%20policy%20guidlines.pdf> (Guidelines)

Local Resources:

Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)

County Health Departments

Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org) and

[www.actionforhealthykids.org/filelib/toolsforteam/recom/MNHealthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MNHealthy%20Foods%20for%20Kids%208-2004.pdf)

Adopted: May 2006

Revised: October 25, 2006

Revised: April 17, 2015

Approved: 5/20/2015

Independent School District 200

Hastings, Minnesota

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