

## LOCAL WELLNESS PROGRAM

The district's comprehensive age-appropriate nutrition program will be implemented in district schools in accordance with the following requirements:

### I. Definitions:

1. "Accompaniment foods" means food items served along with another food to enhance palatability such as butter, jelly, cream cheese, salad dressing, croutons and condiments.
2. "Combination foods" means products that contain two or more components representing two or more of the recommended food groups: fruit; vegetable; dairy; protein; or grains.
3. "Competitive foods" means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) during the school day.
4. "Dietary Guidelines for Americans" means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
5. "Entree item" means an item that is either:
  - a. A combination food of meat or meat alternate and whole grain rich food; or
  - b. A combination food of vegetable or fruit and meat or meat alternate; or
  - c. A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky);  
or
  - d. Grains only when served in the SBP.
6. "Food service area" means any area on school premises where NSLP or SBP meals are both served and eaten, as well as any areas in which NSLP or SBP meals are either served or eaten.
7. "Meal period" means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
8. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
9. "Oregon Smart Snacks"<sup>1</sup> means the minimum nutrition standards for competitive foods and beverages.
  - a. Food items, including accompaniment foods, must:
    - (1) Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain (e.g., flour, flake or meal); or
    - (2) Have as the first ingredient, one of the non-grain major food groups: fruits; vegetables; dairy or protein foods (e.g., meat, beans, poultry, seafood, eggs, nuts, seeds); or
    - (3) Be a combination food that contains one-quarter cup of fruit and/or vegetable;  
or

---

<sup>1</sup> Oregon Department of Education, [www.ode.state.or.us](http://www.ode.state.or.us)

- (4) Have one of the food items above as a second ingredient if water is the first ingredient; or
- (5) Contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (e.g., calcium, potassium, vitamin D or dietary fiber)<sup>2</sup>; and
- (6) Meet all the competitive food nutrient standards:
  - (a) Calories:
    - (i) Snacks contain no more than:
      - 1) 150 calories as packaged or served for elementary level;
      - 2) 180 calories as packaged or served for middle school level;
      - 3) 200 calories as packaged or served for high school level.
    - (ii) Entrees contain no more than 350 calories as packaged or served.
  - (b) Total fat: contains 35 percent or less of total calories from fat per item as packaged or served.
    - (i) Exemptions to the total fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts, seeds, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat and seafood with no added fat.
  - (c) Saturated fat: contains no more than 10 percent of total calories from saturated fat per item as packaged or served.
    - (i) Exemptions to the saturated fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts and products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.
  - (d) Transfat: contains 0 grams of trans fat per item as packaged or served.
  - (e) Sugar must be no more than 35 percent by weight.
    - (i) Exempt from the sugar standard are:
      - 1) Dried whole fruits or vegetables;
      - 2) Dried whole fruit or vegetable pieces;
      - 3) Dehydrated fruits or vegetables with no added nutritive sweeteners; and
      - 4) Dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, blueberries, tart cherries).
  - (f) Sodium:
    - (i) Snacks contain no more than 230 mg sodium<sup>3</sup> per item as packaged or served.

---

<sup>2</sup>Effective for the period through June 30, 2016. Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.

<sup>3</sup>On July 1, 2016, the sodium standard will move to 200 mg per item as packaged or served.

- (ii) Entrees contain no more than 480 mg sodium per item as packaged or served.
  - (g) Caffeine free, except for naturally occurring trace amounts, for elementary and middle school level.
  - (h) Exempt from all nutrients standards on any day are:
    - (i) Fresh, canned and frozen fruits or vegetables with no added ingredients except water.
    - (ii) Fruit packed in 100 percent juice, extra light or light syrup.
    - (iii) Canned vegetables that contain a small amount of sugar for processing purposes.
    - (iv) [Sugar-free chewing gum.]
  - (i) Entrees in same or smaller portion served on the day or the day following in the National School Lunch or School Breakfast Programs:
    - (i) Are exempt from the nutrient standards for:
      - 1) Saturated fat;
      - 2) Transfat;
      - 3) Sodium; and
      - 4) Sugar.
    - (ii) Must contain:
      - 1) Calories not to exceed 450 per item as packaged or served; and
      - 2) Total fat not to exceed 36 percent of total calories or 4 grams per 100 calories per item as packaged or served.
- b. Beverages must be:
- (1) For elementary level students:
    - (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
    - (b) Lowfat milk (unflavored), with portion size not to exceed 8 ounces and 150 calories;
    - (c) Nonfat milk (including flavored), with portion size not to exceed 8 ounces and 150 calories;
    - (d) Nutritionally equivalent milk alternatives, portion size not to exceed 8 ounces and 150 calories;
    - (e) Full strength fruit or vegetable juices, portion size not to exceed 8 ounces and 120 calories;
    - (f) Caffeine free, except for naturally occurring trace amounts.
  - (2) For middle school level students:
    - (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
    - (b) Lowfat milk (unflavored), portion size not to exceed 10 ounces and 190 calories;
    - (c) Nonfat milk (including flavored), portion size not to exceed 10 ounces and 190 calories;
    - (d) Nutritionally equivalent milk alternatives, portion size not to exceed 10 ounces and 190 calories;
    - (e) Full strength fruit or vegetable juices, portion size not to exceed 10 ounces and 150 calories;

- (f) Caffeine free, except for naturally occurring trace amounts.
- (3) For high school level students:
- (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
  - (b) Lowfat milk (unflavored), portion size not to exceed 12 ounces and 225 calories;
  - (c) Nonfat milk (including flavored), portion size not to exceed 12 ounces and 225 calories;
  - (d) Nutritionally equivalent milk alternatives, portion size not to exceed 12 ounces and 225 calories;
  - (e) Full strength fruit or vegetable juices, portion size not to exceed 12 ounces and 180 calories;
  - (f) Low or no calorie beverage is less than 5 calories per 8 ounce serving or less than or equal to 10 calories per 20 fluid ounces, portion size not to exceed 20 ounce serving;
  - (g) Other beverages are not to exceed 40 calories per 8 fluid ounces (or 60 calories per 12 fluid ounces) with portion size not to exceed 12 ounces.
- c. Use the nutrient standard for the lowest grade group when mixed grades have open access to competitive foods.
10. "School day" means a student education day beginning at midnight and ending at the conclusion of afternoon student activities, such as athletic, music or drama practices, clubs, academic support and enrichment activities.
11. "Snack" means a food that is generally regarded as supplementing a meal and includes, but is not limited to, chips, crackers, onion rings, nachos, french fries, doughnuts, cookies, pastries, cinnamon rolls and candy.

## **II. Nutrition Education and Promotion**

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research, and be consistent with state and local district health education standards. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn.

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

## **III. Nutrition Guidelines**

A. School sponsored activities which include the service or sale of food must use foods made in or purchased from a commercially licensed kitchen or school. Homemade foods may not be served. This requirement is for student functions or parties including those serving the district patrons. Staff functions are exempt.

B. If food is prepared on site to be sold or served to students and district patrons, a person with a valid food handler's card must be present. A certified food protection manager, such as the food service supervisor or cafeteria manager must be consulted with prior to the function. Prepackaged, prepared (store-bought) foods are exempt from this requirement.

C. A Fund Raiser request form will be completed by each person or club planning a fund raising function as specified in policy IGDF-AR. If food is to be sold during the school day, the form will be sent to the Food and Nutrition office for approval prior to the fund raiser.

D. Foods to be sold, used as rewards, or as fund raisers, and for sharing during student functions or parties during the school day, must meet the district's nutrition program standards. Foods parents provide for their own child are not restricted, however they may not provide restricted items to other children during the school day.

E. In keeping with the district's nutrition program goals, all classroom reward or incentive programs involving food items are reviewed for approval to ensure that the foods served meet the requirements of the district's nutrition policy and regulation (i.e., all foods served fit in a healthy diet as recommended in the *Dietary Guidelines for Americans*, and contribute to the development of lifelong healthy eating habits for the district's students);

#### **IV. Reimbursable School Meals**

As specified in policy EFAA, *District Nutrition and Food Services*, the district will observe the requirements of state and federal law regarding reimbursable school meals.

#### **V. Evaluation and Revision of Local Wellness Policy**

The Local Wellness Policy Committee will act as the District Wellness Advisory Council. The District Wellness Advisory Council shall educate and encourage staff, school patrons and community members toward involvement in supporting and reinforcing lifelong wellness. Involvement will be through district, community and governmental programs. Evaluation will be done by the District Wellness Advisory Council and the Superintendent or designee.

Additional standards, required by state or local government will be implemented as required by law.

11/05/2007, 8/20/2015