

Local Wellness Policy/Nutrition Program

The Board recognizes that childhood obesity has become an epidemic in Oregon and throughout the nation. Research indicates that obesity and many diseases associated with obesity are largely preventable through diet and regular physical activity. Additional research indicates that healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being.

To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the superintendent shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements for districts sponsoring the United States Department of Agriculture's National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction that promotes healthy eating through nutrition education, serving healthy and appealing foods at district schools, developing food-use guidelines for staff, and establishing liaisons with nutrition service providers, as appropriate.

The school district will engage students, parents, staff (including but not limited to physical education and school health professionals), food industry professionals, health professionals, the School Board, school administrators, and other interested community members in developing, implementing, monitoring, and periodically reviewing and updating district-wide nutrition and physical activity policies.

Nutrition Promotion and Nutrition Education

Nutrition promotion supports the integration of nutrition education throughout the school environment. Nutrition education topics shall be integrated within the comprehensive health education program taught at every grade level and coordinated with the district's nutrition and food services operation.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.

Nutrition Guidelines

It is the intent of the Board that district schools be proactive in encouraging students to make nutritious food choices. All food and beverage items sold to students in district schools as part of the regular or extended school day shall meet the minimum state and federal standards.

Exceptions to this requirement include items that are part of the NSLP or SBP. Other exceptions are foods and beverages provided in the following instances:

1. When the school is the site of school-related events (e.g., classroom celebrations) or other events for which parents and other adults are a significant part of an audience; or

2. The sale of food or beverage items before, during or after a sporting event, interscholastic activity, a play, band, or choir concert.

Although the Board believes that the district's nutrition and food services operation should be financially self-supporting, it recognizes that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

Reimbursable School Meals

To the maximum extent possible, all district schools will participate in available federal school meal programs (including the SBP, NSLP, and Child Adult Care Food Program).

The district may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. These guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)(0).

Physical Education/Activity

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Physical activity should be included in a school's daily education program for all grades. Physical activity should include regular instructional physical education as well as co-curricular activities, and recess. The district will develop and assess student performance standards and program minute requirements¹ in order to meet the ODE's physical education content standards and state law .

School Employee Wellness

The district encourages school staff to pursue and maintain a healthy lifestyle that contributes to individual improved health, improved morale, and a greater personal commitment to the school's overall wellness program. The district will work with community partners to identify programs, services and resources to enrich district-wide wellness.

Evaluation of Local Wellness Policy

In an effort to measure the implementation of this policy, the Board designates the superintendent or superintendent's designee as the person who will be responsible for ensuring each school meets the goals outlined in this policy.

The district will make available to the public an assessment of the implementation, including the extent to which the schools are in compliance with policy, how the policy compares to model policy, and a description of the progress being made in attaining the goals of this policy every three years.

The superintendent or designee will develop administrative regulations as necessary to implement the goals of this policy throughout the district.

END OF POLICY

Legal Reference(s):

[ORS 329.496](#)
[ORS 332.107](#)
[ORS 336.423](#)

[OAR 581-051-0100](#)
[OAR 581-051-0305](#)

[OAR 581-051-0310](#)
[OAR 581-051-0400](#)

National School Lunch Program, 7 C.F.R. Part 210 (2006).
School Breakfast Program, 7 C.F.R. Part 220 (2006).
Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 Section 204.

Cross Reference(s):

EFAA - District Food and Nutrition Services