

Local Wellness/Nutrition Program

District Wellness Council

The school district will create a district wellness council to assist the superintendent in the implementation and future revisions of the Local Wellness/Nutrition Program. The council also will serve as a resource to school sites for implementing such policies. The wellness council will meet annually and consist of a group of individuals appointed by the superintendent representing the school and community and should include a:

1. Parent;
2. Student;
3. Representative of the school food authority;
4. Member of the School Board;
5. School administrator;
6. Staff member (including but not limited to physical education and school health care professionals);
7. Health professional;
8. Member of the public or public stakeholder.

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 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”¹ 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
 - (4) Have one of the food items above as a second ingredient if water is the first ingredient; and
 - (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)²; 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.

¹Oregon Department of Education, www.ode.state.or.us

²Effective 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.

- (b) Total fat: contains 35 percent or less of total calories from fat per item as packaged or served. 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. 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. Exempt from the sugar standard are:
 - (i) Dried fruits or vegetables; and
 - (ii) Dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, blueberries, tart cherries).
- (f) Sodium: Snacks contain no more than 230 mg sodium³ per item as packaged or served. 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;
- (i) Entrees in same or smaller portion served on the day or the day following in the NSLP or SBP are exempt from the nutrient standards for:
 - (i) Calories;
 - (ii) Total fat;
 - (iii) Saturated fat;
 - (iv) Transfat;
 - (v) Sodium; and
 - (vi) Sugar.

b. Beverages must be:

- (1) For elementary level students:

³On July 1, 2016, the sodium standard will reduce to 200 mg per item as packaged or served.

- (a) Plain water, carbonated or uncarbonated, with portion size unlimited;
 - (b) Low-fat 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) Fruit and vegetable juice that is 100 percent juice diluted with water, carbonated or uncarbonated, and no added sugar or sweeteners with portion size not to exceed 8 ounces and 120 calories;
 - (g) 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) Low-fat 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) Fruit and vegetable juice that is 100 percent juice diluted with water, carbonated or uncarbonated, and no added sugar or sweeteners with portion size not to exceed 10 ounces and 150 calories;
 - (g) 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) Fruit and vegetable juice that is 100 percent juice diluted with water, carbonated or uncarbonated, and no added sugar or sweeteners with portion size not to exceed 12 ounces and 150 calories;
 - (g) 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;

- (h) 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.

Nutrition Promotion and Nutrition Education

To develop the skills and knowledge necessary to maintain lifelong healthy eating and physical activity patterns, all students in grades K-12 will receive annual, skills-based nutrition education as part of their comprehensive health education curriculum.

1. This will be offered to all students in grades K-12 as part of a sequential, comprehensive, and standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Health education programs will be delivered by a certified health educator or an appropriately trained elementary educator in order to meet Oregon Department of Education (ODE) content and assessment standards.
3. All curriculum material used in health education will be evidence or research based.
4. Nutrition education and nutrition promotion will be supported by all staff working in the Corvallis School District.

Nutrition Guidelines and Food Services Operation

In order to support the school’s nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district’s comprehensive nutrition program, the principal is responsible for ensuring:

1. The school encourages all students to participate in the school’s NSLP and SBP meal opportunities.
2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply.
3. The school’s NSLP and SBP maintain the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act.

4. The school's NSLP and SBP operate to meet dietary specifications in accordance with the Healthy, Hunger-Free Kids Act of 2010 and applicable state laws and regulations.
5. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items.
6. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
7. Modified meals are prepared for students with special food needs:
 - a. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted;
 - b. Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician assistant, registered dietitian or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food(s) that may be substituted in place of the lunch or breakfast menu being served.
8. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation, and workplace safety.
9. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - a. Tables and chairs are of the appropriate size for students;
 - b. Seating is not overcrowded;
 - c. Students have a relaxed environment;
 - d. Noise is not allowed to become excessive;
 - e. Rules for safe behavior are consistently enforced;
 - f. Tables and floors are cleaned between meal periods;
 - g. The physical structure of the eating area is well maintained;
 - h. Appropriate supervision is provided.
10. The guidelines for reimbursable school meals 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 sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

Competitive Food Sales

In keeping with federal regulations, the district controls the sale of all competitive foods. Accordingly, the district will select food items that meet the Oregon Smart Snacks nutrition standards. The sale of foods and beverages in competition with the district's NSLP and SBP meals shall be permitted when all income from the food sales accrues to the benefit of the district's nutrition and food services operation or a school or student organization as approved by the Board.

Other Foods Offered or Sold

Foods and beverages sold or offered in classrooms (e.g., celebrations, rewards) or school-sponsored activities during the school day shall follow the Oregon Smart Snacks standards unless otherwise exempt by state law. Food and beverage items sold after the school day as part of an approved school fund-raising event are not required to meet minimum state requirements. Foods sold to the public as part of a fundraising event must meet Benton County Health Department regulations.

Family and Community Involvement

1. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. The district/schools should encourage parents to pack healthy lunches and snacks that meet the above nutrition standards for individual foods and beverages.
3. The district will have information available for parents and students about the nutritional content of meals. Schools will disseminate this information to parents.
4. 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 may include sharing information about physical activity and physical education through websites, newsletters, physical education homework, or event announcements.

Safe Routes to School

1. The district will work with community partners, including city transportation, public safety, police, and health departments regarding infrastructure and non-infrastructure efforts.
2. The district will explore the availability of local, state, and federal "safe routes to school" program funds to support and sustain active transportation to and from schools.

Physical Education/Activity

1. Daily Physical Education K-8
 - a. All students in grades K-8 will be provided weekly physical education for the entire school year.

- b. Physical education programs will be delivered by a certified physical education teacher or an appropriately trained elementary educator in order to meet ODE content and assessment standards.
- c. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

2. Daily Physical Education 9-12

- a. All students in grades 9-12 must complete a minimum of two one-credit classes in order to meet graduation requirements. Successful completion of classes developed within the district physical education curriculum meet this two-credit requirement.
- b. Students may elect to take an approved alternate route in earning their second physical education credit. To be considered for credit the learning experience must compare with normal requirements of a traditional, classroom-based class in terms of time, effort, content (ODE standards met), and level of difficulty. Students will develop a learning contract that outlines how the state standards will be addressed and how they will demonstrate proficiency.
- c. All physical education programs will be delivered or evaluated by certified physical education teachers in order to meet ODE content and assessment standards.

3. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to practice regular physical activity as healthy behavior, students need opportunities for physical activity beyond physical education class. Opportunities include:

- a. Classroom health education will complement physical education by reinforcing the knowledge and skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities (e.g., electronics use);
- b. Integrated opportunities for physical activity are encouraged through its incorporation into other subject lessons;
- c. Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate; and
- d. Extended periods of inactivity should be discouraged (i.e., periods of two or more hours). 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 moderate physical activity breaks.

4. Daily Recess

All elementary schools will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools encourage-verbally and through the provision of space, equipment, and activities-moderate to vigorous physical activity.

5. Physical Activity and Punishment

- a. Staff will not use physical activity (e.g., running laps, pushups) or regularly withhold students from recess as punishment.

- b. Community personnel hired by the district will use physical activity to improve fitness and develop athletic skills.

6. Physical Activity Opportunities Before and After School

The district will offer, or partner with community organizations to offer, extracurricular physical activity programs, such as physical activity clubs, intramural programs, or interscholastic sports when appropriate and if at all possible.

- a. After-school child care and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all students.
- b. Enrichment programs that do not easily provide opportunities for moderate to vigorous physical activity, such as chess club, will reinforce that physical activity needs to be included in the pursuit of interests or hobbies.

School Employee Wellness

The district’s school employee wellness program may include the following:

- 1. Health promoting activities that are based on employees’ needs and interests.
- 2. Supportive social and physical environments that improve and/or maintain individual and district-wide wellness.
- 3. Access to resources such as employee assistance programs, emergency care, and benefit programs that help employees balance work and family life.
- 4. Education and resources regarding health care decisions.
- 5. Wellness opportunities that may include, but are not limited to, health assessments, informational materials, presentations and workshops on healthy behaviors, and programs that promote fitness, healthy eating, and stress management.

The district encourages participation from all employees. The Staff Wellness Team will meet quarterly to review program objectives and actions plans, evaluate, and update as needed.

Monitoring and Policy Review

1. Monitoring

The superintendent or designee will annually assess compliance with established district-wide nutrition and physical activity wellness plan.

- a. 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.

- b. School food service 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 designee (or if done at the school level, to the school principal).

2. Wellness Council

The superintendent or designee will work with the district wellness council to develop a summary report every two years using the information collected by the superintendent's policy compliance assessment with the district's established nutrition and physical activity wellness policies. The wellness council will offer resources to compliance concerns that are assessed by the superintendent. Schools, programs, and/or school-community partnerships that exceed policy requirements will be highlighted in the report to the Board. That report will be provided to the School Board and posted on the district website.