

## Local Wellness Program

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

### 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. "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.
5. "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.
6. "Meal period" means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
7. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
8. "Oregon Smart Snacks Standards" (see Appendix 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) 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; and
      - 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.

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 whole fruits or vegetables;
    - (ii) Dried whole fruit or vegetable pieces;
    - (iii) Dehydrated fruits or vegetables with no added nutritive sweeteners; and
    - (iv) 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 200 mg sodium 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 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:
    - (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, unsweetened 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) 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, unsweetened 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, unsweetened 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 180 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.
9. “School day” means the period from the midnight before through extended school hours for activities such as clubs, yearbook, athletic practice, band and drama rehearsals.
10. “School campus” means all areas of property under the jurisdiction of the school that are accessible to students during the school day.
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**

Nutrition promotion and nutrition education shall be a sequential and integrated focus on improving students’ eating behaviors, reflect evidence based strategies and be consistent with state and local district health education standards.

Nutrition education at all levels of the district’s curriculum shall be aligned to the Oregon State Standards for health and fitness and Oregon Smart Snacks Guidelines (see Appendix 1).

### **Food and Beverage Marketing**

All contracts entered into the by the district regarding food and beverages will be made in compliance with the district’s wellness policy and marketing guidelines.

“Food and beverage marketing” is defined as advertising and other promotions in schools and often include oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage product.

### **Physical Activity and Physical Education**

In order to insure students are afforded the opportunity to engage in physical activity and physical education in the school setting, the following guidelines apply:

1. Physical activity will be encouraged across curricula and throughout the school day;
2. Physical education shall seek to instill knowledge and awareness of physical activity and health in each and every student as well as to develop their fitness level, loco-motor skills, cooperation and social interactions;
3. All physical education classes will be taught by licensed physical education teachers and/or appropriately licensed teachers as outlined by the Teacher Standards and Practices Commission (TSPC).

### **Nutrition Guidelines and Food Services Operation**

In order to support a 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 district is responsible for ensuring:

1. Each school encourages all students to participate in the school's NSLP and SBP meal opportunities;
2. Each 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 maintains 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 operates to meet dietary specifications in accordance with the Healthy, Hunger-Free Kids Act of 2010 and applicable state laws and regulations;
5. The school sells or serves varied and nutritious food choices consistent with the applicable nutrition standards set by the USDA and the Oregon Smart Snacks Standards (see Appendix 1).
6. A school or district that operates or contracts the food service components of their NSLP and SBP shall form a committee comprised of staff, students and parents. Cultural norms and preferences will be considered;
7. 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;
8. Procedures are in place to provide families, on request, information about the ingredients and nutritional value of the foods served;
9. Modified meals are prepared for students with special dietary needs:
  - a. The district will provide substitute foods to students with a disability that restricts their diet, when supported by a written statement from a state-licensed health care professional who is authorized to write medical prescriptions;
  - b. Such substitutions will be provided only when a medical statement from the licensed health care professional is on file at the school. The medical statement must state the nature of the

child's impairment so its effect on the student's diet is understood and what must be done to accommodate the impairment.

10. 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;
11. Students are provided time and space to eat meals in a pleasant and safe environment.
12. 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**

All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards (see Appendix 1). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack of food carts.

### **Other Foods Offered or Sold**

Foods offered on the school campus are encouraged to meet the nutritional standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, classroom snacks brought by parents, rewards and incentives.

Foods and beverages sold in classrooms or school-sponsored activities during the school day shall follow the Oregon Smart Snacks Standards.

Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fund raisers on the school campus during the school day.

### **Family and Community Involvement**

The principal is encouraged to promote family and community involvement in supporting and reinforcing nutrition education in the schools. Activities may include:

1. Nutrition education materials and cafeteria menus are sent home with K-5 students. Menus will be available from the district website for all students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education;

6. Staff are encouraged to cooperate within their own schools with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;
7. Staff encourages and provides support for parental involvement in their children's physical education;
8. Materials promoting physical activity are sent home with students.

### **Program Evaluation**

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for ensuring:

1. Board policy and this administrative regulation are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;
3. Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program, and is aligned and coordinated with the Oregon Health Education Standards and school health education programs;
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities that are aligned and coordinated with the Oregon Health Education Standards and school health education programs;
5. Teachers have received curriculum-specific training; and
6. Families and community organizations are involved, to the extent practicable, in nutrition education; and
7. One or more persons within the district or at each school, as appropriate, will be charged with the operational responsibility of ensuring that the policy and administrative regulations are followed.

## APPENDIX I

### Oregon Department of Education Smart Snacks for the School Nutrition Program - At A Glance

#### What is it?

Effective in 2008, Oregon statute set nutrition standards for foods and beverages sold outside the National School Lunch and School Breakfast Programs during the school day or during extended school hours for activities such as clubs, yearbook, athletic practice, band and drama rehearsals. It includes fundraisers during school, but not athletic events, theater performances and recitals or other gatherings where parents/community members are significant parts of the audience.

The Healthy Hunger Free Kids Act of 2010 provided USDA authority to establish nutrition standards for all foods and beverages sold outside of the Federal child nutrition programs in schools. July 1, 2014, was the initial implementation date for Smart Snacks.

As a result of the federal regulations, Oregon adopted new legislation in 2015 - Oregon Smart Snacks. This legislation follows federal guidelines but includes the flexibility for states to establish additional standards.

#### Why?

Improving the nutritional profile of all foods sold in school is critical to:

1. Improving diet and overall health of American children;
2. Ensuring children from all income levels adopt healthful eating habits that will enable them to live productive lives; and
3. Helping children make healthier choices and reduce their risk of obesity.

#### How Does it Work?

1. The nutrition standards included in the federal regulation final rule are for all foods sold in school are minimum standards.
2. State agencies and school districts may establish additional more restrictive standards.
3. State or local standards must be consistent with Federal standards.

The law specifies that the nutrition standards shall apply to all foods sold:

1. Outside the school meal programs;
2. On the school campus; and
3. At any time during the school day.

#### Resources

At A Glance is intended to give you an introduction to Smart Snack Regulations in Oregon. Individual training and additional resources are located on the SNP Training website at:

<http://www.ode.state.or.us/search/page/?id=3507>

## **Professional Standards**

3000 - Administration

3200 - Program Management

3220 - Oversee Standard Operating Procedures for routine operations

## **Definitions**

What are competitive foods?

Competitive food: all food and beverages sold to students on the School Campus during the School Day, other than those meals reimbursable under the National School Lunch and School Breakfast Programs.

This includes:

1. A la carte;
2. School stores/snack bars;
3. Fundraising;
4. Vending machines.

Where do the standards apply?

School campus: all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

When do the standards apply?

School day: is the period from the midnight before, through extended school hours for activities such as clubs, yearbook, athletic practices, band, and drama rehearsals.

## **Foods exempt from Smart Snack Nutrition Standards:**

1. NSLP and SBP menued items sold day of service or day after service in the same or smaller portion sizes to students as a la carte or second meals;
2. Foods sold to adults;
3. Fresh and frozen fruits or vegetables with no added ingredients except water;
4. Canned fruit packed in 100% fruit juice or light/extra light syrup;

5. Canned vegetables that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable.

## Overview of Oregon Smart Snacks

Beverages	Grade K-5	Grade 6-8	Grade 9-12
<b>Water</b> Plain with or without carbonation	All grades - No size limits caffeine allowed for grades 9-12 only	All grades - No size limits caffeine allowed for grades 9-12 only	All grades - No size limits caffeine allowed for grades 9-12 only
<b>Flavored Water</b>	May not be sold	May not be sold	20 oz. 0 calories (may contain caffeine)
<b>Fruit or Vegetable Juice</b> Full strength, With or without carbonation, May contain sugar	≤8 fl. oz. 120 calories (15 kcal/oz.)	≤10 fl. oz. 150 calories (15 kcal/oz.)	≤12 fl. oz. 180 calories (15 kcal/oz.)
<b>Diluted Juice with water only</b> With or without carbonation, No added sugar or sweeteners	≤8 fl. oz. 120 calories (15 kcal/oz.)	≤10 fl. oz. 150 calories (15 kcal/oz.)	≤12 fl. oz. 180 calories (15 kcal/oz.) (May contain caffeine)
<b>Milk</b> Low-fat (1%) unflavored, or fat free unflavored or flavored, including nutritionally equivalent milk alternatives as permitted by school meal requirements	≤8 fl. oz. 150 calories (18.75 kcal/oz.)	≤10 fl. oz. 190 calories (18.75 kcal/oz.)	≤12 fl. oz. 225 calories (18.75 kcal/oz.) (May contain caffeine)
<b>Low or No Calorie Beverages</b> With or without carbonation and/or caffeine	May not be sold	May not be sold	≤20 fl. oz. 10 calories maximum (≤.5 kcal/oz.)
<b>Other Beverages</b> With or without carbonation and /or caffeine	May not be sold	May not be sold	≤12 fl. oz. 60 calories maximum (≤5 kcal/oz.) (May contain caffeine)
Snacks/Side Dishes	Grades K-5	Grades 6-8	Grades 9-12
	(1) Be a whole grain-rich grain product; or (2) Have as the first ingredient a fruit, vegetable, dairy product, or protein; or (3) Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or		
<b>Serving Size</b>	Single-serving, per item as packaged or served, including any condiments.		
<b>Calories per serving</b>	≤150 calories	≤180 calories	≤200 calories
<b>Total calories from fat</b>	≤35% of total product calories		
<b>Saturated fat</b>	≤10% of total product calories		
<b>Trans fat</b>	0 grams		
<b>Sugar content by weight</b>	≤35% of total product weight		
<b>Sodium limit</b>	≤230 milligrams (mg)		
<b>Exceptions:</b>	(1) Total calories from fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, nut butters, seeds, seed butters, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, and seafood with no added fat when not part of a combination food.		

	<p>(2) Saturated fat limit does not apply to reduced fat cheese, part skim mozzarella cheese, nuts, and products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, when not part of a combination food.</p> <p>(3) Sugar limit does not apply to products that consist of only dried fruit with nuts and/or seeds with not added nutritive sweeteners or fat, dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners and dried fruits with nutritive sweeteners that are required for processing and/or palatability purposes.</p>
<b>Entrées/Main Dishes</b>	<p><b>Entrée must contain meat/meat alternate and one of the following General Standards:</b></p> <p>(1) Whole grain-rich food; or</p> <p>(2) Have as the first ingredient a fruit, vegetable, dairy product, or a protein food; or</p> <p>(3) A meat/meat alternate alone (except - yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks).</p> <p>(4) Be a combination food that contains at least ¼ cup of fruit and/or vegetable.</p>
	<b>All Grades K-12</b>
Serving Size	Per item as packaged or served, includes condiments
Calories per serving	≤350 calories
Total calories from fat	≤35% of total product calories
Saturated fat	≤10% of total product calories
Trans Fat	0 grams
Sugar content by weight	≤35 % of total product weight
Sodium limit	≤480 milligrams (mg)
Exceptions:	<p>(a) Total calories from fat limit does not apply to seafood, eggs, or legumes served alone, and not part of a combination food.</p> <p>(b) Saturated fat limit does not apply to eggs when served alone, and not part of a combination food.</p>