

Multnomah Education Service District

Code: **EFA**
Adopted: 11/15/05
Amended: 5/17/11
Reviewed: 5/17/11

Local Wellness Program

The Board recognizes that childhood obesity has become an epidemic in Oregon as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. 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 and/or designee shall prepare and implement a comprehensive MESD nutrition program consistent with state and federal requirements for districts sponsoring the 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 to promote healthy eating through nutrition education, serving healthy and appealing foods in MESD programs, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. The input of staff, students, parents, the public, representatives of the school food authority and public health professionals shall be encouraged. The Board shall review this policy with input from parents, students, administrators, local health officials and the public.

Nutrition education topics shall be integrated within a sequential, comprehensive health education program. The Board realizes that a physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a program's education program.

MESD programs shall take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served in MESD facilities or at MESD-sponsored events shall meet administrative regulation requirements for nutritional standards and/or other guidelines as may be recommended by Health Services and designated committees. The superintendent shall ensure that nutritious foods are available as an affordable option whenever food is sold or served in MESD facilities or at MESD-sponsored events; that programs limit the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals is minimized.

Although the Board believes that nutrition and food services operations should be financially self-supporting, it recognizes, however, 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, MESD's NSLP and SBP shall be nonprofit.

MESD 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.

The superintendent and cabinet shall develop administrative regulations to support this policy.

END OF POLICY

Legal Reference(s):

[ORS 334.125\(7\)](#)
[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).

Child Nutrition and WIC Reauthorization Act of 2004 § 204, 42 U.S.C. § 1751 (2004).