

Multnomah Education Service District

Code: **EFA-AR**
Adopted: 11/15/05
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Reviewed:

Local Wellness Program

MESD's age-appropriate nutrition program will be implemented in MESD programs in accordance with the following requirements:

Definitions:

Competitive foods Any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) in food service areas during the meal periods;

Dietary Guidelines for Americans Current set of federal government recommendations that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks;

Nutrition education A planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits;

Foods of minimal nutritional value (FMNV)

- a. Artificially sweetened foods - a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving;
- b. All other foods - a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are - protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron; and
- c. Food that is classified into four categories:
 - (1) Carbonated soft drinks;
 - (2) Chewing gum;
 - (3) Water ices; and
 - (4) Certain candies made predominantly from sweeteners such as: hard candy, licorice, jelly beans, gum drops, marshmallows, fondant, cotton candy and candy-coated popcorn.

Food service area Any area on MESD premises or any areas in which NSLP or SBP meals are both served and eaten;

Meal period Period(s) during which breakfast or lunch meals are served and eaten, and as identified on the program schedule.

Nutrition Education

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 health education standards. Nutrition education at all levels of MESD'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.

In order to reinforce and support nutrition education efforts, program administration is responsible for ensuring:

1. Nutrition instruction is closely coordinated with other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to:
 - a. Provide screening;
 - b. Referral and counseling for nutritional problems;
 - c. Inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program);
 - d. Implement nutrition education and promotion activities for staff, Board members and parents.
3. In keeping with nutrition program goals, classroom reward or incentive programs involving food items are reviewed for approval to ensure foods served meet the requirements of the nutrition policy and regulation.

Nutrition Guidelines and Food Services Operation

In order to support nutrition and food services as essential partners in the educational mission of MESD, building administration is responsible for ensuring:

1. The encouragement of all students to participate in NSLP and SBP meal opportunities;

2. Notification to families of need-based programs for free or reduced-price meals and encouragement of eligible families to apply;
3. Maintaining the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act;
4. That NSLP/SBP/SMP operates to meet nutrition standards in accordance with the Healthy Meals for Healthy Americans Act of 1994 as amended and applicable state laws and regulations;
5. The program sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans.
6. Food prices are communicated to students and parents. Pricing strategies will encourage students to purchase full meals and nutritious items;
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served;
8. Modified meals are prepared for students with special food needs:
 - a. Provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's:
 - (1) Disability;
 - (2) States why the disability restricts the student's diet;
 - (3) Identifies the major life activity affected by the disability;
 - (4) States the food or foods to be omitted;
 - (5) 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:
 - (1) The medical condition or special dietary need that restricts the student's diet;
 - (2) Provide a list of food(s) that may be substituted in place of the lunch or breakfast menu being served.
9. 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;
10. 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 in good repair;
 - h. Appropriate supervision is provided.
11. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Foods of Minimal Nutritional Value (FMNV) and Competitive Food Sales

In keeping with federal regulations, MESD controls the sale of FMNV and all competitive foods. Though federal regulations permit FMNV to be sold in food service areas before and after meal periods, and outside of food service areas at any time, MESD programs are directed to minimize such sales by requiring that such food items and beverages sold by any organization or entity at any location on MESD premises and at MESD-sponsored events (e.g., vending machine offerings, student stores, etc.) meet applicable Dietary Guidelines for Americans.

Accordingly, the district will select from the following nutritional food items¹ offered or included in all such sales:

1. Canned fruits;
2. Fresh fruit (e.g., apples and oranges);
3. Fresh vegetables (e.g., carrots);
4. Fruit juice and vegetable juice, and bottled water;
5. Low-fat crackers and cookies, such as fig bars and ginger snaps;
6. Pretzels;
7. Bread products (e.g., bread sticks, rolls, bagels and pita bread);
8. Ready-to-eat, low-sugar cereals;
9. Granola bars made with unsaturated fat;
10. Low-fat (one percent) or skim milk;
11. Low-fat or nonfat yogurt;
12. Snack mixes of cereal and dried fruit with a small amount of nuts and seeds;

¹This is a suggested list only. Modify as necessary following nutrition committee input.

13. Raisins and other dried fruit;
14. Low-fat crackers.

The sale of all other foods, other than FMNV, in competition with the district's NSLP/SBP meals shall be permitted in food service areas during school meal periods only when all income from the food sales accrues to the benefit of the nutrition and food services operation or school or student organization.

Other Foods Offered or Sold

MESD recognizes that federal government standards requiring schools to provide NSLP/SBP meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Foods offered in classrooms or MESD-sponsored activities and food and beverages sold as part of approved school fund-raising events shall be nutritious foods.

Staff Development

Ongoing in-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. The building administration is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;
6. Customer service and student and family involvement;
7. Marketing healthy meals; and
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies;
9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

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 educational goals and standards;
3. Nutrition education is provided as part of the district's age-appropriate, comprehensive nutrition program;
4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
5. Teachers and nutrition and food services personnel have undertaken joint project planning and action;
6. Teachers have received curriculum-specific training; and
7. Families and community organizations are involved, to the extent practicable, in nutrition education.