

**Child Nutrition Programs
Achille Public Schools**

May 2006

SCHOOL WELLNESS POLICY

Purpose:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Overall Goal:

All students in Achille School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Achille School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Achille School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

NUTRITION GUIDELINES/STANDARDS

School Meals

Minimum Policy Statements:

- ! Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- ! Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- ! Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- ! Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- ! Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- ! Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

Local Policy Statements:

Deep-fat fried potato products served as part of a reimbursable meal or as an à la carte item will not exceed three ounces per serving, may not be offered more than once a week, and students may only purchase one serving at a time.

Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.

Healthy food preparation techniques will be implemented. Food items will not be fried.

When serving chips our staff will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.

School staff will support and encourage student participation in the USDA school meals program.

The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.

Other Food Items Sold on School Campuses

Minimum Policy Statements:

! Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.

! Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.

! Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.

! Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.

! Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.

! Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

Local Policy Statements:

Fried food items will not be available for sale as á la carte food items.

Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in *Healthy Snack Choices* provided by the OSDE whenever possible.

High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.

NUTRITION EDUCATION

Minimum Policy Statements:

! Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.

! Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Local Policy Statements:

The Oklahoma Ag in the Classroom curriculum will be implemented in Grades K-

6.

Nutrition education is integrated into the core curriculum, including math, science, and language arts.

Advertising and other materials that promote FMNV (Foods of Minimum Nutritional Values) will be eliminated on all school campuses.

Students, parents, and the school staff will participate in an annual school health fair.

Family/parent nutrition education opportunities will be provided.

School staff will work with local county extension educators to incorporate nutrition education activities in school.

Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.