

File: EFG-R

Nutrition:

Children need access to healthy foods in order to grow, learn and thrive.

Good health fosters student attendance and education.

The Edison Local School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating. Therefore it is the policy of the Edison School District that:

1. The school district will engage students, parents, teachers, food service professionals, health professions and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and wellness policies.
2. All personnel in child nutrition will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition standards and needs of students. Personnel will provide clean, safe and pleasant settings and adequate time for students to eat.
3. To the maximum extent practicable, all schools in our district will participate in available national school lunch and breakfast programs and provide assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, USDA and ODE.

To achieve these policy goals:

School meals:

Schools meals served through the NSLP and NSBP will

1. Be appealing and attractive to students
2. Be served in clean and pleasant settings
3. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations
4. Offer a variety of fruits and vegetables

Nutrition Promotion:

1. The District shall encourage students to increase their consumption of healthful foods during the school day
2. Create an environment that reinforces the development of healthy eating habits, including offering healthy foods that comply with USDA Dietary Guidelines for Americans and the USDA Smart Snacks in school nutrition standards
3. The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school

administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

4. The Wellness Committee shall be responsible for:
  - A. assessment of the current school environment;
  - B. review of the District's Wellness policy;
  - C. presentation of the Wellness policy to the Board for approval;
  - D. measurement of the implementation of the policy; and
  - E. recommendation for the revision of the policy, if necessary.
5. Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.
6. The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.
7. The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

Free and reduced priced meals:

The Food Service Director will ensure proper approval of free and reduced student applications

Schools make efforts to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced price school meals. (Schools in our district utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.)

Meal times and scheduling:

Schools:

1. Will provide students with at least 20 minutes to eat after sitting down for lunch, 10 minutes to eat after sitting down for breakfast.
2. School schedule meal periods at appropriate times
3. Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat school meals during such activities

### Sharing of Foods and Beverages:

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some students' diets.

School sponsored events: foods and beverages offered or sold at school sponsored events outside of the extended school day should consider the nutrition standards for meals or for foods and beverages sold individually. Sponsoring organizations should aim to include meal choices that make a positive contribution to a student's diet and health.

### Foods Sold to Students:

Vending machine sales are not permitted during regular school meal periods. Outside vendors are not permitted to sell food products to students on the school campus during the school day.\*

All foods and beverages sold to students outside of the approved NSBP and NSLP guidelines: in student accessible vending machines, school stores, school day fundraisers and all ala carte sales must meet USDA Smart Snacks requirements (7/1/14) during the school day\* (school day to be determined as the period from midnight before, to 30 minutes after the end of the official school day)

#### A. Beverages sold:

1. K-5 schools: Water-plain unlimited size/Milk-up to 8oz low fat(1%), fat free unflavored or flavored/Juice – 8oz or less 100% fruit juice containing <160 calories
2. 6-8 schools: Water-plain unlimited size/Milk- up to 12oz low fat (1%) or fat free unflavored or flavored/Juice- 10 oz or less of 100% fruit juice or 100% fruit juice and water blend w/no added sweeteners containing <160 calories per 8oz.
3. 9-12 schools: Water-plain unlimited size/Milk up to 12oz low fat(1%) or fat free unflavored or flavored/Juice-12oz or less of 100% fruit juice or 100% fruit juice and water blend with no added sweeteners containing <160 calories per 8oz/12oz or less of any beverage that contains <40 calories per 8oz(60 calories per 12oz), 20 oz or less of calorie-free flavored water(with or without carbonation), 20oz or less of a beverage that contains no more than 5 calories per 8oz (or 10 calories per 20oz), \*the latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.

B. Foods sold:

Non-exempt entrée items must meet the following criteria as packaged or served (including any added accompaniments):

≤ 350 calories

≤ 480 mg sodium

Total fat: ≤35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

≤ 35% of weight from total sugars in foods

Foods not meeting the definition of entrée must meet the following criteria as packages or served (including any added accompaniments):

≤ 200 calories

≤ 230 mg sodium (will change to ≤ 200 July 1, 2016)

Total fat: ≤35% of calories

Saturated fat: < 10% of calories

Trans fat: zero grams

≤ 35% of weight from total sugars in foods

Monitoring :

School food service staff , at the school level will ensure compliance with nutrition policies with school food service areas. All food service personnel shall receive pre-service training in food service operations. Continuing professional development shall be provided for all staff of the food service program to meet at a minimum the standards set by the USDA Professional Development Standards. (July 2015)