

## WELLNESS POLICY GUIDELINES AND REGULATIONS

### Nutritional Quality of Foods and Beverages Sold and Served on Campus

#### General Nutrition Guidelines

- All beverages that are made available on campus should include healthy options, such as water.
- All classroom snacks that are brought to school from home on a daily basis should not include candy or a high sugar or high fat snack.
  - A suggested snack list can be obtained from the Child Nutrition Central Office.
- It is recommended that classroom parties be limited to two per year.
- Classroom parties and celebrations, such as pizza parties, will be held after the last child has been served lunch. (Reference, NC State Board Policy EEO-S-000, Federal Regulation: 7 CFR 210 and 220)
- A fruit and/or vegetable tray should be offered as a choice at classroom parties.
- Low-sugar beverages and water should be offered as a beverage choice during classroom parties.
- Fundraisers will not interfere with the National School Breakfast and Lunch Program. (Reference, NC State Board Policy EEO-S-000, Federal Regulation: 7 CFR 210 and 220)
  - A suggested list of fund raising ideas can be obtained from the Child Nutrition Central Office.

#### Local Child Nutrition Guidelines

- Breakfast is offered daily at all schools except for Early College High School and the Creative Education Center (CEC).
- Those students that participate in the school lunch program on a regular basis can be assured that the meals are planned to provide one-third the Recommended Dietary Allowances (RDA) for key nutrients and calories.
- All entrees utilized in the program can be combined with a variety of fruits and vegetables and a milk that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.

- Meal-type salads and/or small salads are offered most days at all schools. Fat free salad dressing choices are available at all schools.
- All scratch-made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat.
- All deli meats are very lean and trimmed of all visible fat.
- No frying is done in the Elementary Schools.
- Most foods prepared in the middle and high schools are baked, not fried. However, when fried, 100% vegetable oil is used, which is cholesterol free.
- Fresh fruits, canned fruits in light syrup or natural juice, and/or fresh vegetables are offered daily as choices for students when selecting a school lunch.
- At least three milk choices are available for breakfast and lunch daily: 1% white milk, skim white and skim chocolate.
- Whole grains are menued a minimum of three times per week.
- Bottled water, 100% juice, and reduced fat and baked chips are offered daily in elementary schools as a la carte options.
- All elementary a la carte items meet the Nutrition Standards. Standards are less than 35% calories from fat, less than 10% calories from saturated fat and less than 35% sugar.
- A la carte at the middle school level is comprised of baked chips, bottled water, and 100% juices.
- Vending at the high school level is comprised of baked chips, bottled water, and 100% juices.
- Reduced fat mayonnaise is used in dressing and salad recipes.

### **Shared Pan-Foods or Drink-Recommendation**

**Foods served to students beyond the point of service are not the responsibility of the Child Nutrition Program. While the sharing table is a well-intentioned initiative, it is imperative for the school administrators to be aware of the potential food safety risk that exists when using foods that may have been abused prior to consumption. It is the responsibility of the school administrator, in consultation with the Environmental Health Specialist, to establish written guidelines for how foods/beverages from the sharing table will be handled to prevent food borne illness. Until such guidelines are developed by the school administrator and Environmental**

**Health Specialist and approved by the Child Nutrition Director, no mass food is to be taken from the school cafeteria. Mass food is defined as more than one portion.**

### **Eating Environment Guidelines**

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating all students.
- Food is not to be withheld as punishment. (Reference, FNS Instruction 791-1)

### **Fresh Fruit and Vegetable Grant Program**

As grant award permits, elementary schools participate in the Fresh Fruit and Vegetable Grant Program. All Hazardous Analysis Critical Control Points (HACCP) and other daily food safety guidelines pertain to this program. The one portion serving per day is intended only for students and those faculty/staff members that are directly supervising the student. Any uneaten portions are to be returned to the school cafeteria and discarded. Fresh Fruit and Vegetable items from this program are not to be saved and sent to other locations within the school for purposes other than service to the student at the appointed time each day.

### **Special Diets**

The Child Nutrition Program has developed guidelines on how to handle diet orders for students. A set of the guidelines can be obtained from the Child Nutrition Office. Depending on the severity of the diet order and if a disability is present or not will depend on how the diet order is accommodated. All diet orders for students with a disability will be accommodated as ordered by a physician. Diet orders for students without a disability will be addressed on a case by case basis and will be most often accommodated through the Offer vs. Serve provision. Each school has a diet order contact person and specific questions can be answered by contacting the Child Nutrition Office. It is the responsibility of the parent/guardian to notify the school of student diet needs and to have the required medical statement and other forms completed.

### **Soft Drink Vending (During the School Day) Regulations**

- Soft drinks may not be sold contrary to the requirements of the National School Lunch Program.

- Vending machines, except in the cafeteria, may not be operated prior to the last child being served lunch.
- Schools may not sell students beverages or snacks in vending machines at the elementary school level.
- Sugared carbonated soft drinks, including mid-calorie carbonated soft drinks, are not offered for sale in middle schools.
- Not more than fifty percent of the offerings for sale to students in high schools are sugared carbonated soft drinks.
- Diet carbonated soft drinks are not considered in the same category as sugared carbonated soft drinks and bottled water products must be available in every school that has beverage vending.

**Food Safety Regulations**

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines have been implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.
- Due to the increase of students with food allergies and increasing food safety concerns, all food items brought in from the outside for student(s) consumption must be store bought. Homemade items are prohibited for all school functions, including but not limited to: before and after school program, fundraisers, field days, festivals, sporting events, awards celebrations and class projects.
  - All foods brought in from the outside for student(s) consumption will be checked in at the school office. Each school will be provided with the food monitoring log.
- Foods are allowed to be purchased by classroom teachers who will supervise food preparation at school. Cooking demonstrations should be limited to curriculum based instruction. School administrations will assume food safety and food allergy responsibilities under this guideline.

**Child Nutrition Staff Qualifications**

- The LEA will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements
- Child Nutrition managers are required to complete a minimum of six nutrition education lessons yearly with selected groups of students.
- Child Nutrition employees routinely complete required staff development training.

**Summer Food Service Program Guidelines**

- A child's need for nutrients does not end when school does. Therefore, when feasible, we recommend offering meals during breaks in the school calendar and to students who are eligible for federal program support and are enrolled in academic programs through Franklin County Schools.

**Nutrition and Physical Activity Promotion and Food Marketing****School Environment Guidelines**

- After-school programs will encourage physical activity and healthy habit formation by encouraging daily physical activity and serving healthy, nutritious snacks.
- Nutrition information for products offered a la carte and reimbursable meals is readily available near the point of purchase.
- The LEA will involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.

**Media/Promotional Guidelines**

- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition education standards

- School officials will continuously work with local media such as the newspaper and radio, to inform the community about the health problems facing North Carolina children, as well as the need for and benefits of healthy school environments.

**Physical Activity Regulations**

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- A daily recess period of structured physical activity will be provided for students and not withheld as a punishment.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted or those that have physical handicaps.
- Thirty minutes of daily physical activity is required each day for students in grades K-8 per the Healthy Active Children's Policy.

**Other Opportunities for Physical Activity**

- Community sponsored recreational leagues provide students the opportunity to participate in physical activity after the school day ends and on the weekends.
- School gyms are available for outside group use upon the completion and approval of a facility use application.

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