

EUREKA COUNTY SCHOOL DISTRICT

NUTRITION/WELLNESS POLICY

**Mission:**

To establish a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

**Goals:**

To encourage all students in grades K-12 to be physically active on a regular basis, and have a balanced, and nutritious diet.

**Purpose:**

Research has found a clear connection between good nutrition and student achievement. Schools that have implemented healthy food programs report fewer behavior problems. This policy outlines the requirements and directions for increasing the availability of healthy foods and beverages and supporting students, staff and parents in making educated nutritional choices.

Effective July 1, 2006, the following nutrients standards will apply to all foods and beverages sold/earned or given away at all sites accessible to students from one-half hour before school starts until one-half hour after the end of the regular school day. The standards govern the quality and portion sizes of food and beverages authorized for sale/earned/given away through student stores, vending machines, a la carte sales, and school sponsored fundraising activities.

The Eureka County School District Nutrition/Wellness Policy will adhere to the Nevada Department of Education Statewide School Wellness Policy on Foods of Minimal Nutritional Value (FMNV). It states "Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day." The foods that are restricted from sale or "give away" to students are classified with four categories:

**Soda Water** – any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and proteins.

**Water Ices** – any frozen, sweetened water such as "sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

**Chewing Gum** – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

**Certain Candies** – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

**Nutrient Standards Requirements:**

Nutrient Standards and Guidelines are necessary to:

1. Provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily.
2. Set upper limits for nutrients of concern (i.e., total fat, saturated fat, sugar and sodium).
3. Evaluate in products the level of key nutrients students need to increase (i.e., protein, fiber, vitamin A, vitamin C, iron and calcium).

**Food Nutrient Value Guidelines:**

1. No more than 30% of total calories from fat.
2. No more than 10% of total calories from saturated fat, including trans fat. (Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced fat, low-fat, or fat-free milk is exempt from this standard).
3. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives).
4. No more than 660 mg. of sodium per serving.

**Beverage Guidelines:**

1. No carbonated drinks.
2. No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 ounces.
3. No beverages containing additives such as herbal/non-vitamin supplements.
4. Fruit or vegetable based drinks must be composed of a minimum of 50% fruit or vegetable juice.
5. No beverage to exceed 1.5 oz.
6. Plain waters or flavored waters must meet guidelines as outlined in the approved beverage list.

7. Reduced-fat, low-fat milk, fat-free milk, or cultured low fat or no-fat buttermilk which meet state and local standards for milk.

**Portion Guidelines:**

1. Snacks and sweets (including but not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky): not to exceed 1.5 ounces, chips (regular) not to exceed 1 oz. at the elementary level and 1.25 oz. at the middle school/high school level.
  2. Cookies: not to exceed 2 ounces.
  3. Cereal bars: not to exceed 2.2 ounces.
  4. Bakery items (e.g. pastries, muffins): not to exceed 3 ounces.
  5. Any frozen dessert should not exceed 4 ounces.
  6. Electrolyte drinks should not exceed 12 ounces.
  7. Cheese: not to exceed 1.5 ounces.
  8. Fruit Drinks/Frozen Slush's (must contain a minimum of 50% fruit juice) 16 ounces.
  9. Other entrée items and side dishes should not contain more than 30 % Fat, 10% Sat Fat and shall be no larger than the portions of those foods served as part of the National School Lunch Program.
- 
- II. A selection of acceptable choices of approved foods and beverages will be developed and updated annually by the Food Service Department. This list will be distributed to all school sites for use in ordering items for vending machines, student stores, a la carte sales and school-sponsored fundraising activities, and will be incorporated into all school vending and food purchasing contracts.
  - III. The visibility, variety, and accessibility of fresh fruits and vegetables at school sites will be encouraged.
  - IV. K12 – nutrition education and materials will encourage awareness and promote healthy nutrition choices by students and adults. Information will be provided to parents encouraging them to make healthy choices in selecting snacks and lunch items they send to school with their child.
  - V. Food and beverages sold/earned/given away more than one-half hour outside of regular school hours are exempt from this policy.
  - VI. Physical activity will be scheduled and meet agency guidelines.
  - VII. Recess is scheduled before lunch.
  - VIII. Minimum seating time for students is 20 minutes for lunch and 15 minutes for breakfast.

- IX. Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.
- X. Schools are encouraged to use non-food items such as pencils, stickers, etc., as choices in their student stores, vending machines, school sponsored fundraising activities and classrooms. Incentives in the classroom should be non-food items.
- XI. Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities, or the ECSD Nutrition Program.
- XII. Financial accounting for sale of food and beverages on school grounds must adhere to ECSD accounting practices, procedures, and regulations.
- XIII. This policy applies to every school within the ECSD.
- XIV. Parents can send food of their choice to school for their child to consume as a part of his/her lunch or nutrition break.
- XV. A parent/staff member may bring snacks/food to school to celebrate a child's birthday/holiday/special occasions.
- XVI. Students are given opportunities for physical activity during the school day through physical education (PE) classes and daily recess periods at the elementary level. There must be 30 minutes of physical activity every day.
- XVII. Any physical education course, band, cheerleading, ROTC, passing period or nutrition break constitutes physical activity. At the elementary level, recess also constitutes physical activity.
- XVIII. A person must be designated at each school site to provide oversight of the policy. This person reports on policy implementation and enforcement including but not limited to the following:
  - a. The ECSD food service department must be contacted regarding food items to be sold/earned/given away. Food labels must be presented to the department to determine whether they meet the approval requirements stated in this policy.
    - i. A list of approved food items will be on file at Food Service Director's office. Copies will be distributed as requested.
    - ii. The list will be updated as new items are checked and approved.
  - b. An advisory group composed of representatives from the school community should include, but not necessarily be limited to:
    - Parents;
    - School Administrators;
    - School Food Employees.

ADOPTED: 11/14/06

- c. Implementation measuring at both the school and district level should at a minimum consist of:
- The number of students in each school;
  - The average daily participation in the School Lunch Program;
  - The average daily participation in the School Breakfast Program;
  - The level time of the lunch recess at the elementary school level;
  - The length of the lunch service;
  - When the recess before lunch was implemented at the elementary school level
  - The number of children with access to physical activity;
  - The average number of physical activity minutes available to each student;
  - The number of children with access to physical education;
  - The number of minutes of physical education provided;
  - The total number of school days a student is required to attend physical education during the current school year;
  - The name, business phone number, and e-mail address of the oversight officer.

The information must be sent to the Nevada Department of Education for evaluation.

**Guidelines for the Eureka County School District Fund-Raising  
When Using Food Items**

Make sure the food item in your fundraiser follows these guidelines:

1. Adheres to the Dietary Guidelines found on the website:  
<http://www.health.gov/dietaryguidelines>
2. The item(s) fit at the bottom of the Food Guide Pyramid.
3. The food item must list ingredients and nutrient content.
4. The food item is less than 30% fat.
5. The food item is less than 10% saturated fat.
6. The food item is less than 35% sugar by weight.
  - To determine this you must divide the grams of sugar into the grams of portion size.
  - Any naturally occurring sugar from fruit, milk or vegetables is acceptable.
  - Read the ingredient list. If there is anything that ends in “ose” it is sugar. There are some foods that have a combination of added and naturally occurring sugar.
  - There are other types of sugar including but not limited to:
    - i. Mannitol
    - ii. Sorbitol
    - iii. Lactose
    - iv. Fructose
    - v. Sucrose
    - vi. Glucose
    - vii. Dextrose
    - viii. Maltose
    - ix. Invert sugar
    - x. Glucose syrup

ADOPTED: 11/14/06

**Recommendations for Physical Activity**

1. Any course where students learn, practice and assessed on developmentally appropriate motor skills, social skills and knowledge.
2. The physical activity should involve bodily movement that results in an expenditure of energy and should be at least at a moderate level of intensity. It should also be sufficient amount of time to provide a significant health benefit.
3. Children should accumulate at least 60 minutes of physical activity each day, or on most days of the week. Several bouts of 15 minutes of activity or longer can be used to accumulate the recommended amount of activity.
4. Periods of two or more hours of inactivity should be discouraged.
5. Elementary schools should promote physical activity to reduce or eliminate the time spent in sedentary such as watching television/videos.

**Beverages and Snacks that DO NOT Meet Recommended Criteria**

**Beverages**

Any soft drinks, punches, iced teas, “designer” drinks (including “designer” dairy drinks) with more than 15 grams of added sugar per 8 oz. serving.

Any fruit-based drinks that contain less than 50% fruit juice real juice or that contain added artificial or natural sweeteners.

Any drinks containing caffeine or other additives, excluding low-fat or fat-free chocolate milk.

**Snack Items**

<u>Item</u>	<u>Manufacturer</u>
Baked Cheetos (all flavors)	Frito Lay
Cheetos Crunchy	Frito Lay
Cheetos Puffs	Frito Lay
Doritos Cool Ranch	Frito Lay
Doritos Nacho Cheese	Frito Lay
Doritos Salsa Verde	Frito Lay
Fritos Original	Frito Lay
Funyuns Regular	Frito Lay
Funyuns Wasabi Flavor	Frito Lay
Lays BBQ	Frito Lay
Lays Cheddar & Sour Cream	Frito Lay
Lays Salt & Vinegar	Frito Lay
Ruffles Cheddar & Sour Cream	Frito Lay
Ruffles Sour Cream & Onion	Frito Lay
Smart food Popcorn White Cheddar Cheese	Frito Lay
Sun chips Regular	Frito Lay
Sun chips Harvest Cheddar	Frito Lay



**Cookies/Crackers/Muffins**

<u>Item</u>	<u>Manufacturer</u>
Banana Nut Muffin, 4 oz (113g)	Baker Source
Blueberry Muffin, 4 oz (113g)	Baker Source
Chocolate Chip Muffin, 4 oz (113g)	Baker Source
Cinnamon Spiral Danish, 3.75 oz (106g)	Baker Source

**Breakfast items/Cereal/Energy Bars**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Frozen Desserts**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Miscellaneous**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

Items may be added or deleted as nutrient information becomes available.

**Approved Healthy Beverages**

<u>Item</u>	<u>Manufacturer</u>
Milk, 1% Low fat, (236 ml)	Cream O' Weber
Milk, 2% Reduced fat, (236 ml)	Cream O' Weber
Milk chocolate Chug, Low fat 1%, pint (473 ml)	Cream O' Weber
Smoothies, 100% and 50% Juice 11 fl oz (325ml)	Tropicana
Twister, (Orange, Strawberry Banana Burst), 10 fl oz (297 ml)	Tropicana
Orange Juice, 100% Juice, 10 fl oz (296 ml)	Tropicana
Cran-Grape, 16 fl oz. (473 ml)	Ocean Spray
Apple Juice, 100 %, 16 fl oz (473 ml)	Ocean Spray
V8 Splash, Tropical Blend, 16 fl oz (1pt.), (473 ml)	Campbell Soup Company
V8 Splash, Berry Blend, 16 fl oz (1pt.), (473 ml)	Campbell Soup Company
V8 Splash, Strawberry Kiwi, 16 fl oz (1 pt), (473 ml)	Campbell Soup Company
Gatorade, All Flavors, 20 fl oz. (591 ml)	Gatorade Co.
Arrowhead Spring Water, 1 pt 8 oz (710 ml)	Arrowhead Mt. Spring Water
Propel Fitness Water, Lemon, Berry, 16 fl oz (500 ml)	Gatorade Co.
Fruit 20, Strawberry, 20 fl oz (592 ml)	Veryfine Products, Inc.

\*\*\*Note: All fresh, chilled juices and milk must be pasteurized. This statement must appear on the label.

\*\*\*Only the flavors and sizes specified above may be purchased and must conform to the ECSD Wellness Policy. No other flavors may be sold or served to students within the district.

Items may be added or deleted as nutrient information becomes available.

**Approved Snacks that Meet Recommended Criteria**

<u>Item</u>	<u>Manufacturer</u>
Apple (Red, Medium)	All Brands
Banana (Medium)	All Brands
Orange (Medium)	All Brands
Pear (Medium)	All Brands
Tangerine (Medium)	All Brands

**Canned or Dried Fruit**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Chips/Snacks**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Cookies/Crackers**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Breakfast Items/Cereal/Energy Bars**

<u>Item</u>	<u>Manufacturer</u>
-------------	---------------------

**Frozen Desserts**

Item

Manufacturer

**Miscellaneous**

Item

Manufacturer