

## HUMBOLDT COUNTY SCHOOL DISTRICT NUTRITION/WELLNESS POLICY

Humboldt County School District is committed to providing an environment in which students can make healthy food choices that support academic success and lifelong health.

Research has found a clear connection between good nutrition and student achievement, and 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 nutrient standards will apply to all foods and beverages sold at all sites accessible to all Humboldt County 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 through student stores, vending machines, a la carte sales, school-sponsored fundraising activities and the HCSD Food Service Department.

The Humboldt 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 within 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: provide a mechanism by which individual food and beverage products can be evaluated since products are reformulated and/or introduced almost daily; set upper limits for nutrients of concern, i.e., total fat, saturated fat, sugar and sodium; evaluate in products the level of key nutrients students need to increase, i.e., protein, fiber, vitamin A, vitamin C, iron and calcium.

### **Food choices provided to students will meet the following standards:**

A. No more than 30% of total calories from fat. 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.)

- B. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives)
- C. No more than 600mg. of sodium per serving.
- D. No carbonated drinks
- E. No caffeinated beverages with the exception of caffeinated beverages containing naturally occurring caffeine in cocoa with less than 20 milligrams per 12 ounce.
- F. No beverages containing additives such as herbal/non-vitamin supplements.
- G. Fruit or vegetable based drinks must be composed of a minimum of 50% fruit or vegetable juice. Fruit/vegetable based drinks must be 16oz or smaller.
- H. All electrolyte beverages, sports drinks (Gatorade, Powderade, etc) must be 12 ounces or smaller. Bottled Water may be of any size.
- I. Snacks and sweets not to exceed 1.5 oz.
- J. Cookies not to exceed 2oz.
- K. Cereal bars not to exceed 2.5 oz.
- L. Bakery items (pastries, muffins, etc.) not to exceed 3oz
- M. Frozen desserts, ice cream not to exceed 3oz.
- N. Other entree items and side dishes shall be no larger than the portions of those foods served as part of the National School Lunch Program.

A selection of acceptable choices of approved foods and beverages will be developed and updated annually by the Humboldt County School District 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 food purchasing contracts.

The visibility, variety and accessibility of fresh fruits and vegetables at school sites will be encouraged.

Food and beverages sold more than one-half hour outside of regular school hours are exempt from this policy.

Schools are encouraged to include non-food items such as pencils, stickers, etc. as choices in their student stores, vending machines and school-sponsored fundraising activities.

***Parents and students are encouraged to bring healthy food/beverage choices for their cold lunch, mid-morning and mid-afternoon snacks.***

Proceeds from sale of food and beverages on school grounds must directly benefit school academics, activities or the HCSD Food Service Department.

Financial accounting for sale of food and beverages on school grounds must adhere to HCSD accounting practices and procedures.

Events/parties that celebrate the following holidays/celebrations will be exempt of the HCSD

Nutrition/Wellness Policy. Events/celebrations that occur over a one day period must designate one day for exemption of the HCSD Nutrition Policy. (***Events/Parties must take place the day before, the day of or the day after the listed holidays/celebrations***)

1. Labor Day
2. Columbus Day
3. Halloween/Nevada Day
4. Veteran's Day
5. Thanksgiving
6. Hanukkah
7. Kwanzaa
8. Christmas
9. New Year's Day
10. Martin Luther King, Jr. Day
11. Groundhog Day
12. Valentine's Day
13. President's Day
14. Palm Sunday/Good Friday/Easter
15. St. Patrick's Day
16. Passover
17. Mother's/Father's Day
18. Memorial Day
19. National Teacher's Day
20. Flag Day
21. Homecoming (High School Only)
22. Prom (High School Only)
23. Winterfest (High School Only)
24. Senior Breakfast
25. Foreign Language Week
26. Last Week of School
27. 100th. Day of School
28. Parent/Teacher Conference (November and March)

Beginning July 1, 2006 all Humboldt County students shall receive a minimum of 30 minutes of exercise within each regular school day.

Exercise will consist of one or a combination of:

1. P.E. (Physical Education Class)

2. Recess
3. Passing time between classes

School days that are shortened due to weather, conferences or holidays will be exempt from the 30 minutes of exercise.

Beginning July 1, 2007 all Humboldt County elementary schools (K-4) will implement the ***Recess before Lunch Policy***, put forth by the United States Federal Government. Students will be required to attend recess immediately before lunch. The length of this recess will be determined by each site administrator.

Beginning July 1, 2007 students participating within the lunch program (hot or cold lunch) must participate for a minimum of 20 minutes. Dismissal from the lunch program may begin after 20 minutes from when the student sat down with their meal.