

Lincoln County School District Wellness Policy

Students who make good food and nutritional decisions are more likely to achieve academic success and to build lifelong habits which will result in improved health. The Lincoln County School District believes in encouraging healthy choices and in progressing to a healthier school environment.

Effective July 1, 2006, the following nutrient standards will apply to all foods and beverages sold 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 through (including but not limited to) students stores, vending machines, a la carte sales, school-sponsored fundraising activities, and the Lincoln County School District Food Service Department.

I. 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; and determine when maximum levels of nutrients of concern can be waived due to the presence of at least one (1) key nutrient at greater than or equal to 10% daily value. Items meeting these criteria will be identified in the standards.

A. Food Nutrient Value Guidelines. Food choices provided to students will meet the following standards:

1. 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 are exempt from this standard.)
2. No more than 35% added sugar by weight (not including fruits and vegetables when used as additives)
3. No more than 600 mg. of sodium per serving.

Examples of healthy choices include, but are not limited to, graham crackers, low-fat muffins, baked chips, pretzels, low-fat sports bars, yogurt, trail mix, beef jerky, fruit bars, and properly washed and/or sanitarilly wrapped fresh fruits and vegetables.

- B. Beverage Guidelines. Beverage choices provided to students will meet the following standards.
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. Plain waters or flavored waters that meet Lincoln County School District guidelines in this regulation
 6. Reduced-fat, low-fat, fat-free milk, or cultured low-fat or non-fat buttermilk which meets state and local standards for milk.

Examples of healthy beverage choices include, but are not limited to milk, fruit/vegetable juices, fruit smoothies, and approved water/sport drinks.

- C. Portion Guidelines. The following standards will be used in determining portion sizes of food choices provided to students:
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
 2. Cookies: not to exceed 2 ounces
 3. Cereal bars: not to exceed 2.5 ounces
 4. Bakery items (e.g. pastries, muffins) not to exceed 3 ounces
 5. Frozen desserts, ice cream: not to exceed 4 ounces
 6. Non frozen yogurt: not to exceed 8 ounces
 7. Cheese: not to exceed 1.5 ounces
 8. Beverages: not to exceed 20 ounces
 9. Other entree items and side dishes (including but not limited to French fries and onion rings) 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 Lincoln 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 school vending and food purchasing contracts.

All vending contracts must be reviewed and approved by the district office and the Director of the Food Service Department before they can be signed by the school principal.

- III. The visibility, variety, and accessibility of fresh fruits and vegetables at school sites will be encouraged.
- IV. K-12 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 more than one-half hour outside of regular school hours are exempt from this policy.
- VI. Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.
- VII. Reimbursable meals provided to students under the National School Lunch Program are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.
- VIII. Food and beverages that are consumed for the following reasons are exempt from this policy:
 - A. Observance of state or national holidays
 - B. Established religious observances such as Christmas, Hanukah, and Kwanza.
 - C. School community observances such as birthday parties.
 - D. A part of a learning experience related to the reinforcement of established lesson plans in the classroom; this exemption, however, does not allow for eighth an exemption toward the sale of foods as part of a business enterprise or fundraising activity.
- IX. Beginning with the school year 2007, each Lincoln County school shall:
 - A. Designate at least 15 minutes for students to consume the breakfast meal;
 - B. Designate at least 20 minutes for students to consume the lunch meal;
 - C. Designate at least 30 minutes of time daily for physical activity.
- X. Beginning with the school year 2007, each elementary school in Lincoln County School District shall serve lunch after the mid-day (lunch) recess period.
- XI. Foods of minimal nutritional value may not be used in any way for student incentives and rewards. Healthy foods which meet the nutrient value guidelines in Section 1 may be used as incentives or rewards. Non-food items such as games, toys, pencils, pens, erasers, stickers, etc. are also recommended as rewards or incentives for students.
- XII. The Superintendent of Schools for Lincoln County School District and the Director of the Lincoln County School District Food Service Department are responsible for the

oversight of this Wellness Policy.

- XIII. An advisory group composed of representatives from the school community may be convened to provide guidance in the development and periodic review of the Lincoln County School District Wellness Policy. Potential sources for member recruitment would be from the school's parents, students, the school food authority, the school board, school administrators, and school nurses, but are not limited to these groups. This group may play a role in communication and education related to this policy.
- XIV. 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.
- XV. Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Lincoln County School District Food Service Department.
- XVI. Financial accounting for sale of food and beverages on school grounds must adhere to Lincoln County School District accounting practices and procedures.
- XVIII. Implementation of this Wellness Policy will be measured on an annual basis by the completion of a report from each school that will be compiled into a district report form.
 - A. This form shall include:
 - 1. The number of students in each school;
 - 2. The average daily participation in the National School Lunch Program;
 - 3. The average daily participation in the School Breakfast Program;
 - 4. The level of the Wellness Policy implementation;
 - 5. The time of the lunch recess at the elementary school level;
 - 6. The length of the breakfast service;
 - 7. The length of the lunch service;
 - 8. Date the service of lunch after recess was implemented at the elementary school level;
 - 9. The number of children with access to physical activity;
 - 10. The average number of physical activity minutes available to each student;
 - 11. The number of children with access to physical education;
 - 12. The number of children receiving physical education;
 - 13. The number of minutes of physical education provided;
 - 14. The total number of school days a student is required to attend physical education during the current school year;
 - 15. The name, business phone number, and e-mail address of the oversight officer.