

**Instruction****Student Nutrition and Physical Activity (School Wellness Policy)**

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)

**Goals for Nutrition Education**

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students consistent with applicable federal and state requirements and guidelines.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive school health education curriculum and will be integrated into other classroom content areas, as appropriate.

**Goals for Physical Activity**

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a standards-based, developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

**Nutrition Guidelines for Foods Available in Schools**

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans and My Plate, published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education ("Connecticut Nutrition Standards for Foods in Schools") in addition to federal and state statutes and national health organizations. The focus is on moderating calories, limiting fats, sodium and sugars and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food and beverage sales that compete with the District's nonprofit food service in compliance with the Child Nutrition Act. The District shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements. (Schools must follow whichever requirements are stricter).

**Note:** Districts that participate in Connecticut's healthy food certification must follow the Connecticut Nutrition Standards for **all** foods sold in schools instead of USDA's Standards for Competitive Foods. The "Connecticut Nutrition Standards" meet or exceed the USDA's competitive food standards.

If the District implements healthy food certification under CGS Section 10-215f, replace the previous language with the following)

All sources of food sales to students at school must comply with the "Connecticut Nutrition Standards for Food in Schools" including, but not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers. The District shall ensure that all beverages sold to students comply with the requirements of state statute and USDA beverage requirements. The stricter requirements where different between the state and federal regulations must be followed. The District shall ensure compliance with allowable time frames for the sale of competitive foods as specified by state law.

### **Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### **Monitoring**

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

### **Community Input**

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, periodic review and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, members of the Board of Education, school administrators, and the public.

### **Evaluation of Wellness Policy**

In an effort to measure the implementation of this policy, the Board of Education designates the [Superintendent, *or designee*] as the [person, people] who will be responsible for ensuring that each school meets the goals outlined in this policy.

The District will make available to the public an assessment of the implementation, including the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of this policy.

(cf. [3542](#) – Food Service)

(cf. 3542.33 – Food Sales Other Than National School Lunch Program)

(cf. [3542.34](#) – Nutrition Program)

(cf. 3452.45 – Vending Machines)

(cf. 6142.6 – Physical Education)

(cf. 6142.61 – Physical Activity)

(cf. 6142.62 – Recess/Unstructured Time)

(cf. [6142.10](#) – Health Education)



Legal Reference: Connecticut General Statutes

[10-16b](#) Prescribed courses of study.

[10-215](#) Lunches, breakfasts and the feeding programs for public school children and employees.

[10-221](#) Boards of education to prescribe rules, policies and procedures.

[10-215a](#) Non-public school participation in feeding program.

[10-215b](#) Duties of state board of education re: feeding programs.

[10-216](#) Payment of expenses.

[10-215e](#) Nutrition standards for food that is not part of lunch or breakfast program.

[10-215f](#) Certification that food meets nutrition standards.

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious, low-fat foods.

[10-221q](#) Sale of beverages.

Regulations of Connecticut State Agencies

[10-215b-1](#) Competitive foods.

[10-215b-23](#) Income from the sale of food items.

National School Lunch Program and School Breakfast Program; Competitive Food Services. (7 CFR Parts 210.11 and 220.12,)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

Nutrition Standards in the National School Lunch and School Breakfast Programs, 7 CFR Parts 210 & 220

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296, 42 U.S.C. 1751

Child Nutrition Act of 1966 (as amended by P.L. 108-269, July 2, 2004)

School Breakfast Program, 7 C.F.R. Part 220 (2006)

National School Lunch Program or School Breakfast Program: Nutrition Standards for All Foods Sold in School (Federal Register, Vol. 78, No. 125, June 28, 2013)

**Policy Adopted: November 12, 2008**

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**R6142.101**

**Instruction**

## **Student Nutrition and Physical Activity (School Wellness)**

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

### **National School Lunch Program and School Breakfast Program**

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP) will follow the USDA meal pattern requirements and nutrient standards in accordance with the Healthy, Hunger-Free Kids Act of 2010. Menu planning, purchasing procedures and production techniques for school meals will be used to decrease fat, saturated fat, trans fat, sodium and sugars, and to increase fiber. In addition, school meals shall:

- Include only unflavored low-fat (1%) and fat-free milk flavored or unflavored, which contain no more than 4 grams of sugar per ounce and no artificial sweeteners, that meets the requirements of the state beverage statute and federal regulation; and
- Ensure that half of the grains served are whole grains. All grains must be whole grain rich, containing at least 50% whole grains by weight or has a whole grain as the first ingredient and any other grain ingredients are enriched.
- Reduce the levels of sodium, saturated fats and trans fats in meals; (per Department of Agriculture Nutrition Standards and Connecticut Nutrition Standards, which are the same)
- Meet the nutrition needs of school children within their calorie requirements (per Department of Agriculture Nutrition Standards and Connecticut Nutrition Standards which are the same).

Menus shall be planned to be appealing and attractive to children and will incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms and preferences. Schools shall engage students and parents, through surveys, taste-tests and other activities, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices. Meal patterns and nutrition standards of federal regulations will be fulfilled as required.

The District will share information regarding the nutrition content of school meals with students, families and school staff. Nutrition information for a la carte foods and beverages sold in schools will also be available.

With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs. Upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the foods to be omitted and the food or choices of foods that must be substituted.

Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent/guardian submits a signed request that includes a medical statement signed by a physician, physical assistant, registered dietician or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of foods that may be substituted in place of the lunch or breakfast menu being served.

The District shall help ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. Schools will:

- to the extent possible, operate and promote the School Breakfast Program;
- to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess;
- notify parents and students of the availability of the School Breakfast Program (if the school serves breakfast to students); and
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Cafeteria A La Carte Sales** (\*The U.S. Department of Agriculture has promulgated new requirements for a la carte foods. The Connecticut State Department of Education's state nutrition committee has reviewed the Connecticut Nutrition Standards for consistency and aligned the Connecticut Nutrition Standards with USDA's new standards for competitive foods except when doing so would weaken the integrity of Connecticut's current standards or be inconsistent with state statutes. The Connecticut Nutrition Standards meet or exceed the USDA's competitive food standards. If the District implements healthy food certification under CGS Section [10-215f](#), replace the previous language above with the following.)

The school food service program must follow the Connecticut Nutrition Standards when determining the items for a la carte sales. All beverages sold to students in school meals and as a la carte sales must meet the requirements of state statute and USDA requirements for a la carte foods.

At all times when food is available for purchase by students during the school day, nutritious and low-fat foods must also be available for sale at the same time. These foods may include, but shall not be limited to, low-fat dairy products and fresh or dried fruit.

The sale of beverages, as part of school meals and as a la carte sales, shall be limited to the following five categories defined by state statute:

1. milk, low-fat (1%) unflavored or nonfat which may be flavored or unflavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce; (federal regulation require non-fat or 1% low fat milk)\*
2. nondairy milks, such as soy or rice milk, which may be flavored or unflavored but contains no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;\*
3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;\*
4. beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and\*

water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.\* *(Note: The Federal Healthy, Hunger-Free Kids Act of 2010 requires schools to make free portable water available where meals are served for schools participating in the federal and school lunch program.)*

5.

## Lunchroom Climate

**Note:** The beverage requirements of CGS Section [10-221q](#) apply to all public schools, regardless of whether the district certifies for the healthy food option under CGS [10-215f](#).

\*(Consult the CSE's List of Acceptable Foods and Beverages for allowable products.)

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed. It is encouraged that the lunchroom environment be a place where students have:

- adequate space to eat and pleasant surroundings;
- appropriate supervision; and
- convenient access to hand washing facilities before meals.

### **Meal Schedules**

Meal periods shall be scheduled at appropriate hours. In compliance with federal regulations, lunch must be scheduled between 10:00 a.m. and 2:00 p.m. in all schools. Pursuant to state statute, schools are required to provide all full day students a daily lunch period of not less than 20 minutes. Activities such as tutoring, clubs or organizational meetings or activities shall not be scheduled during meal times unless students may eat during such activities.

### **Qualifications of Food Service Staff**

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development shall be provided for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for school food service directors, managers and cafeteria workers, according to their levels of responsibility.

### **Training for Food Service Staff**

All food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for

### **Other Foods Offered or Sold**

Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors and other appropriate topics.

### **Summer Food Service Program**

Schools in which more than 50 percent of students are eligible for free or reduced-price school meals shall sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The District's nutrition standards apply to all food sold or served to students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, unless they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided the beverages are not sold from a vending machine or school store. The District strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.

**District DOES allow food and beverage exemptions:** To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The Connecticut Nutrition Standards apply to all food sold or served to



students on school premises, including but not limited to, cafeteria a la carte sales, vending machines, school stores, fundraisers, activities and classroom snacks. All beverages sold or served to students at school shall meet the requirements of state statute and federal regulations, whichever are stricter, at all times. However, beverages not meeting the requirements of state statute and foods not meeting the Connecticut Nutrition Standards may be sold or served at the location of an event occurring after the end of the regular school day or on the weekend provided they are not sold from a vending machine or school store. The District strongly encourages the sale or distribution of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes.

Pursuant to state statute (CGS [10-221p](#)), whenever any group makes foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must also be available in the school at the same time for purchase by students. "Foods available for purchase" include, but are not limited to, foods sold in cafeterias, vending machines, school stores, fundraisers and any other food sales during the school day. This includes the following:

- If a snack machine with food items is available for use by students during the school day, the school must also have non-fat or low-fat dairy products and fresh or dried fruit available for purchase. When the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer non-fat or low-fat dairy products and fresh or dried fruit for sale at the same time.
- School stores that sell food to students must ensure that non-fat or low-fat dairy products and fresh or dried fruit are available for purchase either in the store itself or elsewhere in the school, while the school store is selling food.

### **Access to Drinking Water**

Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water that does not contain added sugars, sweeteners, artificial sweeteners, or caffeine, should be made available for purchase by students and staff. Schools involved in the reimbursable National School Lunch Program and/or School Breakfast Program are required to make free potable water available where meals are served.

The District shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the District's nutrition standards. The District shall develop procedures to ensure that all food brought from home to be shared with other students is safe. Classroom snacks shall feature healthy choices that meet the state requirements for allowable beverages and the District's nutrition standards.

If the District implements healthy food certification under CGS Section [10-215f](#), replace the previous language with the following:

The District shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of state statute or foods that do not meet the Connecticut Nutrition Standards. The District shall develop procedures to ensure that all food brought from home to be shared with other students is safe. Classroom snacks shall feature healthy choices that meet the state requirements for allowable beverages and the Connecticut Nutrition Standards.

### **Sharing of Foods**

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

### **Fundraising**

School fundraising activities shall not involve food or beverages or shall only use foods that meet the District's nutrition standards and beverages that meet the requirements of state statute and federal regulations. Schools



shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list

of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers. Any fundraising requires administrative approval.

*If the District allows beverages exemptions under CGS Section [10-221q](#), replace the previous language with the following:*

School fundraising activities shall not involve food or beverages or shall only use foods that meet the District's nutrition standards and beverages that meet the requirements of state statute and federal regulations. However, beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Schools shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

**District DOES allow food and beverage exemptions:** School fundraising activities shall not involve food or beverages or shall only use foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute and federal regulations. However, food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold as fundraisers on school premises if they are sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store. Schools shall encourage fundraising activities that promote physical activity. The District shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

### **Concessions**

Organizations operating concessions at functions on school premises after school or on weekends should include at least some healthy food and beverage choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Food items that do not meet the Connecticut Nutrition Standards and beverages that do not meet the requirements of state statute and federal regulations can be sold at concessions

operated at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. Organizations operating concessions at school functions after school or on weekends should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Competition with nutritious meals served by the school food services operations must be minimized. Income from any competitive foods or beverages sold from 30 minutes prior to the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account.

### **Teacher-to-Student Incentives and Punishments**

Schools shall not use foods or beverages as rewards for academic performance or good behavior, unless this practice is allowed by a student's individualized education plan (IEP). Alternative rewards shall be developed and promoted.

Schools shall not withhold foods or beverages (including food served through school meals) as a punishment.



## Student Nutrition Education

Nutrition education shall be offered as part of a planned, ongoing, systematic, sequential, standards-based, comprehensive school health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education shall use national or state-developed standards, such as the Connecticut State Department of Education's Healthy and Balanced Living Curriculum Framework. The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Students shall be able to demonstrate competency through application of knowledge, skill development and practice.

The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's comprehensive school health education standards/guidelines/curriculum framework. Nutrition themes include but are not limited to:

- |   |   |
|---|---|
| - My Plate and the Dietary Guidelines for Americans (Healthy Eating Plan) | - Identify and limit foods of low nutrient density  |
| - Healthy heart choices   | - Food labels   |
| - Sources and functions of major nutrients                                | - Multicultural influences  |
| - Guide to a healthy diet   | - Serving sizes   |
| - Diet and disease  | - Proper food safety and sanitation   |
| - Understanding calories  | - Body-size acceptances, healthy weight and dangers of unhealthy weight-control practices |
| - Healthy snacks  |   |

## Consistent Health Messages

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education shall also be included in other classroom content areas such as math, science, language arts, social sciences, family and consumer sciences and elective subjects. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate, to reinforce and support health messages.

The school District shall assess all nutrition education lessons and materials for accuracy, completeness, balance and consistency with the state's/district's educational goals and curriculum standards. Materials developed by food marketing boards or food corporations shall be examined for appropriateness of commercial messages.

## Educational Reinforcement

School instructional staff members shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers and performers invited to address students shall receive appropriate orientation to relevant district policies. School staff members shall be encouraged to coordinate with other agencies and community groups to provide opportunities for student volunteer work related to nutrition, such as assisting with food recovery efforts and preparing nutritious meals for home-bound people. School officials shall disseminate information to parents, students and staff members about community programs that offer nutrition assistance to families.

## Nutrition Promotion

The school District shall conduct nutrition education activities and promotions that involve parents, students and the community. The District shall participate in programs that promote and reinforce student health, such as Team Nutrition and the Healthier US School Challenge. The school team responsible for planning nutrition activities shall ensure interdisciplinary collaboration by including school food service, school nurses, health and physical education teachers, family and consumer sciences teachers, and other appropriate school staff members.

Students shall receive positive, motivating messages, both verbal and nonverbal, about healthy eating and physical activity throughout the school environment. All school personnel shall help reinforce these positive messages. Foods and beverages sold or served at school shall not contradict healthy eating messages. The school district shall not use practices that contradict messages to promote and enjoy physical activity; for example, withholding recess or using physical activity as punishment (e.g., running laps, doing pushups).

### **Food Marketing in Schools**

School-based marketing shall be consistent with nutrition education and health promotion. Thus, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the U.S. Department of Agriculture nutrient standards for meals or the District's nutrition standards for foods and beverages. Schools shall promote healthy food choices and shall not allow advertising that promotes less nutritious food and beverage choices. The promotion of nutrient-dense foods, including fruits, vegetables, whole grains and low-fat dairy products, shall be encouraged.

### **Staff as Role Models**

The school district shall build awareness among teachers, food service staff, coaches, nurses and other school staff members about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness. School staff members shall be encouraged to model healthy eating and physical activity behaviors.

### **Education Links with School**

The nutrition education program links with school meal programs, other school foods, and nutrition-related community services that occur outside the classroom or that link classroom nutrition education to the larger school community, such as school gardens, cafeteria-based nutrition education and after-school programs. Nutrition education shall be offered in the school cafeteria and classroom, with coordination between school food service and teachers. The district shall link nutrition education with other coordinated school health initiatives.

### **Professional Development for Teachers**

The District shall include appropriate training for teachers and other staff members. Staff members responsible for nutrition education shall be adequately prepared and shall regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with the development of skills and adequate time to practice skills in program-specific activities. Training shall include instructional techniques and strategies designed to promote healthy eating behaviors. Staff members providing nutrition education shall not advocate dieting behaviors or any specific eating regimen to students, other staff members or parents.

The District highly values the health and well-being of every staff member and shall plan and implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle and that encourage staff members to serve as role models.

### **Partnering with Community Organizations**

Schools shall partner with community organizations (e.g., local businesses, faith-based organizations, libraries, local health departments, local colleges and their students, and local health care providers) to provide consistent health messages and support school-based activities that promote healthy eating and physical activity.

### **Engaging Students**

Schools shall consider student needs in planning for a healthy school environment. Students shall be asked for input and feedback through the use of student surveys and other means, and attention shall be given to their



comments. Key health messages shall be promoted by coordinating classroom and cafeteria, and through planned promotions such as health fairs, nutrition initiatives, programs and contests.

### **Parent Nutrition Education**

The District shall encourage family involvement to support and promote healthy eating and physical activity habits. The District shall support families' efforts to provide a healthy diet and daily physical activity for their children through effective two-way communication strategies that allow sharing of information from school to home and from home to school.

Nutrition education will be provided to parents beginning at the elementary or pre-k level. The goal will be to continue to educate parents throughout the elementary, middle and high school levels. Nutrition education may be provided in the form of handouts, postings on the District website or presentations that focus on nutritional value and healthy lifestyles. Additional strategies are suggested in the Connecticut State Department of Education's "Action Guide for School Nutrition and Physical Activity Policies" (page 139) at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Action>.

### **Family and Community Involvement**

The District shall provide information about physical education and other school-based physical activity opportunities before, during and after the school day, and shall support families' efforts

### **District Nutrition Standards**

to provide their children with opportunities to be physically active outside of school. Such supports shall include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events or physical education homework.

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education workshops and screening services are offered;
6. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.);
7. School staff collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families; and
8. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

Many additional strategies are found in the "Action Guide for School Nutrition and Physical Activity Policies." (page 141)

### **School District Wellness Advisory Committee (District Health Advisory Council)**

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide wellness committee shall be established. (*Required by federal law only for districts that participate in the USDA child nutrition programs.*) The committee will meet a minimum of four times annually. Committee membership shall consist of:

- District Food Service Coordinator
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, (Co-Chair)
- Physical Education and Health Program Leader, (Co-Chair)
- School Nurse
- Health Education Coordinator/Teacher
- Physical Education Coordinator/Teacher
- Other individuals appropriate to the evaluation process

The District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals with relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. In an effort to support the consumption of nutrient-dense foods in the school setting the District will follow the beverage

requirements of state statute and federal regulations, whichever are stricter, and has adopted the Connecticut Nutrition Standards governing the sale of food on school grounds. Sites are encouraged to study these standards and must develop building policy using the following Connecticut Nutrition Standards and state beverage requirements as minimal guidelines.

**Food:**

1. Any given food item offered for sale to students separately from reimbursable meals will:
  - meet the portion size requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards.
  - not contain any chemically altered fat substitutes and will meet the fat requirements of the Connecticut Nutrition Standards.
  - meet the saturated fat requirements of the Connecticut Nutrition Standards.
  - meet the trans-fat requirements of the Connecticut Nutrition Standards.
  - not contain any artificial sweeteners or sugar alcohols and will meet the sugar requirements of the Connecticut Nutrition Standards.
  - meet the sodium requirements of the Connecticut Nutrition Standards and the USDA Nutrition Standards.



2. Foods and beverages will not contain caffeine, with the exception of trace amounts of naturally occurring substances.
3. Limit condiment use and provide low-fat, low-sugar and low-sodium varieties.
4. Increase choices of whole grains and foods containing fiber.
5. Encourage the consumption of nutrient-dense foods, e.g., whole grains, fresh fruits and vegetables, lean meats, legumes and low-fat dairy products.

Note: Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, requires that the district school wellness policy **must** include “nutrition guidelines for all foods available on the school campus during the school day, with the objectives of promoting student health and reducing childhood obesity.” If the district does not adopt the preceding standards, it **must** develop specific nutrition standards that address what foods can be sold or served to students during the school day.

### **Candy:**

Candy and gum (including sugarless candy and sugarless gum) can only be sold to students on school premises if they are sold at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. *(Note: Board vote is required to allow this exemption)*.

### **Beverages:**

- Pursuant to state statute, the sale of beverages to students on school premises shall be limited to the following five categories:
  1. milk, which may be flavored but contains no artificial sweeteners and no more than 4 grams of sugar per fluid ounce; (federal regulation requires milk to be non-fat or low-fat (1%)\*
  2. nondairy milk substitutes, such as soy or rice milk, which may be flavored but contains no artificial sweeteners, nonnutritive sweetening agents, sugar alcohols, added sodium, and no more than 4 grams of sugar per fluid ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;\*
  3. 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;\*
  4. beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners or sodium and that meet the healthy Hunger-Free Kids Act of 2010, P.L. 11-296, as may be amended from time to time;\* and;
  5. water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, sodium or caffeine.\*
- Portion sizes of the beverages specified above are limited to no more than 8 fluid ounces for students in grades K-5 inclusive and 12 fluid ounces for students in grades 6-12 inclusive, except water, which is unlimited.
- Vending sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time.
- School store sales of any beverages other than those listed as approved in state statute are not permitted on school grounds at any time.

- The sale of any beverages other than those listed as approved in state statute will not be permitted on school grounds from any source at any time.

If the District allows beverages exemptions under CGS Section [10-221q](#), replace the previous bullet with the following:

The sale of any beverages that do not meet the requirements of state statute and federal regulations is allowed at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store. *(Note: Board vote is required to allow this exemption.)*

### **Guidelines for Food and Beverages Offered to Students at School**

\*Consult the CSE's List of Acceptable Foods and Beverages for allowable products. Foods that meet the Connecticut Nutrition Standards meet or exceed the USDA's competitive food standards. Listed beverages will meet both federal and state requirements.

### **Competitive Foods and Beverages**

The District encourages the use of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide substantial amounts of vitamins and minerals and relatively few calories, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. At any school function (parties, celebrations, feasts, sporting events, etc.) where foods and beverages are sold or served to students, healthy choices meeting the Connecticut Nutrition Standards and beverage requirements of state statute must be available. Some suggested foods and beverages are listed below. The list should be checked against the Connecticut Nutrition Standards developed by the State Department of Education and published annually, the state beverage statute, and the Department's online list of acceptable foods and beverages, which is updated quarterly Raw/fresh vegetable sticks (e.g., carrots)/slices with low-fat dressing\* or yogurt dip\*

- Fresh fruit
- 100% fruit juices or 100% vegetable juices or combination of such juices\*
- Frozen 100% fruit juice pops\*
- Bottled water, without added sugars, sweeteners, artificial sweeteners or caffeine\*
- Dried fruits (raisins, banana chips, etc.) without added sugar, fat or salt\*
- Trail mix (dried fruits and nuts)\*
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts) without added fat, sugar or sodium\*
- Low-fat meat and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)\*
- Party mix\* (variety of cereals, nuts, pretzels, etc.), depending on added fat, sugar and salt
- Low-sodium crackers\*
- Baked corn chips & fat-free potato chips with salsa and low-fat dips\* (Ranch, French Onion, Bean, etc.)
- Low-fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps\*
- Angel food and sponge cakes\*
- Flavored yogurt & fruit parfaits (low-fat/nonfat yogurt)\*



- Gelatin and low-fat pudding cups\*
- Low-fat ice creams, frozen yogurts, sherbets\*
- Low-fat and nonfat dairy products\*
- Pure ice cold water without sugars, sweeteners, artificial sweeteners or caffeine\*
- Pretzels\*
- Bread products as such as bread sticks, rolls, bagels and pita bread\*
- Ready-to-eat low sugar cereals (with no more than 15 grams added sugars per serving and no more than 35% sugar by weight)\*
- Low-fat (1 percent) and skim milk\*

\* Compliance with the state beverage statute and the Connecticut Nutrition Standards varies depending on the brand and type of item. Check online listings at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Beverages that do not meet the requirements of state statute and federal regulations can be sold to students on school premises at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store.

Food items that do not meet the Connecticut Nutrition Standards and beverages not meeting the requirements of state statute and federal regulations can be sold at the location of an event occurring after the end of the regular school day or on the weekend, provided they are not sold from a vending machine or school store.

## **Monitoring and Evaluation**

### **Monitoring**

The Superintendent or designee shall ensure compliance with the established district-wide school wellness policy. In each school, the Principal or designee shall ensure compliance with those policies in his or her school and shall report on the school's compliance to the school district Superintendent or designee. School food service staff members, at the school or district level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the Superintendent (or if done at the school level, to the school Principal). The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

### **Policy Review**

The District shall identify a strategy and schedule to help review policy compliance, assess progress and determine areas in need of improvement. As part of that process, the District shall review nutrition and physical activity policies; new research and evidence on health trends and effective programs; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District and individual schools within the District shall, as necessary, revise the school wellness policy and develop work plans to facilitate its implementation.

**Note:** Effective July 1, 2014, the USDA interim final rule nutrition standards apply to all competitive foods sold in schools that participate in the National School Lunch Program and School Breakfast Program. School districts that follow the Connecticut Nutrition Standards under the Healthy Food Certification must meet stricter requirements. The Connecticut Nutrition Standards meet or exceed the USDA's competitive foods standard.

\* Alternatively, districts can eliminate these foods during the school day by replacing the language stating “meal periods” with “school day.”

\*\* Alternatively, districts can eliminate these foods during the school day by replacing the language stating “period from 30 minutes before any meal or milk program up until 30 minutes after the end of the program” with “school day.”

Effective July 1, 2014, schools shall use the Connecticut State Department of Education's “List of Acceptable Foods and Beverages” to determine whether commercial food and beverage products meet the USDA's nutrition standards for competitive foods. Foods that meet the Connecticut Nutrition Standards meet or exceed the USDA's competitive foods standards. Listed beverages will meet both federal and state requirements.

### Competitive Foods and Beverages

“Competitive foods” include all foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. The USDA interim final rule groups competitive foods into three categories: (1) Entrée Items (sold only a-la-carte), (2) Side Dishes; and (3) Beverages. Pursuant to federal regulations and state statutes and regulations, the sale of competitive foods is restricted as follows:

1. Foods that do not meet the Connecticut Nutrition Standards cannot be sold to students on school premises, including, but not limited to:

- Water ices (any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit, fruit juice, milk, milk ingredients or egg ingredients other than egg whites)
- Candy/sugarless candy
- Chewing gum/sugarless chewing gum
- 

2. Beverages that do not meet the requirements of state statute and federal regulations (including, but not limited to, coffee/decaffeinated coffee/iced coffee, tea/herbal tea/iced tea, soda/diet soda, sports drinks, hot chocolate, fruit drinks that are not 100 percent juice) can only be sold to students on school premises at the location of an event that occurs after the school day or on the weekend provided they are not sold from a vending machine or school store. *(Note: Board vote is required to allow this exemption.)*

3. During the school day foods and beverages may only be sold anywhere on school premises if they meet the Connecticut Nutrition Standards or state beverage statute and the income they generate accrues to the nonprofit school food service account.\*

4. No competitive foods may be sold without the prior approval of the Superintendent. Such sales must comply with state law, Section 10-215b-23 of the Regulations of Connecticut State Agencies.

Effective July 1, 2014, schools shall use the Connecticut State Department of Education's “List of Acceptable Foods and Beverages” to determine whether commercial food and beverage products meet the USDA's competitive foods standards. Listed beverages will meet both federal and state requirements.

### Physical Education

It is the Board's position that all students have equal and equitable opportunities for physical activity and physical education in District schools. The Superintendent is encouraged to review and consider implementing



physical activity and physical education program improvements. The goals of the District are:

- A. All children, from pre-kindergarten through grade 12, will participate in a daily, quality, standards-based physical education program;
- B. All schools will have certified physical education teachers providing instruction; and
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and/or national standards.

Schools shall strive, within financial, space, and staffing constraints, for students in grades pre-k through six to engage in physical education averaging 150\* instructional minutes per week.

Students in all grade levels shall be provided with opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior and completion of assignments. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate.

### **Use of School Facilities Outside of School Hours**

Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs. School spaces and facilities shall be available to students, staff members, and community members before, during, and after the school day, on weekends and during school vacations. The spaces and facilities shall also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety shall apply at all times.

### **Prohibiting Physical Activity as Punishment**

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment. Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work.

### **Daily Recess**

All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity. Districts shall ensure that students with special physical and cognitive needs have equal physical activity opportunities, with appropriate assistance and services. Districts shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools shall give students periodic breaks during which they are encouraged to get up from their chairs and be moderately active.

### **Physical Activity Opportunities Before and After School**

All elementary, middle and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, shall offer interscholastic sports programs. Districts shall offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs. After-school, childcare and enrichment programs shall provide and encourage –

verbally and through the provision of space, equipment and activities – daily periods of moderate to vigorous physical activity for all participants.

### **Safe Routes to School**

When appropriate, the District shall work together with local public works, public safety and/or police departments to make it safer and easier for students to walk and bike to school.

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school Principal is responsible for ensuring:

- A. Physical education activity ideas are sent home with students;
- B. Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- C. Families are invited to attend and participate in physical education activity programs and health fairs;
- D. Physical education curriculum includes homework that students can do with their families;
- E. School staff consider the various cultural preferences in development of physical education programs; and
- F. School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

**Regulation issued: November 12, 2008**

**Revised by BOE: June 9, 2015**

**P6142.101**

### **Instruction**

#### **Student Nutrition and Physical Activity (Student Wellness Policy)**

Student wellness, including good nutrition and physical activity, shall be promoted in the district's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

#### **Goals for Nutrition Education**

The goals for addressing nutrition education include the following:

- Schools will support and promote good nutrition for students consistent with applicable federal and state guidelines.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum.

#### **Goals for Physical Activity**

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

### **Nutrition Guidelines for Foods Available in Schools During the School Day**

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture and guidelines promulgated by the Connecticut Department of Education in addition to federal and state statutes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall establish such administrative procedures to control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will encourage the sale of foods that meet the Connecticut Nutrition Standards in the food service areas during the meal period.

**Note:** If the District certifies for the healthy food option under PA 06-63, foods must meet the Connecticut Nutrition Standards at all times, not just during the meal period.

The District participating in the "Healthy Food Option" shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture and will ensure that all foods sold to students from reimbursable meals meet the Connecticut Nutritional Standards.

### **Guidelines for Reimbursable School Meals**

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

### **Monitoring**

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy.

### **Community Input**

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from community members, including parents, students, and representatives of the school food authority, school administrators, and the public.

(cf. [3542](#) – Food Service)

(cf. 3542.33 – Food Sales Other Than National School Lunch Program)

(cf. [3542.34](#) – Nutrition Program)

(cf. 3452.45 – Vending Machines)

(cf. 6142.6 – Physical Education)



(cf. 6142.61 – Physical Activity)

(cf. 6142.62 – Recess/Unstructured Time)

(cf. [6142.10](#) – Health Education)

Legal Reference: Connecticut General Statutes

[10-16b](#) Prescribed courses of study.

[10-215](#) Lunches, breakfasts and the feeding programs for public school children and employees.

[10-221](#) Boards of education to prescribe rules, policies and procedures.

[10-215a](#) Non-public school participation in feeding program.

[10-215b](#) Duties of state board of education re: feeding programs.

[10-216](#) Payment of expenses.

[10-215b-1](#) State board of education regulation. Competitive foods

[10-221o](#) Lunch periods. Recess.

[10-221p](#) Boards to make available for purchase nutritious, low-fat foods.

PA 06-63 An Act Concerning Technical High School Wiring for Technology and Healthy Food and Beverages in Schools

National School Lunch Program and School Breakfast Program; Competitive Foods. (7 CFR Parts 210 and 220, Federal Register, Vol. 45, No. 20, Tuesday, January 29, 1980, pp. 6758-6772)

The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265

**Policy adopted: November 12, 2008**

**P6142.101**

## **Instruction**

### **Student Nutrition and Physical Activity (Student Wellness)**

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

### **National School Lunch Program and School Breakfast**

Reimbursable meals served in the U.S. Department of Agriculture's (USDA) National School Lunch Program and School Breakfast Program will follow the USDA meal pattern requirements and nutrient standards.

The school food service program will ensure that all a la carte foods available for sale to students comply with the Connecticut Nutrition Guidelines. All a la carte food items must always meet the Connecticut Nutrition Standards.

Food sold or served in District schools shall include nutritious and low-fat foods which may include, but shall not be limited to, low-fat dairy products, and fresh or dried fruit at all times when food is available for purchase by students during the school day. (*"Food available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales during the school day.*)

The sale of beverages shall be limited to the following:

- milk, which may be flavored but contains no artificial sweeteners and no more than 4 grams of sugar per ounce;
- nondairy milks, such as soy or rice milk, which may be flavored but contains no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35% of calories from fat per serving, and no more than 10% of calories from saturated fat per serving;
- 100% fruit or vegetable juice or combination of such juices, containing no added sugars, sweeteners, or artificial sweeteners;
- beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners, or artificial sweeteners; and
- water, which may be flavored but must contain no added sugars, sweeteners, artificial sweeteners, or caffeine.

### **Lunchroom Climate**

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed.

It is encouraged that the lunchroom environment be a place where students have:

- adequate space to eat and pleasant surroundings;
- adequate time for meals (at least twenty minutes daily for lunch or at least ten minutes daily for breakfast); and
- convenient access to hand washing facilities before meals.

### **Other Foods Offered or Sold**

Foods offered in classrooms or school-sponsored activities shall meet the Connecticut Nutrition Standards.

Beverages, other than those listed in this regulation, and foods not meeting nutrition standards may be sold if the sale is in connection with an event occurring after the end of the regular school day or on the weekend; the sale is at the event location; and the food or beverages are not sold from a vending machine or school store.

Accordingly, pursuant to state statute, whenever any group makes foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must be available in the school at the same time for purchase by students.

"Foods available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales during the school day. This includes the following:

- If a snack machine with food items is available for use by students during the school day, the school must also have low-fat dairy products and fresh or dried fruit available for purchase. When the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer low-fat dairy products and fresh or dried fruit for sale at the same time.
- School stores that sell food to students must ensure that low-fat dairy products and fresh or dried fruit are available for purchase either in the store itself or elsewhere in the school, while the school store is selling food.

## **Fundraising**

All fundraising projects are encouraged to follow the State and District Nutrition Standards.

All food items used as fundraising projects are required to follow the Connecticut Nutrition Standards. All beverages used as fundraising projects must meet the requirements of state statutes. Food items that do not meet the Connecticut Nutrition Standards and beverages that do not comply with state statute can be sold if the beverage or food is sold to students at the location of an event that occurs after the school day or on the weekend provided the sale is not from a vending machine or school store.

## **Teacher-to-Student Incentive**

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the Connecticut Nutritional Standards.

## **Student Nutrition Education**

The District shall develop and implement a comprehensive, developmentally appropriate, curriculum approach to nutrition in all grades. Instructional staff is encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- |   |  |
|---|--|
| *Knowledge of My Pyramid and the Dietary Guidelines for Americans | *Healthy diet  |
|   | *Food labels   |
| *Healthy heart choices  | *Major nutrients   |
| *Sources and variety of foods                                     | *Multicultural influences  |
| *Guide to a healthy diet  | *Serving sizes   |
| *Diet and disease   | *Proper food safety sanitation   |
| *Understanding calories   | *Body-size acceptances, healthy weight and dangers of unhealthy weight-control practices |
| *Healthy snacks   |  |
| *Healthy breakfast  |  |

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

## **Parent Nutrition Education**



- Nutrition education will be provided to parents beginning at the elementary or pre-k level. The goal will be to continue to educate parents throughout the elementary, middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website or presentations that focus on nutritional value and healthy lifestyles. Additional strategies are suggested in the Connecticut State Department's "Action Guide for School Nutrition and Physical Activity." (page 139)

### **Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their student in the cafeteria;
4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education workshops and screening services are offered;
6. Nutrition education homework that students can do with their families is assigned (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc.); and
7. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate.

Many additional strategies are found in the "Action Guide for School Nutrition and Physical Activity" (page 141).

### **School District Wellness Advisory Committee (District Health Advisory Council)**

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a District-wide wellness committee shall be established (*required by federal law only for districts that participate in the USDA child nutrition programs*). The committee will meet a minimum of four times annually. Committee membership shall consist of:

- District Food Service Coordinator
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, (Co-Chair)
- Physical Education and Health Program Leader, (Co-Chair)
- School Nurse
- Health Education Coordinator/Teacher
- Physical Education Coordinator/Teacher
- Other individuals appropriate to the evaluation process

## **District Nutrition Standards**

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide substantial amounts of vitamins and minerals with relatively few calories. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines. In addition, the District will meet the Connecticut Nutrition Standards for food items sold separately from reimbursable meals to students in schools.

### **Food:**

- As required by Connecticut law, low-fat dairy products, such as, but not limited to low-fat yogurt and low-fat cheese and fresh or dried fruit shall be available at all times when food is available for purchase by students during the regular school day.
- Any given food item offered for sale to students separately from reimbursable meals will meet the fat requirements of the Connecticut Nutritional Standards.
- Any given food item offered for sale to students separately from reimbursable meals will meet the saturated fat and trans fat requirements.
- Encourage the consumption of nutrient dense foods, e.g., whole grains, fresh fruits, vegetables, lean meats, low-fat dairy products.

### **Beverages: (see Connecticut Statute)**

- Vending sales of soda or artificially sweetened drinks are not permitted on school grounds. (Note: Only allowable beverages for sale listed in Section 1 of PA 06-63)
- The non-vending and non-school store sale of soda or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day or on the weekend under the conditions cited previously in this regulation. (Board vote required to allow this exemption.)
- Milk, nondairy milk such as soy and rice milk, water and 100% fruit juices, vegetable juices or a combination of such juices may be sold on school grounds prior to and throughout and after the instructional day, provided they meet the requirements of state statute. Portions of such items offered for sale, other than water, shall not exceed 12 ounces.

### **Candy:**

- Vending sales of candy will not be permitted on school grounds.

(Note: If the District certifies for the healthy food option, this would apply to all sources of candy sales, e.g., school stores, fundraisers etc., and includes candy and sugarless candy including mints and gum. The District may exempt these sales at events meeting the three conditions previously listed.)

## **Guidelines for Food and Beverages Offered to Students at School**

The District encourages the use of nutrient-dense foods for all school functions and activities. Nutrient dense foods are those foods that provide substantial amounts of vitamins and minerals and relatively few calories. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choices should be available. Some suggested foods are listed below: The list should be checked against the Connecticut Nutrition Standards

developed by the State Department of Education and published annually and the Department's online list of acceptable snacks which is updated monthly.

- Raw/fresh vegetable sticks (e.g. carrots)/slices with low-fat dressing\* or yogurt dip\*
- Fresh fruit and 100% fruit juices or 100% vegetable juices or combination of such juices
- Frozen fruit juice pops
- Fruit juice and vegetable juice
- Bottled water, without added sugars, sweeteners, artificial sweeteners or caffeine
- Dried fruits (raisins, banana chips, etc.) without added sugar
- Trail mix (dried fruits and nuts)\*
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts) without added fat
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix\* (variety of cereals, nuts, pretzels, etc.) depending on added fat or sugar
- Low-sodium crackers\*
- Baked corn chips & fat-free potato chips with salsa and low-fat dips\* (Ranch, French Onion, Bean, etc.)
- Low-fat muffins, granola bars, crackers and cookies such as fig bars and ginger snaps\*
- Angel food and sponge cakes\*
- Flavored yogurt & fruit parfaits (low-fat/non-fat yogurt)\*
- Gelatin and low-fat pudding cups\*
- Low-fat ice creams, frozen yogurts, sherbets\*
- Low-fat and skim milk products (must meet Connecticut Nutrition Standards for sugar control)
- Pure ice cold water without sugars, sweeteners, artificial sweeteners or caffeine
- Pretzels\*
- Bread products as such as bread sticks, rolls, bagels and pita bread\*
- Ready-to-eat low sugar cereals (with not more than 15 grams added sugars per serving and no more than 35% sugar by weight)
- Low-fat (1 percent) and skim milk

\* May or may not meet Connecticut Nutrition Standards; check listings

### **Fundraising Activities and Concessions**

Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages



are consumed or sold. The following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- All beverages sold to students as fundraisers must meet the requirements of state statute. Beverages that do not comply with state statute can be sold to students at the location of an event that occurs after the school day or on the weekend provided the sale is not from a vending machine or school store.
- All food items sold to students as fundraisers must meet the Connecticut Nutrition Standards. Food items that do not meet the Connecticut Nutrition Standards can be sold to students at the location of an event that occurs after the school day or on the weekend provided the sale is not from a vending machine or school store.

Organizations operating concessions at school functions must sell only those foods items that meet the Connecticut Nutrition Standards. Food items that do not meet the Connecticut Nutrition Standards can be sold if the function is an event that occurs after the school day or on the weekend provided the sale is at the location of the event and not from a vending machine or school store.

### **Learning Incentives**

The use of foods of low nutritional density as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be substituted.

### **Foods of Minimal Nutritional Value as Defined by USDA**

“Competitive foods” are those foods or beverages sold in competition with the District's food service program. The sale of competitive foods is restricted as follows:

1. Competitive foods in the following categories are considered by the U.S. Department of Agriculture to be foods of minimal nutritional value (FMNV):

- Water Ices (water-based products that do not contain fruit, fruit juices, milk, milk ingredients or egg ingredients other than egg whites)
- Chewing Gum
- Certain Candies
- Soda Water (all carbonated beverages)\*
- Candy (certain kinds)

\* Not permitted by State statute after 7/1/06 (also applies to tea, coffee, fruit drinks less than 100% juice)

2. The above shall not be sold anywhere in the school during the entire school day. However, they may be sold at the locations of an after school or weekend event. *(If the District has certified for the healthy food option, they can't even be sold outside the meal periods unless exempted by the Board and sold at the locations of an after school or weekend event.)*

3. Only competitive food items that meet the Connecticut Nutrition Standards may be sold at any time.

4. No competitive foods may be sold without the prior approval of the Superintendent. Such sale must comply with state law, Section 10-215b-23 of the Regulations of Connecticut State Agencies.

**Regulation issued: November 12, 2008**