

Wellness Policy Procedures

These Wellness Procedures will be consistent with district educational and budgetary goals, and are designed to optimize student's ability to make health-enhancing choices and fulfill the requirements of The Healthy, Hunger-free Kids Act of 2010.

Nutritional Standards for Food and Beverage/Federal Competitive Food Rule

All foods served in school from midnight through thirty minutes after school dismissal will conform to The Healthy, Hunger-free Kids Act of 2010 and the Competitive Food Rule of 2013.

School Meals

All district Child Nutrition programs including the National School Lunch Program, the School Breakfast Program, the After School Snack Program, and the Summer Food Service Program will meet a minimum, nutrition requirements established by local, state, and federal statutes and regulations; including but not limited to the USDA's Healthy Hunger Free Kids Act of 2010. Schools will offer varied nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans.

Free and Reduced-price Food Services

The district will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district will inform parents of the eligibility standards for free or reduced-price meals. Schools will make every effort to protect the identity of students receiving such meals.

USDA Foods

The district will use foods made available under the USDA-Food Program for school menus.

Competitive Foods and Beverages

All competitive foods offered in The Kiona-Benton City School District will comply with the USDA Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Kids Act of 2010, also designated "Smart Snacks in Schools". USDA Interim Rule for Competitive Foods."

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables, and whole grains. The Smart Snacks in

School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions. There is no portion size limit for plain water.

Other Requirements

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

ASB, vending Machine Sales, and School-based Enterprises: School-based marketing will be consistent with nutrition education and health promotion. Consistent with this goal, schools and ASB will increase availability of nutritious foods and beverages available through vending machines, and other ASB-sponsored events so as to provide students with healthy choices. All foods sold will comply with “Smart Snacks in Schools”.

Educational Programs in Nutrition and Physical Fitness

The Kiona-Benton City School District will provide instruction to meet the state standards for Health and Fitness.

Physical Activity

- The district will work to increase student awareness and promote family and community involvement in supporting and reinforcing activity/athletic programs in the schools.

Health and Fitness Curriculum

- In addition to required physical education, students at the elementary level have the opportunity to participate daily in recess and physical activity. Daily recess is provided for elementary school students featuring time for supervised active play.

Other School Based Activities to Promote Student Wellness

Fundraising Activities: Schools shall promote fundraising activities that promote physical activity. During the day, fundraising activities will comply with nutritional standards. Thirty minutes after school fundraising activities are exempt. School staff should not use food as an incentive, reward or punishment for individual students. Staff should use non-food alternatives as student rewards.

The School Principal's will review the policy with staff annually.

Healthy School Environment

The District Wellness Committee will meet periodically to assist in evaluation of the implementation of the wellness policy.

The committee should include Child Nutrition Staff, Parents/guardians, building level administrators, health care professionals, physical education staff, and interested community members.

Policy Monitoring, Reporting, Evaluation, and Review

The superintendent or designee provides oversight to the implementation of wellness policies. To assist with the initial implementation of the wellness policy, School assessments should be completed annually and submitted to the Wellness Committee.

Adopted: May 27, 2014

Revised: September, 22, 2017

