

## **Marshall County Schools Wellness Policy Procedures**

### **Procedure 5.19.P**

#### **Nutrition Education**

Student in kindergarten through grade twelve will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

A. **Health Education Curriculum**

Students will be offered health education in accordance with W.Va. policy 2510 and with a frequency sufficient to achieve mastery of the West Virginia approved content standards and objectives and meet the needs of children.

B. Staff will be encouraged to teach nutrition education through content integration.

#### **Physical Education**

A. Students will be offered physical education in accordance with W.Va. policy 2510 and with a frequency sufficient to achieve mastery of the West Virginia approved content standards and objectives and meets or exceeds the needs of children.

B. The physical education curriculum will be instructed by a certified physical education specialist at all levels.

C. Staff will be encouraged to teach physical education through content integration and appropriate programs.

D. Elementary school children shall be provided with appropriate equipment and space to be physically active and safe during recess.

E. Staff will be encouraged to limit using recess as a time for students to make up work or as a time to administer discipline.

F. Secondary schools will provide a comprehensive interscholastic athletic program under the standards set forth by the Secondary Schools Activities Commission (SSAC).

#### **Child Nutrition Program**

A. Meet the recommendations of the current dietary guidelines for Americans.

- B.** All meals shall be priced/served as a unit.
- C.** Only fluid milk, non-fat or low fat milkshakes and bottled water may be sold as a la' carte for breakfast and lunch.
- D.** A short snack-free recess for elementary schools is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- E.** Schools will provide students the opportunity to cleanse their hands before and after eating meals or snacks.
- F.** Schools will follow the recommendations of 20 minutes for lunch and 10 minutes for breakfast to ensure students have adequate time to eat.
- G.** Activities may not be scheduled during meal service that distract or limit meal participation.
- H.** Drinking water shall be offered with meals, at no cost. Cups must be available at drinking dispensers.
- I.** Provide additional calories needed by pregnant/lactating students.
- J.** Meet 1/3 of children's RDA for calories, protein, calcium, iron, vitamins A and C for lunch and ¼ RDA requirements for breakfast.
- K.** Limit calories from fat to 30%, saturated fat to 10% and trans fat to .5 grams per serving.
- L.** Limit sodium to no more than 1100 mg.
- M.** Omit foods/beverages containing non-nutritive/artificial sweeteners.
- N.** The sale of beverages in school cafeterias during the school day is limited to the following:
  - a.** Water
  - b.** Low-fat flavored and unflavored milk
  - c.** 100% fruit/vegetable juice
- O.** For the safety and security of the food and facility, access to the food service facilities during the school day is limited to authorized staff as designated by the school principal.

### **Nutrition Standards for Other Foods and Beverages**

All other foods and beverages made available on school premises during the school day must meet the ensuing requirements:

- a. Limit calories to no more than 200 per product/package;
- b. Limit total fat to no more than 35% of calories per product/package excluding nuts, seeds, or cheese;
- c. Limit saturated fat to less than 10% of the total calories;
- d. Limit trans fat to less than or equal to 0.5 grams per product/package;
- e. Reduce sugar content of food items to no more than 35% of calories per product, excluding fruits;
- f. Limit sodium to no more than 200 milligrams per product/package
- g. At all grade levels it is recommended that water, 100% fruit and/or vegetable juice and not-fat and/or 1% low-fat milk, flavored or unflavored be sold, served or distributed during the school day. However, WV Code 18-2-6a permits the sale of other juice beverages with a minimum of 20% real juice.
- h. No candy, soft drinks, chewing gum or flavored ice bars will be sold, served or distributed during the school day.
- i. Limit fruit/vegetable juice portion sizes to no more than 4 oz. for elementary students and no more than 8 oz. for middle/high school students per product/package.
- j. Prohibit the sale, service or distribution of coffee and coffee-based products during the school day;
- k. Prohibit caffeine containing beverages with the exception of those containing trace amounts of naturally occurring caffeine substances; and
- l. Prohibit the sale, service or distribution of any foods containing non-nutritive/artificial sweeteners.

### **School Activities Involving Foods and Beverages**

- A. Foods that follow nutritional guidelines in WV Policy 4321.1 may be sold or given without charge to students in any middle, junior, or senior high school throughout the school day.
- B. The preparation of foods and beverages during the school day by any group or organization other than the Child Nutrition Program is prohibited, except that students may prepare foods and beverages in accordance with classroom activities or curriculum that involve cooking.
- C. Food prepared in private homes is prohibited for student distribution.

- D. Sell, offer or distribute no foods in competition with federal child nutrition programs.
- E. Sell, offer or distribute no foods in such a way to encourage substituting such items for reimbursable meals.
- F. Sell, offer or distribute no foods/beverages in any elementary school from the time the first child arrives until 20 minutes after all children are served lunch except through the Child Nutrition Program.
- G. Schools are encouraged to consider wellness issues and student allergies when planning activities, and to promote healthy food and beverage choices at all events where foods and beverages are available to students.
- H. Food and beverages shall not be offered as a reward.
- I. Foods and beverages should not be used as an educational tool except as defined in a course curriculum.
- J. Food and beverages shall never be withheld as punishment.

### **Vending Machines**

- A. Snack dispensing vending machines that are located in an elementary school accessible to students shall have and use a timing device to automatically prohibit access until 20 minutes after the last school lunch period. Snacks dispensed must meet the guidelines found within WV Policy 4321.1 for nutritional standards.
- B. Snack dispensing vending machines that are located in a middle, or senior high school may be made available throughout the instructional day as long as the snacks contained within follow WV Policy 4321.1 nutritional standards.
- C. Beverage dispensing vending machines that contain products that do not meet the description of a healthy beverage and are located in an elementary, middle, or high school, shall have and use a timing device to automatically prohibit access to the vending machines until the end of the instructional day.
- D. High schools that permit the sale of soft drinks shall also offer for sale healthy beverages. Of the total beverages offered for sale, at least fifty percent shall be healthy beverages.
- E. Schools must comply with WVBE Policy 8200 when contracting to purchase foods/beverages.

### **Fundraising**

- A. Fundraising activities involving healthy foods and beverages are permitted during the school day (arrival of first bus and departure of last bus) as long as it follows the guidelines stipulated by these procedures.
- B. Fundraising activities in areas accessible to students involving food or beverages not meeting nutritional standards are not permitted. It is permissible to sell food or beverage items that do not meet nutritional guidelines when the items are intended for sale off the school grounds.

### **Concessions**

Organizations operating concessions at school functions shall include healthy food choices in their offerings. It is recommended that organizations market these healthy options at a lower profit margin to encourage selection by students.