

**NUTRITION/POLICY**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.

*(cf. 6142.81 - Nutrition and Health Education)*

The Board will commit that all schools will participate in available child nutrition programs, including breakfast, lunch, after school snacks, childcare and summer food service.

The District will provide adequate resources (personnel, equipment, ongoing maintenance, technology) to implement the Nutrition Policy.

The implementation of the Nutrition Policy and related Health Education Policy will be supported by all employees of the district.

Parents/guardians will be encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks, which they may donate for occasional special events

A District Nutrition Advisory Committee (students, parents, community members, staff representing all school sites) will meet a minimum of twice annually to review implementation of these policies and regulations and provide an annual report to the Board.

**Quality of Food**

The Superintendent or designee shall ensure the meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

The Superintendent or designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's food service program.

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

**NUTRITION/POLICY** (continued)

All food available to students on school premises during school hours, including food sold by the Food Service Department, through vending machines and by student sales will meet or exceed nutritional standards established by the District.

All foods available to students during school hours shall be:

- Selected so as to contribute to student's nutritional well-being and the prevention of disease
- Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits
- Provided to give a variety of healthy choices at all sites including ethnic and cultural favorites

Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students.

Healthy food choices (fresh fruits and vegetables, whole grains, dairy products) should be promoted in school activities involving staff, students and community.

**Student Access**

All school campuses will ensure that each student will have access to healthy food choices through:

- Universal breakfast offered in the classroom to at least K-5 students
- A variety of venues at the high school that offer the highest quality foods for the lowest possible cost

Access to fundraising through food sales will be equitable for all classes and/or student organizations.

**Maintenance of a Healthy Environment**

All school sites will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.

## NUTRITION/POLICY (continued)

Adequate space in a pleasant surrounding will be provided to eat meals as well as appropriate time to eat, relax and socialize.

The Superintendent or designee will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

### *Legal Reference:*

#### EDUCATION CODE

38080-38103 *Cafeteria, establishment and use*  
45103.5 *Contracts for management consulting services; restrictions*  
49430 -49436 *Pupil Nutrition, Health, and Achievement Act of 2001*  
49490-49493 *School breakfast and lunch programs*  
49500-49505 *School meals*  
49510-49520 *Nutrition*  
49530-49536 *Child Nutrition Act*  
49540-49546 *Child care food program*  
49547-48548.3 *Comprehensive nutrition services*  
49550-49560 *Meals for needy students*  
49570 *National School Lunch Act*

#### CODE OF REGULATIONS, TITLE 5

15500-15501 *Food sales by student organizations*  
15510 *Mandatory meals for needy students*  
15530-15535 *Nutrition education*  
15550-15565 *School lunch and breakfast programs*

#### CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 *National School Lunch Program*  
220.1-220.21 *National School Breakfast Program*

### *Management Resources:*

#### CSBA PUBLICATIONS

*Healthy Food Policy Resource Guide, 2003*

#### CDC PUBLICATIONS

*School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000*

#### NASBE PUBLICATIONS

*Fit, Healthy and Ready to Learn, 2000*

#### USDA PUBLICATIONS

*Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000*

#### WEB SITES

CSBA: <http://www.csba.org>

American School Food Service Association (ASFSa): <http://www.asfsa.org>

CDE, Nutrition Services Division/ SHAPE California: <http://www.cde.ca.gov/nsd>

CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm>

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**NUTRITION/POLICY** (continued)

*Management Resources: (continued)*

*California Project LEAN (Leaders Encouraging Activity and Nutrition):*

*<http://www.californiaprojectlean.org>*

*California Healthy Kids Resource Center: <http://www.californiahealthykids.org>*

*National School Boards Association: <http://www.schoolhealth@nsba.org>*

*National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org>*

*U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):*

*<http://www.nal.usda.gov/fnic>*

*Centers for Disease Control and Prevention: <http://www.cdc.gov>*

**NUTRITION/POLICY**

**Quality of Food - Nutritional Standards**

All food available to students on school campus during school hours must be from one or more of the following categories:

- Milk and dairy products, including cheese, yogurt, frozen yogurt and ice cream
- Full-strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice
- Fresh, frozen, canned, and dried fruits and vegetables
- Nuts, seeds, and nut butters
- Non-confection grain products including crackers, bread sticks, tortillas, pizza, pretzels, bagels, muffins, and popcorn
- Any food receiving prior approval by Food Service Department

In addition, the food items must meet the following criteria:

- Not more than 35 percent of the total calories of the food item, excluding nuts or seeds is from fat
- Not more than 35 percent of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

The Food Service Department will provide a list of foods that meet these criteria.

A production system will be developed and implemented to reduce the use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fat, added sugars and sodium.

The use of fresh fruit and vegetables will be encouraged by making fruit and vegetables available at all points where food is sold and promoting the intake of 5 servings of fruits and vegetables per day.

During school hours, food sales, including vending machines, that are accessible to students shall not sell or dispense:

**NUTRITION/POLICY** (continued)

- Sodas or drinks that contain caffeine or a high concentration of sugar
- Candy
- High fat chips or similar products that do not meet the above nutritional standards

Beverages that may be sold to students are water, milk, 100 percent fruit juices, sport drinks or fruit-based drinks that are composed of no less than 50 percent fruit juice (or 35% for nectars) and that have no added sweeteners.

During school hours, home-prepared products will not be allowed to be sold on campus due to the potential of food borne illness. However, site approval may be requested for special occasions involving foods that may not meet these nutritional standards. These foods and service methods must meet food safety standards as specified by the Food Service Department. (i.e. multicultural events)

Annually food service staff will be provided training in food safety, marketing, preparation and service of healthy menu items.

The District will provide to parents information on safe and healthy foods that would be acceptable for special events (i.e. classroom parties).

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items they do not intend to consume.

**Student Access**

An efficient and cost effective system will be implemented for preparing and distributing healthy foods to all sites including the use of carts, vending machines and classroom service.

Marketing of the school lunch program will include a wide variety of school resources such as students, special food promotions and PTSA's.

High school administration will evaluate a closed campus and its effect on food services, attendance, school spirit, community relations, etc.

Vending machines that contain beverages that do not meet the District nutritional standards shall remain locked or be rendered inoperable during the school day.

**NUTRITION/POLICY** (continued)

The Food Service Department will enter into partnerships with interested student groups to provide food-selling opportunities while sharing labor and profits from such events.

The Food Service Department will work with administration at each school site to establish a nutrition committee that will develop a process for approving sale of food by all groups during the school day and to provide equitable access and distribution of revenues for appropriate uses.

**Maintenance of a Healthy Environment**

Advertising of food and beverages on vending machines should promote healthy food choices.

All primary school administrators should evaluate schedules and if possible, promote playtime before eating lunch.