

Food Service/Child Nutrition Program

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 academic success.

The district will as resources are available, provide adequate resources (personnel, equipment, ongoing maintenance, technology) to implement the Nutrition Policy.

All employees of the district will support the implementation of the Nutrition Policy related Health Education Policy.

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.

The School Nutrition Action Council-Physical Activity Committee members will meet annually to review implementation of these policies and regulations and provide an annual report to the Board.

(cf. 3312 - Contracts)

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 5141.32 - Child Health and Disability Prevention Program)

(cf. 6142.8 - Comprehensive Health Education)

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 113700-11445.

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:

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

Food Service/Child Nutrition Program, continued

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, with the exception of Del Norte High School, will ensure that each student will have access to healthy food choices through the development of universal breakfast offered at the school sites.

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

MAINTENANCES OF A HEALTHY ENVIRONMENT

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

Adequate space in a pleasant surrounding will be developed so that students can be encouraged to eat a nutritious lunch.

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**49547-49548.3 Comprehensive nutrition services**49550-49560 Meals for needy students**49570 National School Lunch Act**HEALTH AND SAFETY CODE**113700-114455 California Uniform Retail Food Facilities Law**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**UNITED STATES CODE, TITLE 42**1751-1769 School lunch programs*

Food Service/Child Nutrition Program, continued

1771-1791 Child nutrition, especially:

1773 School breakfast program

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>

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>

Food Service/Child Nutrition Program, continued

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

1. Milk and dairy products, including cheese, yogurt, frozen yogurt and ice cream.
2. 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.
3. Fresh, frozen, canned and dried fruits and vegetables.
4. Nuts, seeds, and nut butters.
5. Non-confection grain products including crackers, bread sticks, tortillas, pizza, pretzels, bagels, muffins, and popcorn.
6. Any food receiving prior approval by Food Services Department.

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

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

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

A production system will be encouraged 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 where food is sold and promoting the intake of 5 to 9 servings of fruits and vegetables per day.

In elementary schools beverages that may be sold to schools include only water, milk, 100 percent fruit juices or fruit based drinks with no less than 50% fruit juice and no added sweeteners. Vending machines may be used to sell only healthy beverages.

In High Schools:

1. Beverages that may be sold to students include only water, milk, 100 percent fruit juices electrolyte replacement beverages with no more than 42 grams of added sweetener per 20-ounce serving from ½ hour before school to ½ hour after the end of the school-day.
2. Vending machines may sell healthy beverages at any time of the day.
3. Other beverages may be sold before ½ hour of the start of the school day and ½ hour after the end of the school day.

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 Services Department, i.e. multicultural events.

Food Service/Child Nutrition Program, continued

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

The Food Services Department will provide to parents information of 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

Marketing of the school lunch and breakfast program will include a wide variety of school resources such as students, special food promotions and Parent/Teacher/Student Association's.

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

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

The Food Services Department will work with administration at each school site to establish a nutrition committee as part of the school site council or Parent Teacher Organization 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.