

## STUDENT NUTRITION

The Fairfield Community School 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.

- A. Provide a comprehensive learning environment for developing and practicing life long wellness behaviors.

The entire school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs. Each student needs to take responsibility for making healthy choices for life long wellness.

- B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

- C. Increase the amount of time students are engaged in physical activity.

A quality physical education program is an essential component of the health and development of all students. All students need to be educated about the importance of participating in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the others is not appropriate. Withholding students from recess as an ongoing consequence for behavioral classroom issues is discouraged.

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Reviewed: Apr. 13, 2006  
Revised: \_\_\_\_\_

## SCHOOL NUTRITION (cont.)

- D. The Fairfield Community School District is committed to improving academic performance in high-risk groups so that no child is left behind.

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research has clarified the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. This should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, ethnic, cultural, and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.

### Procedures

The Fairfield Community School 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.

#### Hot Lunch/Breakfast Program:

- The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- The Hot Lunch/Breakfast provider will be expected to make every effort to comply with the District's Nutrition Standards when determining the items in a la carte sales.
  - o A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - o A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

#### Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- The lunchroom environment be a place where students have:
  - o Adequate space to eat and pleasant surroundings;
  - o Adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
  - o Convenient access to hand-washing facilities before meals.

## Procedures (cont.)

Fundraising:

- All fundraising projects are encouraged to comply with the District Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District's Nutrition Standards when determining the items being sold.
  - o Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - o Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

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 District Nutritional Standards.

Student Nutrition Education:

The Fairfield Community School District has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. Beginning with the 2006-2007 school year, all instructional staff will be 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 food guide pyramid | *Healthy diet                 |
| *Healthy heart choices           | *Food labels                  |
| *Sources and variety of foods    | *Major nutrients              |
| *Guide to a healthy diet         | *Multicultural influences     |
| *Diet and disease                | *Serving sizes                |
| *Understanding calories          | *Proper sanitation            |
| *Healthy snacks                  | *Identify and limit junk food |
| *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 level. The goal will be to continue to work together with parents throughout the 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.

Procedures (cont.)

FCSD Nutrition Committee:

With the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, it is recommended that a district-wide nutrition committee be established. The committee would meet a minimum of two times annually with committee membership as follows:

- District Food Service Coordinator
- School Nurse
- Parent Representatives
- Student Representatives
- Staff Member Representative from each school level
- Administrative Representative
- Physical Education and Health Program Leader

DISTRICT NUTRITION STANDARDS

The Fairfield Community School 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 students with calories rich in the nutrient content needed to be healthy. 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, beverage, 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.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables.

DISTRICT NUTRITION STANDARDS (cont.)

Beverages:

- Vending sales of pop or artificially sweetened drinks will not be permitted on school grounds during the instructional day.
- The non-vending sale of pop 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.
- Milk, water, rehydration drinks, i.e. Gatorade, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day. This standard will be phased-in over the next two school years in the following manner:
  - o 2006-07 School Year: Milk, water, and beverages containing 25% fruit juice may be sold on school grounds both prior to and throughout the instructional day.
  - o 2007-08 School Year: Milk, water, and beverages containing 100% fruit juice may be sold on school grounds both prior to and throughout the instructional day.

Candy:

- Vending sales of candy will not be permitted on school grounds during the instructional day.
- Non-vending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose{dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar{sucrose}, syrup) listed as one of the first two ingredients.