

Article X.A.12. Wellness, Nutrition, and Competitive Foods

A. Statement of Policy

The Board of Education recognizes the relationship between good nutrition and exercise and the capacity of children to learn. The Board also acknowledges the importance of students developing healthy habits early. Federal law is highly proscriptive in the area of student wellness and nutrition, and the Board wishes to maintain strict compliance. The nutrition requirements outlined in this policy for foods and beverages sold during the school day are consistent with federal Smart Snacks in Schools regulations.¹

B. Nutrition Education

1. The State Core Curriculum pertaining to health and nutrition shall be taught at the elementary and secondary levels.
2. As applicable, health and nutrition principles shall be integrated across the curriculum. The importance of healthy eating habits and health risks associated with a poor diet shall be emphasized.
3. Schools shall encourage children to start each day with a healthy breakfast.
4. Schools are encouraged to make healthy nutrition and exercise information available to families in order to promote healthy habits at home and in the community, as well as at school.
5. Information regarding school food services, nutrition and physical fitness, and updates to the wellness policy will be made available on the Granite School District website.

C. Physical Activity

1. The State Core Curriculum pertaining to physical activity and fitness shall be followed at the elementary and secondary levels. The importance of physical activity and the health consequences of a sedentary lifestyle shall be emphasized as applicable across the curriculum.
2. Schools are encouraged to consider means to incorporate physical activities into student learning and extracurricular activities beyond physical education classes.
3. As required by the State Board of Education, only properly certified teachers will teach physical education (P.E.), and P.E. classes will comply with state standards and district policies.

¹ Smart Snacks in School regulations, published as a final rule in 2016 by the Department of Agriculture, establishes nutrition standards for food and beverages made available in schools during the school day (*see* 7 C.F.R. 210.11).

- a. All full-day kindergarten and elementary students will receive structured P.E. with a P.E. Specialist. Scheduled recess shall also be provided.
 - b. All secondary students will complete state mandated P.E. requirements before being eligible for graduation. P.E. teachers on both block and non-block schedules shall meet minimum activity standards, and students shall be required to spend a minimum of 50% of P.E. class time in moderate to vigorous activity.
4. Schools shall not withhold P.E. Schools are encouraged to emphasize life-long activities in P.E. to include competitive and non-competitive sports.
 5. Schools shall place a high priority on regularly scheduled recess and encourage students to use the time for rigorous physical activity. Elementary schools are encouraged to consider scheduling recess prior to lunch.

D. School Based Activities

1. The health and P.E. curricula shall include testing and assessment consistent with district and state policy.
2. Health and P.E. instruction shall provide opportunities for students to develop and practice numeracy and literacy skills.
3. Schools shall consider the principles of this policy when planning field trips, assemblies, celebrations, and other activities.
4. Employees are encouraged to model healthy nutritional and exercise habits, and schools are encouraged to offer after-school programs that promote healthy nutritional and exercise habits.

E. School Food Service

1. All reimbursable meals will meet guidelines set forth by United States Department of Agriculture (USDA), along with any additional requirements mandated by the state.
2. School menus, along with nutrition education and carbohydrate counts, shall be posted online at the first of each month.
3. When possible, schools are encouraged to schedule meal times between 11 a.m. and 1 p.m.
4. Consideration should be given to the number of scheduled meal periods and meal times in order to provide the entire student body an opportunity to eat breakfast and/or lunch.

5. Schools shall provide students with a minimum of 10-15 minutes to eat meals.

F. Competitive Foods and Beverages

I. Competitive Foods

- A. ~~Competitive foods are all foods sold on school campus during the school day outside or apart from reimbursable meals provided under the National School Lunch Program and School Breakfast Program.¹ Food items sold à la carte, in vending machines as concessions, for school fundraisers, or otherwise are competitive foods subject to the following Smart Snacks in School guidelines (see below).~~
- B. ~~Smart Snacks in School guidelines establish nutrition standards for competitive foods (and beverages) sold or served in schools (see 7 C.F.R. 201.11 Interim-Final Rule; www.fns.usda.gov/nslp/policy). These federal guidelines are specific and subject to constant modification. Subject to allowable exceptions for fundraising activities, all schools shall comply with current nutrition standards, which include the following.~~
- ~~1. Snack/side items must be ≤200 kcals, ≤35% total fat, ≤10% saturated fat, ≤230 mg sodium, and ≤35% sugars.~~
 - ~~2. Entrée² items must be ≤350 kcals, ≤35% total fat, ≤10% saturated fat, ≤480 mg sodium, and ≤35% sugars.~~
 - ~~3. Exempt foods include fresh fruit and vegetables, canned/frozen fruits packed in 100% juice or light syrup, canned/ frozen vegetables packed in water or small amount of sugar.~~
- C. ~~Smart Snacks in School rules also establish nutrition standards for beverages (included as part of competitive foods).~~
- ~~1. Elementary schools may sell 8 oz. portions of low fat (1%), non-fat flavored milks, and/or 100% fruit or vegetable juice.~~
 - ~~2. Middle Schools may sell 12 oz. portions of low fat (1%), non-fat flavored milks, and/or 100% fruit or vegetable juice.~~
 - ~~3. High Schools may sell 12 oz. portions of low fat (1%), non-fat flavored milks, and/or 100% fruit or vegetable juice. In addition, some varieties of low-calorie flavored and/or carbonated beverages are allowable.~~
- D. ~~Exceptions to the competitive foods rules regarding fundraisers including the following:~~

~~1. Infrequent school-sponsored fundraising events or activities may include selling foods/beverages that do not comply with the minimum nutrition~~

1. Generally, schools are encouraged to limit food offerings to foods which are low in fat and sugar.
2. Competitive foods and beverages are all foods sold on school campus during the school day outside or apart from reimbursable meals provided under the National School Lunch Program and School Breakfast Program.² Food items sold `a la carte, in vending machines, as concessions, as part of school fundraisers, or otherwise are considered competitive foods. Subject to some limited fundraiser exceptions described in Section G, all competitive foods and beverages sold, served, or marketed³ to students during the school day shall meet or exceed the Smart Snacks in School nutrition standards.
3. Smart Snacks in School nutrition standards for competitive foods are as follows:
 - a. Snack/side items must be <200 kcals, <35% total fat, <10% saturated fat, <230 mg sodium, and <35% sugars.
 - b. Entrée⁴ items must be ≤350 kcals, ≤35% total fat, ≤10% saturated fat, ≤480 mg sodium, and ≤35% sugars.
 - c. Exempt foods include fresh fruit and vegetables, canned/frozen fruits packed in 100% juice or light syrup, canned/ frozen vegetables packed in water or small amount of sugar.
4. Smart Snacks in School nutrition standards for competitive beverages are as follows:
 - a. Elementary schools may sell 8 oz. portions of low-fat (1%), non-fat flavored milks, and/or 100% fruit or vegetable juice.
 - b. Junior High Schools may sell plain water (carbonated or uncarbonated); up to 12 oz portions of unflavored low-fat milk; flavored or unflavored non-fat milk and/or 100 % fruit and vegetable juices; full strength juice diluted with water (carbonated or uncarbonated) with no added sweeteners.

² School day includes midnight before to 30 minutes after the end of the official school day. School campus includes all areas accessible to students during school day.

³ Food and beverage marketing is defined as advertising or other promotions in schools and often include oral, written, or graphic statements made promoting the sale of a food or beverage product made by the producer, manufacturer, seller or other entity with a commercial interest in the product.

⁴ Entrée is defined as a main course that is a meat or meat alternate (excluding snacks such as beef jerky); a main course that has a combination of meat/meat alternate plus a whole grain item, vegetable, or fruit; or a main course that is whole grain-rich served as a reimbursable meal.

- c. High schools may sell plain water (carbonated or uncarbonated); up to 12 oz portions of unflavored low-fat milk; flavored or unflavored non-fat milk and/or 100 % fruit and vegetable juices; full strength juice diluted with water (carbonated or noncarbonated) with no added sweeteners; and up to 20 oz of calorie-free beverages. The sale of caffeinated beverages to high school students is not restricted.
5. In addition to the basic regulatory requirements listed above, schools are encouraged to provide healthy options for students including but not limited to the following:
- a. Limit the use of candy rewards.
 - b. Follow the nutrition recommendations and allow for healthy choices in school or classroom parties and activities.
 - c. Consider a competitive pricing system to discourage the purchase of non-nutritional foods.
 - d. Request assistance from the Child Nutrition Department for further information regarding foods that will promote student health and reduce childhood obesity.
 - e. Refer to Administrative Memorandum #26 regarding Home Prepared Foods Distributed or Consumed at School.
 - f. Place vending machines and fountain units in low student traffic areas in secondary schools.
 - g. Increase the percentage of water, sports drinks, and fruit drink offerings to at least 50% of offerings as compared to carbonated and caffeinated drinks in secondary schools.
 - h. Ensure that school activities and events do not interfere with access to a healthy breakfast and/or lunch.
6. Profits from competitive food sales, including sales from vending machines, shall accrue to a non-profit school account for the benefit of student programs and activities and shall not accrue to any for-profit entity.
7. Secondary schools may contract with vending machines vendors following procurement policies and regulations and funds shall be accounted for according to district policy and generally accepted accounting procedures. Contracts for vending machines shall be approved by the board of education.

G. Exceptions

1. Infrequent school-sponsored fundraising events or activities may include selling foods/beverage that do not comply with the minimum nutrition standards, but such items may not be sold in food service areas during meal service. Exempt fundraisers are allowed no more than three times per year and shall not last more than five consecutive days. Schools shall maintain records for exempt fundraisers.
2. Fundraisers that take place outside of school or involve food products that are ordered and consumed away from the school are exempt.
3. Fundraisers that fall outside of school hours are exempt.

H. Monitoring and Evaluation

1. A Wellness Committee consisting of district employees and members of the Child Nutrition staff shall review the requirements imposed by National School Lunch Program, School Breakfast Program, Smart Snacks in School, and other federal or state programs annually. The Committee shall review district compliance data and develop recommendations to the Superintendent regarding revisions or modifications to district policy or practice.
2. The Wellness Committee shall maintain a compliance sub-committee, which shall administer an annual assessment to measure compliance with federal standards.

I. Fiscal Sanctions

Any fiscal sanctions imposed by state or federal agencies for violations of the National School Lunch Program, School Breakfast Program, Smart Snacks in Schools, or other related programs, shall be borne by the school or department where the infractions were identified by the auditing agency. The appropriate school or department shall reimburse Child Nutrition (or other department) for the amount of federal or state funds lost or withheld.

References

42 U.S.C. §1751, Healthy Hunger-Free Kids Act of 2010, 7 C.F.R. §220
 42 U.S.C. §1751 et seq., National School Lunch Program, 7 C.F.R. §210
 42 U.S.C. §1773, National School Breakfast Program, 7 C.F.R. §220
 42 U.S.C. §1786, Child Nutrition and WIC Reauthorization Act, 7 C.F.R. §246
 National Standards for Physical Education
 Utah Admin. Code R277-719 Standards for Selling Foods Outside Reimbursable meal in Schools
 Administrative Memorandum No. 26, Home Prepared Foods Distributed or Consumed at School

Article VIII.A.21. — Nutrition and Vending

A. — Statement of Policy

The Board of Education believes that the promotion of student health supports student achievement by improving attendance and behavior and also leads to positive life-long habits. Acknowledging that the health curriculum promotes healthy nutrition, the Board of Education encourages schools and school communities to consider the following guidelines and act consistently with the curriculum by supporting healthy nutrition through vending offerings.

Because of the connection between student nutrition and achievement, recommendations regarding vending machines and their offerings are within the purview of school community councils.

B. —

C. — Drink Vending

On September 1, 1998, Granite School District entered into a 10-year Agreement with the Pepsi-Cola Company regarding the vending of soft drink, juice, isotonic, water and fountain products. Only Pepsi-Cola distributed products and fountain beverage products may be sold, served, or offered in Granite School District buildings, facilities, and grounds.

1. — Drink Vending in Elementary Schools

There shall be no drink vending machines in elementary schools.

2. — Drink Vending in Secondary Schools

- a. — Vending machines and fountain units are placed at locations agreed upon by the school and Pepsi-Cola.
- b. — Middle Schools may sell plain water (carbonated or uncarbonated); up to 12-oz portions of unflavored low-fat milk; flavored or unflavored non-fat milk and/or 100% fruit and vegetable juices; full strength juice diluted with water (carbonated or uncarbonated) with no added sweeteners.
- e. — High Schools may sell plain water (carbonated or uncarbonated); up to 12-oz portions of unflavored low-fat milk; flavored or unflavored non-fat milk and/or 100% fruit and vegetable juices; full strength juice diluted with water (carbonated or uncarbonated) with no added sweeteners; and up to 20-oz of calorie-free beverages. The sale of caffeinated beverages to high school students is not restricted.

- d. — Secondary schools are encouraged to increase the percentage of water, sports drinks, and fruit drink offerings to at least 50% of offerings as compared to carbonated and caffeinated drinks.
- e. — Schools are encouraged to limit fruit drink offerings to drinks with 100% juice and sports drinks with low sugar content.
- f. — Schools are encouraged to consider offering only:
 - i. — unflavored or zero-calorie flavored water,
 - ii. — non- or low-fat plain or flavored milk or yogurt beverage in servings no greater than 16 ounces,
 - iii. — non-carbonated drinks with fewer than 250 calories per container, and
 - iv. — 100% fruit and vegetable juices or fruit drinks with no less than 50% juice without additional sweeteners.
- g. — Schools are encouraged to consider setting the sales price for carbonated drinks higher than the sales price for water and fruit and vegetable juices.
- h. — Schools are encouraged to have a non-carbonated beverage vending machine next to every carbonated beverage vending machine.

3. — Exceptions

- a. — Non-Pepsi-Cola products such as hot chocolate, water, and non-carbonated orange and fruit punch drinks may be distributed for free at classroom or school events. Schools are encouraged to distribute only drinks that meet the recommendations of this policy.
- b. — Faculty rooms are exempt from these guidelines. Non-Pepsi-Cola products may be offered, served, or sold in faculty rooms

D. — Food Vending

- 1. — Schools are encouraged to limit food vending, to include fundraisers, to foods which are low in fat and sugar.
- 2. — Guidelines for foods sold outside of the reimbursable school meals program:

3. ~~There shall be no food vending machines in elementary schools outside of the reimbursable school meals program.~~
4. ~~For secondary schools, offerings shall emphasize nutrient density, whole fruits and vegetables, low fat and added sugar, and moderate portion sizes.~~
 - a. ~~_____~~
 - b. ~~_____~~
 - c. ~~Schools are encouraged to consider limiting portion sizes as follows:~~
 - i. ~~two ounces for chips, crackers, cookies, cereal bars, granola bars, popcorn, packaged snacks, trail mix, nuts, seeds, dried fruit, or jerky;~~
 - ii. ~~small, single serving size for pastries, muffins, brownies, doughnuts, bagels and other bakery products;~~
 - iii. ~~small, single serving size for ice cream novelties;~~
 - iv. ~~four fluid ounces for frozen desserts;~~
 - v. ~~eight ounces for non-frozen yogurt;~~
 - vi. ~~twelve ounces for shakes; and~~
 - vii. ~~other offerings such that the portion sizes is not greater than 1.5 times the size of comparable portions offered as part of school reimbursable school meals.~~
 - d. ~~Fruits and non-fried vegetables are exempt from portion size restrictions.~~
5. ~~In addition to the foregoing, schools are encouraged to consider limiting all food vending to offerings that meet the following criteria:~~
 - a. ~~250 calories or fewer,~~
 - b. ~~fewer than 35% of total calories from fat, and~~
 - c. ~~less than 35% of weight from sugar.~~
6. ~~Classroom snacks shall feature healthy choices.~~
7. ~~No activity or event shall interfere with student access to a balanced breakfast or lunch.~~

8. — Schools are encouraged to request assistance from the School Foods-Nutrition Services Department for further information regarding food-vending recommendations.

9. — Exceptions This section does not apply to concessions at Utah High-School Activities Association activities.

E. — General

Schools are encouraged to :

1. — limit the use of candy rewards;
2. — follow the nutrition recommendations of this policy in school or classroom parties and activities;
3. — consider establishing nutritional selection ratios for vending offerings (e.g. 3:1 healthy to unhealthy choices);
4. — consider a competitive pricing system to discourage the purchase of non-nutritional foods, and
5. — request assistance from the School Food Services Department for further information regarding foods that will promote student health and reduce childhood obesity.

References

Healthy, Hunger Free Kids Act of 2010, Pub. L. No. 111-296; 124 Stat 3183 (2010)

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751, et seq.

Child Nutrition Act of 1966, 42 U.S.C. 1771, et seq.

Smart Snacks in Schools, 7 C.F.R. 210.11

U.S. Department of Agriculture and U.S. Department of Health and Human Services-
Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S.
Government Printing Office, December 2010.

Utah Admin. Code, R277-719