

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 in life. Federal law is highly prescriptive 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.<sup>1</sup>

B. Nutrition Education

1. The Utah Core Standards for Health Education pertaining to nutrition shall be taught at the elementary and secondary levels.
2. As applicable, state standards 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 shall be made available on the Granite School District website.

C. Physical Activity

1. The state standards 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 Utah State Board of Education, only properly certified teachers will teach physical education (P.E.), and P.E. classes shall comply with state standards and district policies.

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<sup>1</sup> 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 shall receive structured P.E. with a P.E. Specialist. Scheduled recess shall also be provided.
  - b. All secondary students shall 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 shall 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

1. Generally, schools are encouraged to limit food offerings to foods that 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.<sup>2</sup> Food items sold à 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 below, all competitive foods and beverages sold, served, or marketed<sup>3</sup> 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. Entrée<sup>4</sup> 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 water (carbonated or noncarbonated); 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.

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<sup>2</sup> 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.

<sup>3</sup> 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.

<sup>4</sup> 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 water (carbonated or noncarbonated); 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 (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 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 Meals in Schools

Administrative Memorandum No. 26, Home Prepared Foods Distributed or Consumed at School