

Instruction**District Nutrition Standards**

The 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. The following guidelines shall be in effect:

- A. As required by Connecticut law, only the following beverages will be sold to students from any source, including, but not limited to school stores, vending machines, school cafeterias, and any fund-raising activities on school premises, whether or not school sponsored:
 - 1. Milk that may be flavored but contain no artificial sweeteners and no more than four grams of sugar per ounces
 - 2. Nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, nor more than four grams of sugar per ounce, no more than thirty-five percent of calories from fat per portion and no more than ten percent of calories from saturated fat per portion
 - 3. One hundred percent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners,
 - 4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners, and
 - 5. Water, which may be flavored but contain no added sugars, sweeteners, artificial sweeteners or caffeine.

Portion sizes of beverages, other than water as described in subdivision (5) of this section, that are offered for sale shall not exceed twelve ounces.

- B. Only foods that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.
- C. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese & crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, low fat and nonfat milk, low fat dairy products and fresh or dried fruit.
- D. Foods sold or served in school should assist students to comply with the dietary guidelines for Americans, by providing a variety of grains, fruits, vegetables, foods low in saturated fat, trans fat, cholesterol, sugars and salt.
- E. Food that is sold must meet the Health Department's standards in regard to storage, preparation and serving.
- F. Students and staff will have access to safe, fresh drinking water throughout the school day. Fluoridated or bottled water should be made available for purchase by staff and students.

- G. Vending sales of soda and candy will not be permitted in areas accessible by students. Vending machines available only to staff will include healthy alternatives.
- H. The non-vending sale of soda 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 or on the weekend if such beverages are not sold from a vending machine or school store. Such sale should be at the location of the event.
- I. Organizations operating concessions at school functions should include at least some healthy food choices in their offerings
- J. Food should not be used as student rewards without the permission of the principal. Non-food celebrations or special activities should be used as an alternative to food rewards. Teachers are permitted to include the food of a particular culture or time period being studied if the foods served are within the food allergy guidelines.

Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate shall be developed.

It is encouraged that the lunchroom environment be a place where students have:

- adequate space to eat and pleasant surroundings;
- adequate time for meals (at least twenty minutes daily); and
- convenient access to hand washing facilities before meals.

Fundraising

All fundraising projects that sell food to support student activities during the school day may not start until thirty minutes after the last lunch period ends. The District should encourage selling non-food items for fundraising where appropriate. Foods that are sold to raise funds should meet the District Nutrition Standards. Items may be sold that do not meet the standards, provided (1) such sale is in connection with an event occurring after the end of the regular school day or on the weekend, (2) such sale is at the location of such event, and (3) such food is not sold from a vending machine or school store.

Nutritious foods shall be available as an affordable option whenever food is sold or served on district property or at district events.

Student Nutrition Education

The District shall develop and implement a comprehensive, developmentally appropriate health curriculum that addresses nutrition for all age groups. Instructional staff is 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 (My Pyramid)
- Reading food labels
- Sources and variety of foods, fluids, and major nutrients
- Guidelines for healthy food choices, including, but not limited to
 - Healthy snacks and strategies to identify and limit junk food
 - Importance of a healthy breakfast
- Correlations between food choice and disease
- Understanding calories
- Proper sanitation

Parent Nutrition Education

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate 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.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building Principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school.

Health and Fitness

It is the Board's position that all students have equal and equitable opportunities for physical activity and fitness education in District schools. The goals of the district are:

- A. All children, from kindergarten through grade 12, will participate in a quality, standards-based physical activity/fitness education program
- B. All schools will have certified physical education teachers providing instruction
- C. All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with national standards
- D. All elementary students in grades 1 through 4 shall have a least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity. Students in grades 5 and 6 shall have a minimum of 15 minutes a day of this supervised recess.
- E. Access to school sites will be provided through permitting use of facilities to community youth sports groups consistent with the District's facilities use policy so additional opportunities are available for youth to participate in quality physical activity, fitness, sports and recreation programs.
- F. Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity, including but not limited to recess, as punishment.

Program Evaluation

A. Nutrition

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the Superintendent or designee is responsible for evaluating and assessing whether the Board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

B. Physical Education

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with the state physical fitness assessment.

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