

## SCHOOL NUTRITION STANDARDS

The Rice Lake Area School District (RLASD) is committed to providing students with a school environment that enhances overall health and wellness and ultimately decreases the rate of childhood obesity.

The District is committed to serving healthy meals to children. We aim to improve the diet and health of school children, help decrease childhood obesity, model healthy eating to support the development of lifelong eating patterns and support health choices while accommodating cultural food preferences and special dietary needs. The District provides a variety of fruits, vegetables, whole grains and fat-free and low-fat milk that are moderate in sodium, low in saturated fat and have zero grams of trans fat per serving to meet the nutrition needs of school children within their calorie requirements.

### **DEFINITIONS:**

**School Day:** The period of time from midnight before to 30 minutes after the end of the instructional school day

**School Campus:** All areas of the property under the jurisdiction of the school that are accessible to students during the school day

**Combination food:** Foods that contain more than one component representing more than one of the recommended food groups (fruit, vegetable, dairy, protein and grains)

**Smart Snacks in Schools Guidelines:** Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

Reference: <https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>

**Reimbursable Meal (Offer versus Serve):** Meals reimbursed through the USDA Child Nutrition Program districts must offer certain meal components to students at each meal. The basic formula requires that five meal components are offered that meet the USDA child nutrition standards— milk, fruit, vegetable, meat/meat alternate (like beans, yogurt or cheese), and grain. Based on Offer versus Serve, students must choose three full portions of the five, with at least one choice being a 1/2c fruit, 1/2c vegetable, or 1/2c total combined fruit and vegetable.

## **I. REIMBURSABLE SCHOOL MEALS (USDA CHILD NUTRITION PROGRAM)**

All schools in the RLASD participate in USDA Child Nutrition Programs under the Healthy Hunger-Free Kids Act of 2010, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Special Milk Program (SMP).

**Goal:** School meals will be accessible to all students and will offer a variety of nutritious food and beverage choices that meet or exceed current local, state and federal statutes and regulations and operate in accordance with the NSLP and SBP standards using “Offer vs Serve”.

- Menus shall be posted on the District website and in every school cafeteria.

- Breakfast will be offered approximately 20 minutes prior to the start of the school day.
- Lunch lines will be scheduled between 10:50am and 1:00 pm on a normal school day. Students will have at least 20 minutes to eat lunch after being seated with their meal.
- Drinking water will be available to all students during mealtimes.
- Students will have convenient access to hand washing and/or hand-sanitizing facilities. Hand-washing will be promoted as the ideal, as it is the method which protects against the spread of allergens.

## **II. COMPETITIVE FOODS**

All foods and beverages sold to students on school campus during the school day, other than reimbursable meals (student cafes, ala cart menu items, school day fundraisers, etc.)

**Goal:** The District aims to ensure students have access to healthy food and beverage choices during the school day and encourage healthy choices for students and staff. All food and beverages sold and served outside of the school meals programs shall meet the standards established in USDA’s Nutrition Standard for All Foods Sold in Schools ([Smart Snacks in Schools Guidelines](#)).

### **BEVERAGES**

Only milk, water and 100% fruit or vegetable juices may be sold to students on school campus prior to and throughout the school day. Serving sizes of beverages are limited by the [Smart Snacks in Schools Guidelines](#) as reflected below. Beverages that do not fit into the categories below are not allowed to be sold during the school day.

#### **1. WATER**

Because hydration is essential to overall health and well-being, it is recognized by the district as the beverage of choice for a healthy diet. All students are encouraged to drink plain water (with or without carbonation) in unrestricted amounts throughout the school day.

- Water bottles must have secure caps
- Areas where water bottles are allowed may vary

#### **2. MILK**

RLASD will offer at least 2 milk choices per federal standards. Milk choices will be limited to:

- a. Unflavored low-fat milk (1% milk-fat or less)
- b. Unflavored or flavored fat-free milk or milk alternatives permitted by the NSLP

Serving sizes of milk or allowable milk alternatives will be limited as follows:

- Elementary Schools – 8 oz serving or less
- Middle School – 12 oz serving or less
- High School – 12 oz serving or less

#### **3. JUICE**

- a. Only 100% fruit or vegetable juice may be sold to students during the school day (100% juice products may be diluted with water, with or without carbonation).
- b. Serving sizes of 100% fruit or vegetable juice will be limited as follows:

- Elementary Schools – 8 oz serving or less
- Middle School – 12 oz serving or less
- High School – 12 oz serving or less

#### **4. OTHER BEVERAGES** – additional “no calorie” or “lower calorie” beverages may be made available to high school students. Serving sizes are limited as follows:

- No more than 20 ounce portions of:

- Calorie-free flavored water (with or without carbonation)
- Flavored and carbonated beverages containing <5 calories per 8 fluid ounces or less than 10 calories per 20 fluid ounces.

## FOODS

- Any food sold during the school day must:
  - be a grain product that contains 50% or more whole grain by weight;     **OR**
  - have listed as the first ingredient a fruit, vegetable, dairy product or protein food;     **OR**
  - be a combination food that contains at least ½ cup fruit and/or vegetable;     **OR**
  - contain 10% of the Daily Value (DV) of one of the following nutrients: calcium, potassium, vitamin D or dietary fiber.
- Any food sold during the school day must also meet the following nutritional requirements:
  - Calorie limits
    - Snack items: ≤ 200 calories
    - Entrée' items: ≤350 calories
  - Sodium limits
    - Snack items: ≤230 mg
    - Entrée' items: ≤ 480 mg
  - Fat limits
    - Total fat: ≤ 35% of calories
    - Saturated fat: ≤ 10% of calories
    - Trans fat: 0 grams
  - Sugar limit
    - ≤ 35% of weight from total sugars in foods

Refer to [Smart Snacks in Schools Guidelines](#) or [Smart Snacks Calculator](#) for further information.

### **III. FOOD AND BEVERAGES PROVIDED BUT NOT SOLD OUTSIDE OF SCHOOL MEAL PROGRAM DURING THE SCHOOL DAY (classroom parties, celebrations or snacks)**

The RLASD promotes non-food celebrations. Lists of school appropriate non-food items are available for staff and parents to support the efforts to decrease childhood obesity, unhealthy snacking and allergen concerns. When foods are offered to students during the school day the District encourages foods to meet the [Smart Snacks in Schools Guidelines](#). The RLASD recognizes that many students and staff have limitations to the foods and beverages they are able or allowed to consume due to a variety of health, religious or personal reasons.

**Goal:** The RLASD aims to provide all students and staff with a safe environment to work, learn and grow and must assure the rights of these individuals. The RLASD will ensure foods and beverages offered to students on campus provide for a safe and respectful environment for all students.

All foods and beverages offered to students on school grounds, including those provided by school staff or student family members for celebrations, parties, or classroom activities, will adhere to the following District standards:

- All foods must either be a whole fruit or vegetable or be commercially prepared and accompanied by a manufacturer's label with a full list of ingredients. Homemade foods are no longer allowed.

- All beverages other than plain water must be accompanied by a manufacturer's label with a full list of ingredients.

Refer to [Smart Snacks in Schools Guidelines](#) or [Smart Snacks Calculator](#) for further information.

#### **IV. FUNDRAISERS**

The RLASD encourages fundraisers that promote physical activity and healthy lifestyle choices. Fundraisers that follow the [Smart Snacks in Schools Guidelines](#) are preferred. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two (2) exempt fundraisers per student organization per school per school year, not to exceed two (2) consecutive weeks each. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule. Exempt fundraisers may not occur in the meal service area during meal service times. All other fundraisers sold during the school day will meet the [Smart Snacks in Schools Guidelines](#). No restrictions are placed on the sale of food/beverage items sold outside of the school day. To apply for a fundraiser exemption, contact the building administrator.

#### **V. FOOD AND BEVERAGES SOLD OR OFFERED OUTSIDE OF THE SCHOOL DAY (Concessions, Banquets, School sponsored events, etc)**

The RLASD will reinforce the importance of the Wellness Plan and promote healthy lifestyle choices during any district-sponsored activity outside the school day. At any activity that offers foods or beverages:

- Healthy, nutrient-dense food choices that follow the [Smart Snacks in Schools Guidelines](#) will be available.
- A selection of water, low-fat milk and/or 100% fruit or vegetable juice will be offered alongside any other beverages of lesser nutritional value.

#### **VI. NUTRITION EDUCATION**

**Goal:** RLASD will teach, model, encourage and support healthy eating by all students. Nutrition education is offered at each grade level as a part of a sequential, comprehensive, standards-based health education curriculum meeting state and national standards that:

- provides students with the knowledge and skills necessary to promote and protect their health;
- is part of health classes and also integrated into other classroom instruction such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate culturally relevant and participatory activities such as cooking demonstrations, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and physical activity and exercise;
- links with school meal programs, cafeteria nutrition promotion activities and other school and community activities that promote positive nutrition outcomes;
- teaches media literacy with the emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff;

- provides opportunities for students to practice or rehearse skills taught through the health education curricula.

In order for students to utilize and practice their label-reading skills, nutritional information will be available for all food and beverage items sold or offered to students on campus during the school day.

All RLASD nutrition program directors, managers, and staff shall meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In order to supplement students' nutrition education, inform parents of nutrition-related news, and promote healthy lifestyle choices both inside and outside the school environment, nutrition education materials will be provided to parents, staff and the community. Nutrition education materials will take multiple forms and may include:

- Handouts
- Newsletters
- District websites
- Social networking websites
- E-mails
- Presentations
- District public relations venues (radio spots, newspaper articles, etc.)
- Building level back-to-school organizational meetings

## **VII. NUTRITION PROMOTION**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

**Goal 1:** All RLASD staff will model positive nutrition-related behaviors and contribute to providing students with a pressure-free, healthy environment. It is the professional expectation of all RLASD staff to follow the Wellness Policy in the presence of students during the school day. This includes:

- drinking either school-day appropriate beverages (water, low-fat milk or 100% juice) or using a container which prevents promotion of beverages which are not permitted for students during the school day;
- eating foods in the presence of students which do not meet the Competitive Food Guidelines established for students;
- refraining from using foods and beverages as a reward for any reason including performance or behavior. The district will provide teachers and other relevant school staff with a list of alternative ways to reward children;

**Goal 2:** The RLASD will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. This promotion will include:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using USDA [Smarter Lunchroom Techniques](#).
- Ensuring that 100% of foods and beverages promoted to students meet the [Smart Snacks in Schools Guidelines](#);
- permitting after-school vending machines in order to give students an option for a healthy snack as they prepare for after school events. In order to provide appropriate nutrition at these times, all campus vending machines will sell only foods and beverages that meet the [Smart Snacks in Schools Guidelines](#).

### **VIII. FOOD AND BEVERAGE MARKETING**

The RLASD strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts can be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts.

**Goal:** Food and beverage marketing will promote only those foods and beverages that meet the [Smart Snacks in Schools Guidelines](#).

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written or graphic statements made for the purposes of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes but is not limited to:

- brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- displays, such as on vending machine exteriors;
- corporate brand, logo, name or trademark on school equipment such as marquees, message boards, scoreboards, blackboards, etc. (Note: immediate replacement of these items is not required; however, items currently in place but not in compliance with this policy will be replaced to the extent that is financially possible over time);
- corporate brand, logo name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the RLASD;
- advertisements in school publications or school mailings;
- free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

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