

RIVERSIDE ELEMENTARY SCHOOL

2015-2016

SCHOOL WELLNESS POLICY

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Riverside Elementary School Wellness Committee

2015-2016 School Wellness Committee Members

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The Riverside Elementary Wellness Policy

Rationale:

The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more – can adversely affect not only a child's health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids' health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand.*

Goal:

All students in Riverside Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. The staff in Riverside Elementary School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Riverside Elementary School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition:

This policy does not apply to school-related events, such as interscholastic sporting events, school plays, and band concerts; where parents and other adults are a significant portion of the audience or are selling beverages and foods as boosters.

The Riverside Elementary School will:

- Offer fluid and nutrition needs of young people at school through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following U.S. Department of Agriculture (USDA) guidelines. Follow State Board Of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).

- **Qualifications of School Food Service Staff:** Operate all Child Nutrition Programs with school food service staff that are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E).
- Implement nutrition standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011), www.healthyschoolsms.org/MSHealthyStudentsAct.htm.
- **Meal Scheduling:** Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
- **Cafeteria Environment:** Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- **Nutrition Requirements:** Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations. Eliminate all non-nutritious foods/beverages and add nutritious and appealing options. Offer a variety of fruits and vegetables. Serve only reduced-fat milk, water, or 100% fruit juices whenever foods/beverages are sold or otherwise offered at school during school hours. This shall include parties and celebrations, extended school year and after school programs. See Appendix A for guidelines and options.
- **Vending Machines:** Eliminate all non-nutritious items from all vending machines (including those non-accessible to students). Only water and 100 % juice with no added sweeteners and healthful food snacks will be available. See Appendix A for guidelines and options.
- **Staff Guidelines:** Demonstrate good nutrition by not consuming non-nutritional snacks in the presence of students during school hours. The consumption of non-nutritional snacks by faculty and staff must be confined to the staff lounge or items must be contained in a non-labeled container or thermos.
- **Rewards and Punishments:** Our school will not use foods or beverages (especially those that do not meet the nutrition standards for foods and beverages) as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. See Appendix B for example of non-food rewards.
- **Fundraising:** Use services, contests, non-food items, and/or healthy foods for fundraising programs for all school based organizations. The sale of candy is prohibited. See Appendix C for alternative fundraising ideas.
- **Marketing:** Increase participation in the Child Nutrition School Breakfast and Lunch Programs by participating in National School Lunch Week, School Breakfast Week, and Grandparent's Day (grandparents are invited to lunch at school). Parents will be encouraged to participate in good nutrition habits through newsletters, take-home materials, parent work-shops, and letters from the food service staff.

Commitment to Food Safe Schools:

- The Riverside Elementary School will:

- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site.
- Food safety education will be taught to grades K-6 using the Fight-Bac® curriculum (www.fightbac.org).
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: <http://healthyschoolsms.org/ohs/main/instrutionalvideo.htm>.
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Riverside Elementary School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional development include, but are not limited to, the video developed by the Office of healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.

Food Safety Policy

Food borne illness is the sickness that results from eating foods that are contaminated with harmful bacteria and other microorganisms. To keep food safe from harmful bacteria, our school will follow these basic food safety principles anytime food is served at school:

- **Clean-** Wash hands, utensils and surfaces with hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs or seafood to protect adequately against bacteria. Using a disinfectant cleaner or a mixture of bleach and water on surfaces and antibacterial soap on hands can provide some protection. Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food. Disposable gloves will be used when preparing and serving ready-to-eat foods, such as fruits, vegetables, sandwiches, and salads.
- **Separate-** Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods; never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs, or seafood.
- **Cook-** Cook food to the proper internal temperatures (this varies for different cuts and types of meat and poultry) and check for doneness with a food thermometer. Cook eggs until both the yolk and white are firm.

- **Chill-** Refrigerate or freeze perishables, prepared food and leftovers within two hours and make sure the refrigerator is set at not higher than 40°F and that the freezer unit is set at 0°F.

Commitment to Managing Students with Food Allergies:

Food allergies can be life threatening. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students.

Family's Responsibility

- Notify the school of the child's allergies.
- Provide written medical documentation, instructions, and medications as directed by a physician.
- Work with the school team to develop a plan that accommodates the child's needs throughout the school including in the classroom, cafeteria, after-school programs, school-sponsored activities, and on the school bus.
- Provide properly labeled medications and replace medications after use or upon expiration.
- Educate the child in the self-management of their food allergy including:
 - safe and unsafe foods
 - strategies for avoiding exposure to unsafe foods
 - symptoms of allergic reactions
 - how and when to tell an adult they may be having an allergy-related problem
 - how to read food labels (age appropriate)
- Review policies/procedures with the school staff, the child's physician, and the child (if age appropriate) after a reaction has occurred.
- Provide emergency contact information.

School's Responsibility

- Be knowledgeable about and follow applicable federal laws including ADA, IDEA, Section 504, and FERPA and any state laws or district policies that apply.
- Review the health records submitted by parents and physicians.
- Include food-allergic students in school activities. Students should not be excluded from school activities solely based on their food allergy.
- Identify a core team of, but not limited to, school nurse, teacher, principal, school food service manager/director, and counselor (if available) to work with parents and the student (age appropriate) to establish a prevention plan.
- Assure that all staff who interact with the student on a regular basis understands food allergy, can recognize symptoms, knows what to do in an emergency, and works with other school staff to eliminate the use of food allergens in the allergic student's meals, educational tools, arts and crafts projects, or incentives.

- Coordinate with the school nurse to be sure medications are appropriately stored, and be sure that an emergency kit is available that contains a physician's standing order for epinephrine. Emergency medication should be kept in an easily accessible location central to designated school personnel. Students should be allowed to carry their own epinephrine, if age appropriate, after approval from the student's physician and parent.
- Designate school personnel who are properly trained to administer medications in accordance with the State Nursing and Good Samaritan Laws governing the administration of emergency medications.
- Be prepared to handle a reaction and ensure that there is a staff member available who is properly trained to administer medications during the school day regardless of time or location.
- Review policies/prevention plan with the core team members, parents/guardians, student (age appropriate), and physician after a reaction has occurred.
- Work with the district transportation administrator to assure that school bus driver training includes symptoms awareness and what to do if a reaction occurs.
- Recommend that all buses have communication devices in case of an emergency.
- Enforce a "no eating" policy on school buses with exception made only to accommodate special needs under federal or similar laws, or school district's policy.
- Discuss field trips with the family of the food-allergic child to decide appropriate strategies for managing the food allergy.
- Follow federal/state/district laws and regulations regarding sharing medical information about the student.
- Take threats or harassment against an allergic child seriously.

Student's Responsibility

- Should not trade food with others.
- Should not eat anything with unknown ingredients or known to contain allergens.
- Should be proactive in the care and management of their food allergies and reactions based on their developmental level.
- Should notify an adult immediately if they eat something they believe may contain the food to which they are allergic.

Commitment to Physical Activity/Physical Education:

The Riverside Elementary School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-6 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).

- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Require fitness testing for all 5th grade students.
- Offer a planned sequential program of physical education instruction incorporating individuals and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).

Physical activity resources can be downloaded at
www.healthyschoolsms.org/ohs/main/initiatives/school_wellness_policy.htm.

Commitment to a Healthy School Environment:

The Riverside Elementary School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all signs are illuminated and clearly visible (no funds are available at this time).
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.com) for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operating and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.

Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).

- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at www.edi.msstate.edu).
- Provide air conditioning in all classrooms, Code §37-17-6(2) (2000).

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82 (2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at:
http://www.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm or any other instrument considered to be dangerous and capable of causing bodily harm or who commit a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibits students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.

Commitment to Quality Health Services:

The Riverside Elementary School will:

- Ensure that all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.
- Offer comprehensive health services for students in grades K-6, through the employment of school nurses, as a means to academic success.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- Adopt a policy authorizing a school nurse or trained school employee to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction, whether or not the student has a prescription for epinephrine.
- A licensed medical physician may prescribe epinephrine auto-injectors. Each school that maintains a supply of auto-injectable epinephrine shall require that at least one employee on the school campus to receive training from a registered nurse, or a physician in the administration of auto-injectable epinephrine.
- Any employee trained in the administration of auto-injectable epinephrine, who provides, administers, or assists in the administration of auto-injectable epinephrine, in accordance with the provisions of Section 37-11-71, to a student believed in good faith to be having an anaphylactic reaction, shall be immune from civil liability for any personal injury as a result of that care or treatment if the employee's actions or failure to act do not amount to willful or wanton misconduct or gross negligence.

Commitment to Providing Counseling, Psychological and Social Services

The Riverside Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
- Ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards, Process Standards 6.1 and 6.2).
- Require that there shall be a qualified school counselor at each school site.

Commitment to Family and Community Involvement:

The Riverside Elementary School will:

- Give parents and community the opportunity to serve on the School Health Council.
- Invite family members to a school meal.
- Provide families with seminars, workshops, and information on health topics.

Commitment to Implementing a Quality Staff Wellness Program:

The Riverside Elementary School will:

- Promote health and reduce risk factors through professional and staff development programs.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, and nutrition education.
- Ensure that all staff is aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount.

Commitment to Marketing a Healthy School Environment:

The Riverside Elementary will:

- Provide positive, motivating messages both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.

Marketing resources can be downloaded at:

www.healthyschoolsms.org/ohs_main/initiatives/schoolwellnesspolicy.htm.

Commitment to Implementation:

The Riverside Elementary School will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to ensure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

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Appendix

Appendix A: Nutrition Guidelines

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of Mississippi children. This can be done with a combination of two strategies.

1. **Adding more nutrient-rich, appealing options whenever** foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, , and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100% juice, and water.
2. **Limiting intake of discretionary calories** (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). As described in the 2005 Dietary Guidelines for Americans, discretionary calories **include intrinsic fats in the basic food groups** (like the fat in whole milk versus low-fat milk), **most solid fats** (like butter and margarine), and **all added sugars**. Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, cookies, and high-fat snacks (regular potato chips, corn chips, crackers, sausage sticks, etc.).

MARKETING:

The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:

- **Product:** Vendors and companies have increasing numbers of products available – many with a more healthful profile than traditional snack foods and beverages.
- **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations –like at students’ eye level in a vending machine.
- **Price:** Another way to increase the sales of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to .50 less than regular soft drinks.
- **Promotion:** There are many creative ways to promote healthy options – like offering samples of new healthful products or giving discount coupons during the introductory period.

For more information on these strategies and schools that have successfully increased healthful food and beverage options, read: **Making It Happen! School Nutrition Success Stories**

www.fns.usda.gov/tn/Resources/makingithappen.html

EXAMPLES: The following two sets of guidelines are for discussion purposes only. Schools can use these guidelines and others from the sources listed below to begin the discussion on what is appropriate for the health of students, based on the community input mandated by PL # 108-265.

Colorado Department of Education:

www.cde.state.co.us/cdenutritran/nutriSB04-103.htm

Philadelphia Public Schools:

www.philsch.k12.pa.us/offices/foodservices/bevpol04.pdf

South Carolina Department of Education:

www.fns.usda.gov/tn/Healthy/SC_report.pdf

Texas Department of Agriculture School Nutrition Policy:

www.squaremeals.org/

Beverage Regulations for Mississippi Schools

The Mississippi Board of Education recognizes the critical role that adequate hydration plays in healthy weights, disease prevention, and dental health, as well as academic performance. The fluid and nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

Time of Day

The following beverage regulations apply to all Mississippi school campuses during the regular and extended school day defined as the hours between 7:00 am and 4:00 pm. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama and childcare / latchkey programs.

This beverage policy does not apply to school-related events; such as interscholastic sporting events, school plays, and band concerts; where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

Implementation

As of the 2007 – 2008 school year, all full calorie, sugared carbonated soft drinks shall no longer be sold to students in Mississippi schools during the school day.

As of the 2008 – 2009 school year, only the following options **MAY** be available for beverage vending:

Beverages

Elementary School

- Bottled water
- Low fat and non fat regular and flavored milk* with up to 160 calories / 8 ounces
- Up to 8 ounce serving of milk and 100% juice**
- 100% juice** with no added sweeteners and up to 120 calories / 8 ounces

Middle School

- Same as elementary school, except juice and milk may be sold in 10 ounce servings***

High School

- Bottled water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100% juice**, light juice and sports drinks
- Low fat and non fat regular and flavored milk with up to 160 calories / 8 ounces
- 100% juice** with no added sweeteners and up to 120 calories / 8 ounces
- Light juices and sports drinks with no more than 66 calories / 8 ounces
- At least 50% of beverages must be water and no or low calorie options

*Milk includes nutritionally equivalent milk alternatives (per USDA), such as soymilk.

** 100% juice that contains at least 10% of the recommended daily value for three or more vitamins and minerals.

**** As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.*

Snack Regulations for Mississippi Schools

The Mississippi Board of Education recognizes the critical roles that optimal nutrition play in healthy weights, disease prevention, and dental health, as well as academic performance. The nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

The following regulations apply to all Mississippi school campuses during the school day defined as the hours between 7:00 am and 4:00 pm. To protect the integrity of the Child Nutrition Programs and to ensure that children do not have to choose between the School Lunch/Breakfast programs and vended items, schools shall follow the Competitive Food policy EEH.

Food sales outside of Child Nutrition Programs, including vending machines, student stores, snacks bars, and other fundraising programs, are available in Mississippi schools at the discretion of the school district. When schools decide to offer vending, they shall provide a selection of healthful food options to students, with the following overall goals:

1. Minimize excessive intake of calories, especially empty calories from fat and sugar.
2. Increase intake of nutrients for optimal growth, development, and brain functioning, especially from nutrient-rich, minimally processed foods like whole grains, fruits, vegetables, nuts, seeds, lean meats, and dairy foods.
3. Develop marketing and nutrition education strategies to promote healthful options to all students, families, and school staff.

The following regulations cover all foods through vending machines, student stores, snack bars, fundraisers, and other sales available to students. Research supports that proper nutrition improves the health and performance of teachers, as well as students. Teachers also serve as important adult role models to children. With these factors in mind, at least 50 percent of the items vended in staff areas (those inaccessible to students) shall meet these regulations.

These regulations shall not be applicable to nor restrict the food items made available at school-related events (such as interscholastic sports, school plays, band concerts, or family events) where adults constitute a significant portion of the audience or are selling foods in booster programs.

FOR GRADES 7-12:

The following restrictions will govern food items that may be offered for sale. To assist schools in complying with these regulations, the Mississippi Department of Education, Office of Child Nutrition will maintain a list of products meeting the standards. Food vendors must submit nutrition information on food products in order to have them included on the list.

NOTE: Vending to elementary students (grades K-6) may be appropriate in districts where school lunches are served early in the day (10:30 to 11:00 am). In order to promote optimal learning in the afternoon, the Mississippi Board of Education recognizes that the foods allowed in grades 7-12 may also be sold to children in grades K-6 at the discretion of the school district.

FOODS

Snacks, Bars, and Dessert Items

This category includes, but is not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers and cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels), frozen desserts, ice cream, cheese, yogurt and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).

Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:

- **Key Nutrients:** At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber; vitamins A, C, D, E; thiamin, niacin, riboflavin, calcium, iron, and zinc). At least 3 grams protein per package may be substituted for one of the listed nutrients. Schools are encouraged to offer foods that:
 - Are good sources (at least 10% of the recommended Daily Value or DV) of one or more nutrients listed above.
 - Contain at least 5 grams protein.
 - List a whole grain as the first item on the ingredient list.
- **Total Calories:** No more than 200 calories per package.
- **Fat:** No more than 35 percent of total calories from fat and 7 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).
- **Saturated Fat and Trans Fat:** No more than 10 percent of calories from saturated fat and/or trans fat and 2 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).
- **Added Sugar:** No more than 35 percent added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits, vegetables, and dairy). For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams total sugar (added and naturally occurring) per ounce.

Fruits and Vegetables

Include quality* fruits and vegetables available anywhere snack items are sold. For example, dried fruit in vending machines, fresh fruit (e.g., pineapple slices or melon cubes), or fresh vegetables (e.g., baby carrots) in snack bars and concessions.

Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:

- **Key Nutrients:** At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber; vitamins A, C, D, E; thiamin, niacin, riboflavin, calcium, iron, and zinc). Schools are encouraged to offer foods with at least 10% of the recommended Daily Value (DV) for one or more of these nutrients.
- **Total Calories:** No more than 200 total calories.
- **Fat:** No more than 35 percent of total calories from fat and 7 grams maximum.
- **Saturated Fat and Trans Fat:** No more than 10 percent of calories from saturated fat and/or trans fat and 2 grams maximum.
- **Added Sugar:** No more than 35 percent added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits and vegetables).

* "Quality" means fruits and vegetables prepared and packaged without added fat, sugar, or sodium

Timeline

To allow for improved availability of food products, these regulations will be phased-in on the following schedule:

School year 2006-07:

Approved by State Board of Education 10/20/2006

- For each vending location, at least 50% of all vended foods offered must meet the standards listed above.

School year 2007-08:

- For each vending location, at least 75% of all vended foods offered must meet the standards listed above.

School year 2008-09:

- All vended foods offered must meet the standards listed above.

Mississippi Department of Education List of Approved Items for Vending				
Manufacturer	Product Name	Bar Code	Package Size	PDF
Barrel O' Fun	Jonny Rapp's Six O' Cheese - Baked	76721183759	1 oz.	view
Barrel O' Fun	Jonny Rapp's Six O' Fire - Baked	76721183766	1 oz.	view
Dannon	Swingin' Strawberry Banana Yogurt		4 oz.	
Flowers Foods Specialty Group, LLC	Mrs. Freshley's 100 Calorie Pack - Mini Crème Filled Chocolate Cupcakes	7225000870	1.3 oz.	view
Fresh Fruits	All Types - Whole			
Fresh Fruits	All Types - Cut/Sliced Without Dip			
Fresh Produce	Orange		5 oz.	
Fresh Vegetables	All Types - Whole			
Fresh Vegetables	All Types - Cut/Sliced Without Dip			
Frito Lay	Baked Cheetos Crunchy	2840003995	7/8 oz.	view
Frito Lay	Baked Cheetos Crunchy - Flaming Hot		1 oz.	
Frito Lay	Baked Cheetos Crunchy Cheetos Flavored Snacks	2840002992	7/8 oz.	view
Frito Lay	Baked Doritos Nacho Cheese	2840002152	1 3/8 oz.	view
Frito Lay	Munchies Snacks - Kids Mix without Candy		1 oz.	
Frito Lay	Munchies Snacks - Ultimate Cheddar		1 oz.	
Frito Lay	Quaker-Snack Kids Mix		7/8 oz.	view
Frito Lay	Rold Gold Pretzels	2840004006	1 oz.	view
Frito Lay	Snack Mix (Kids Mix)	2840005317	7/8 oz.	view
General Mills Sales, Inc.	Cinnamon Toast Crunch Cereal Bar		1.4 oz.	view
General Mills Sales, Inc.	Cinnamon Toast Crunch Crisps	16000176898	1 oz.	view
General Mills Sales, Inc.	Cocoa Puffs Cereal Bar	16000194387	1.4 oz.	view
General Mills Sales, Inc.	Crunchy Granola Bars - Apple Crisp - Nature Valley		1.5 oz.	view
General Mills Sales, Inc.	Crunchy Granola Bars - Cinnamon - Nature Valley		1.5 oz.	view
General Mills Sales, Inc.	Crunchy Granola Bars - Maple Brown Sugar - Nature Valley		1.5 oz.	view
General Mills Sales, Inc.	Crunchy Granola Bars - Roasted Almond - Nature Valley		1.5 oz.	view
General Mills Sales, Inc.	Nature Valley Crunchy Granola Bars Oats 'N Honey	1600026469	1.5 oz.	view
General Mills Sales, Inc.	Nature Valley Crunchy Granola Bars Peanut Butter	1600026479	1.5 oz.	view
General Mills Sales, Inc.	Team Cheetos Cereal Bar	16000423937	1.4 oz.	view
General Mills Sales, Inc.	Trix Cereal Bar	16000423951	1.4 oz.	view
Goody Man	Fortified Marshmallow Crispy Squares		8 oz.	view
Goody Man	Fortified Marshmallow Crispy Squares	9146494250	1.2 oz.	view
Goody Man	Fortified Marshmallow Crispy Squares	9146494270	1.6 oz.	view
Herr's	Herr's Cheddar on Wheat Crackers		1.38 oz.	
Kar Nuts	Honey Roasted Peanuts		1 oz.	
Kar Nuts	Hot and Spicy Peanuts		1 oz.	
Kar Nuts	Mixed Nuts w/ Peanuts		1 oz.	
Kar Nuts	Salted Cashews		1 oz.	
Kar Nuts	Salted in Shell Peanuts		1 oz.	
Kar Nuts	Salted Peanuts		1 oz.	
Kar Nuts	Salted Pistachios		1 oz.	
Kar Nuts	Sunflower Kernels		1 oz.	
Kar Nuts	Sweet 'n' Salty Mix		1 oz.	
Kashi	All Natural Chewy Granola Bar - Trail Mix		1.2 oz.	
Kashi	Honey Almond Flax Granola Bar		1 oz.	
Kellogg Sales Company	Nutri-Grain Cereal Bar - Apple Cinnamon		1.3 oz.	

Mississippi Department of Education List of Approved Items for Vending				
Manufacturer	Product Name	Bar Code	Package Size	PDF
Kellogg Sales Company	Nutri-Grain Cereal Bar - Apple Raisin		1.3 oz.	
Kellogg Sales Company	Nutri-Grain Cereal Bar - Strawberry	3800076541	1.3 oz.	view
Kellogg Sales Company	Rice Krispies Treat - Original		1.3 oz.	
Kellogg Sales Company	Rice Krispies Treats		40 oz.	view
Kellogg Sales Company	Smart Start Healthy Bars - Cinnamon		40 oz.	view
Kellogg Sales Company	Smart Start Healthy Bars - Strawberry Vanilla		40 oz.	view
Kellogg Sales Company	Smart Start Healthy Heart Bars - Cinnamon		40 gr.	view
Kellogg Sales Company	Smart Start Healthy Heart Bars - Strawberry Vanilla		40 gr.	view
Kellogg Sales Company	Special K Bar Blueberry	3800001159	.81 oz.	view
Kellogg Sales Company	Special K Bar Chocolatey Drizzle	3800024782	.8 oz.	view
Kellogg Sales Company	Special K Bar Strawberry	3800001258	.81 oz.	view
Kellogg Sales Company	Special K Bar Strawberry	2900007682	1 oz.	view
Kraft Foods North America	Planters Salted Peanuts	2100000022	1 oz.	view
Kraft Foods North America	Polly-O String-ums Moisture Part-Skim Mozzarella String Cheese		1 oz.	view
Kraft Foods North America	Reduced Fat Mild Cheddar Cheese Portions		1 oz.	view
Land O'Lakes	Nutty Peanut Bar		1.06	view
Little Debbie	Generation Max Snickers Clusters	409210	1.06 oz.	view
Mars Inc.	3 Musketeers S'mores Brownie Bar	409180	1.26 oz.	view
Mars Inc.	3 Musketeers Chocolate Strawberry Brownie Bar	409170	1.26 oz.	view
Mars Inc.	3 Musketeers Chocolate Brownie Bar	409090	1.26 oz.	view
Mars Inc.	Generation Max Snickers Cookies	409200	1.15 oz.	view
Mars Inc.	Generation Max M & M Cookies - Milk Chocolate	409050	1.15 oz.	view
Mars Inc.	Generation Max Combos Pizza Crackers	409030	1.06 oz.	view
Mars Inc.	Generation Max Combos Hot & Spicy Crackers	409040	1.06 oz.	view
Mars Inc.	Generation Max Combos Ranch Pretzels	409250	1.06 oz.	view
Mars Inc.	Generation Max Twix Cereal Clusters	409220	1.06 oz.	view
Nature Valley	Crunchy Granola Bar - Oats Honey		1.5 oz.	
Nature Valley	Crunchy Granola Bars - Peanut Butter		1.5 oz.	
Nature Valley	Crunchy Granola Bars - Vanilla Nut		1.5 oz.	view
Nature's Path	Organic Granola Bar - Cranberry Raisin		1.4 oz.	
Nature's Path	Organic Granola Bar - Flaxplus - Pumpkin		1.4 oz.	
Otis Spunkmeyer, Inc.	Otis Spunkmeyer (Banana) Muffin	1308703505	1.8 oz.	view
Otis Spunkmeyer, Inc.	Otis Spunkmeyer (Wild Berry) Muffin	1308703520	1.8 oz.	view
Otis Spunkmeyer, Inc.	Otis Spunkmeyer (Wild Berry) Muffin	1308703500	1.8 oz.	view
Pepperidge Farm	Goldfish Flavor Blasted Hot'n Spicy Cheddar	1410017836	1.5 oz.	view
Pepperidge Farm	Goldfish Flavor Blasted Kickin' Ranch	1410017835	1.5 oz.	view
Poore Brothers, Inc.	Tato Skins	2049590085	1 oz.	view
Promotion In Motion, Inc.	Welch's - Reduced Sugar - Fruit Snacks - Mixed Fruit with Real Fruit	3485610198	1.5 oz.	view
Quaker Oats Company	Breakfast Bites - Apple Crisp		1.97 oz.	
Quaker Oats Company	Breakfast Bites - Strawberry	284013	1.97 oz.	view
Quaker Oats Company	Breakfast Squares - Oatmeal Raisin		1.41 oz.	
Quaker Oats Company	Quaker Breakfast Bar - Apple Crisp Cereal Bar	306120	1.3 oz.	view
Quaker Oats Company	Quaker Breakfast Bar Very Berry Muffin	306140	1.3 oz.	view
Roman Meal	100% Whole Grain Snack Bar - Oatmeal Raisin		2 oz.	
School Time Foods	Puff Pops - Barbecue Flavor		20 grams	view
School Time Foods	Puff Pops - Sour Cream and Onion		20 grams	view

Mississippi Department of Education List of Approved Items for Vending				
Manufacturer	Product Name	Bar Code	Package Size	PDF
Southern Heritage	Hot BBQ Meat Stick		1 oz.	view
Southern Heritage	Sunny Honey Delight Meat Stick		1 oz.	view
Southern Heritage	Sweet BBQ Meat Stick		1 oz.	view
Super Bakery	Super Muffin-Apple Blueberry Bran		2.6 oz.	view
Super Bakery	Super Muffin-Apple Cranberry Bran		2.6 oz.	view
Upstate Farms	Nonfat Yogurt - Blended Blueberry		4 oz.	
Upstate Farms	Nonfat Yogurt - Blended Peach		4 oz.	

Appendix B: Non-Food Rewards

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives – from outstanding educators across the country – to offering food as a reward to individual students or entire classes.

Read a book.
Sit by friends.
Read outdoors.
Teach the class.
Have extra art time.
Enjoy class outdoors.
Have an extra recess.
Play a computer game.
Read to a younger class.
Get a no homework pass.
Sing a silly song together.
Make deliveries to the office.
Listen to music while working.
Play a favorite game or puzzle.
Earn play money for privileges.
Walk with a teacher or principal.
Eat lunch outdoors with the class.
Be a helper in another classroom.
Eat lunch with a teacher or principal.
Start and maintain a vegetable garden.
Dance to favorite music in the classroom.
Get a “free choice” time at the end of the day.
Listen with a headset to a book on audiotape.
Have a teacher perform special skills (i.e. sing).
Be first in line when the class leaves the room.
Have a teacher read a special book to the class.
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.).

Additional online resources for non-food reward ideas:

Connecticut Team Nutrition

[www.state.ct.us/sde/deps/Student/NutritionEd/Food As Reward HO1.pdf](http://www.state.ct.us/sde/deps/Student/NutritionEd/Food%20As%20Reward/HO1.pdf)

Michigan Team Nutrition

www.tn.fcs.msue.msu.edu/foodrewards.pdf

New England Food and Dairy Council

www.newenglanddairycouncil.org/PDF/alternativefoodrewards.pdf

Texas Department of Agriculture

[www.squaremeals.org/vgn/tda/files/983/1034 NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/983/1034_NonFoodRewards.pdf)

Appendix C: Healthy Fundraising

Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

- Fresh and exotic fruit, like cases of citrus fruit
- High quality potatoes, onions, or other produce items
- Nuts and trail mix
- Popcorn

Schools are also selling an ever-expanding variety of non-food items such as:

- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles of gift baskets
- Plants and flowers
- School spirit items

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- Car washes
- Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
- Family game nights
- "Hire a student day" for odd jobs (with proceeds going to the school)
- 3-on-3 basketball tournaments
- Silent auctions
- Talent shows

Additional online resources for healthy fundraising ideas:

Connecticut Team Nutrition

www.state.ct.us/sde/deps/Student/NutritionEd/Healthy_Fundraising_Color.pdf

Montana Office of Public Instruction

www.opi.state.mt.us/pdf/MBI/fundraiser.pdf

Parents Advocating School Accountability

http://pasaorg.tripod.com/nonfood_fundraising.pdf

The Schools and District Health and Wellness plans have been approved by the Western Line School District Board of Trustees on Thursday, September 10, 2015.


Board President


Superintendent