

ADMINISTRATIVE REGULATION

BALTIMORE CITY PUBLIC SCHOOLS

NUTRITION STANDARDS AND MEAL-TIME CLIMATE

I. Purpose

The purpose of this administrative regulation is to set forth the action steps that the district will use to implement the Nutrition Standards and Meal-Time Climate goals identified in the Board's Wellness, Nutrition, and Physical Activity policy ("WNPAP"), including procedures to ensure compliance with the Healthy, Hunger-Free Kids Act of 2010.

II. Guidelines

A. Nutrition Standards for School Meals

1. In order for school meals to meet or exceed USDA nutrition standards and additional state standards, FNS will:
 - a. Ensure that menus are in compliance with USDA regulations for all federal meal programs in which the district takes part.
 - b. Work to eliminate ingredients that have not been shown to be promoting of good health by scientific and peer-reviewed studies as long as they do not conflict with State and Federal requirements.
 - c. Accommodate all students with special dietary needs by developing individualized menus for specific medical conditions.
 - d. Provide nutrition content and food allergen information on its website.
2. To increase the availability of local products in school meals, FNS will:
 - a. Prioritize the purchase of regionally-sourced products when possible and practicable throughout the food procurement process.
 - b. Implement Farms to Schools strategies that increase student awareness of the link between food, farming, and nutrition, and to support the local agricultural economy.
3. To promote student participation in school meals and their consumption of fresh fruit and vegetables, FNS will:

- a. Implement strategies that improve student access to school meals, such as alternative breakfast models and other non-traditional meal delivery models.
 - b. Make a salad bar or pre-plated salad available at lunch on a daily basis except when limited by produce availability, delivery cycle, or other logistical concerns outside of the control of FNS.
 - c. Ensure fresh fruit and vegetables are available at every meal except when limited by produce availability, delivery cycle, or other logistical concerns outside of the control of FNS.
 - d. Encourage eligible schools to apply for the Fresh Fruit and Vegetable grant program each year.
 - e. Invite students to participate in the development and selection of new menu items. FNS may utilize tools such as focus groups and taste tests to engage students.
4. All foods and beverages sold outside of federal meal programs must comply with the Maryland Nutrition Standards for All Foods Sold in Schools.
- a. Food and beverages sold between the hours of 12:01 a.m. through 30 minutes after the end of the school day, and outside of the National School Lunch Program or the School Breakfast Program, must comply with Maryland Nutrition Standards for All Foods Sold in Schools. FNS will maintain a list of permissible food items that meet the above standards for school events, fundraisers, and school stores.
 - b. The advertisement of foods and beverages that do not comply with Maryland Nutrition Standards for All Foods Sold in Schools is prohibited. This includes signage, vending machine fronts, logos, outdoor signage, and advertisement in school publications.
 - c. FNS will maintain the sole authority to select vending machine vendors that offer foods and beverages that comply with USDA regulations, Maryland Nutrition Standards for All Foods Sold in Schools, as well as the Board's WNPAP. Vending machines that sell food and beverage items that do not meet these standards must have and use timers that make the machines inoperable during the school day from 12:01 a.m. through 30 minutes after the end of the school day.
 - d. The sale of caffeinated beverages and soda is prohibited.
 - e. All food items sold as part of a fundraiser during the school day must comply with the Maryland Nutrition Standards for All Food Sold in Schools.

- f. Principals and site-based School Wellness Councils are responsible for monitoring fundraisers, events, and school stores for compliance with the WNP AP. FNS will provide guidance as necessary.
- g. Smart Snacks in School standards do not apply to food and beverage items which students bring from home for consumption during occasional parties and celebrations. However, teachers and parents are encouraged to use healthy food items or non-food options for classroom parties and celebrations. When unhealthy foods and beverages are provided during parties and celebrations, teachers and other adults should use the opportunity to encourage moderation as a healthy eating habit.

B. Meal-time Climate

- 1. To encourage a school environment that promotes a positive meal-time experience and improved health and educational outcomes:
 - a. Principals will schedule meal periods to allow sufficient time for students to eat. Principals will:
 - i. Provide a minimum of 15 minutes for breakfast and a minimum of 30 minutes for lunch.
 - ii. Per federal regulation, schedule lunch periods between the hours of 10:00 a.m. and 2:00 p.m. and as close to the middle of the school day as possible.
 - iii. Encourage teachers to permit students to consume healthy snacks in class or between classes when more than 3 hours exists between breakfast and lunch, or lunch and the last bell.
 - iv. Schedule recess periods before lunch when feasible to encourage appetite and reduce food waste.
 - v. Encourage school staff to dine with students and to model healthy eating habits.
 - b. Foods or beverages shall not be used as punishment or as a reward anytime during the school day.
 - i. This includes the restriction of foods or beverages for any reason and the shortening or elimination of meal times.
 - ii. FNS will provide suggestions for alternative rewards.
 - iii. Smart Snacks in Schools standards do not apply to food and beverage items which are brought from home for consumption during occasional parties and celebrations. However, teachers and other adults are encouraged to promote and model healthy snacking habits, and to encourage moderation when unhealthy foods and beverages are provided during parties and celebrations. The intent is to minimize the use of foods

and beverages that undermine healthy eating habits while preparing students to recognize and practice control when consuming unhealthy foods and beverages.

III. References

Related Policies and Administrative Regulations:

ADF; ADF-RA; ADF-RB; IHCAB; IHCAB-RA; KCA; KCA-RA

Regulation History: New Administrative Regulation, June 9, 2015