

Lancaster School District Child Nutrition Program Information

Due to the nationwide incidence of childhood obesity, Lancaster School District implemented a federally mandated Wellness Policy in July 2006.

The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (Note in 42 USC 1751) mandates that any district participating in a federal nutrition program adopt a policy on a student wellness that, at a minimum, includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

As a result of this mandate the Lancaster School District has adopted a Wellness Policy, and we are encouraging all parents and staff to set the example of healthy eating habits to our students.

The most important guideline states Foods of Minimal Value may not be served, sold or provided to students while at school. A **FMNV** is a food that provides less than 5% of the Reference daily Intake for each of 8 specified nutrients per 100 calories or servings.

These requirements consist of:

Not more than 35 percent of the calories of the item is from fat;

Not more than 10 percent of the total calories of the item is from saturated fat;

Not more than 35 percent of the total weight of the item, excluding fruits and vegetables, is composed from sugar.

Fruit based drinks must be composed of no less than 100% fruit juice. Vegetable juice must be composed of no less than 100% vegetable juice. Drinking water with no added sweetener and one percent-fat milk are permissible.

All **candy** or **soda** fall under the FMNV category.

Our desire is to promote a healthy lifestyle and assist our students to be more successful in school.

Please help us by not bringing these items to school and not allowing your children to bring them in their lunch sacks.

The easiest way to prevent students from bringing **FMNV** foods to school is by having them participate in the breakfast and lunch program and eating a hot meal provided by your school cafeteria.