

Elementary School Nutrition Standards Quick Reference

School Environment Nutrition Standards	Excerpts from Act 1220 of 2003 and the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools:
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***Numbering of the outline below does not reflect/coincide with the Rules Governing Nutrition and Physical Activity Standards in Arkansas Public Schools as passed by the Arkansas Board of Education on August 8, 2005. However, excerpts from Rule are indicated by section of rule in parenthesis.**

<p>I. ACCESS TO FOODS AND BEVERAGES IN PUBLIC SCHOOLS</p>	<p>A. <u>ELEMENTARY STUDENT ACCESS</u></p> <p>1) Elementary students WILL NOT HAVE access to vended food or beverages anytime, anywhere on school premises during the declared school day. (5.01.1) (For additional information see ADE Director’s Memo’s IA-05-021)</p> <p><u>Definitions:</u></p> <ol style="list-style-type: none"> 1. Elementary - a campus with a designated Local Education Agency (LEA) number containing any combination of grades pre-kindergarten through sixth grade. (3.08) 2. Declared School Day – the official schedule as required for students and staff in a specific Local Education Agency (LEA) location. (3.07) 3. Regular Basis - a regularly repeated or continuing occurrence at a specific school site, for example: every day, or on a particular day each week, or repeated on a defined schedule. (3.18) 4. School Site - any and all locations associated with a Local Education Agency (LEA) number. (3.24) 5. Vending - to sell or give away foods and beverages anywhere at a school site on a regular basis. (3.25) <p>2) During the declared school day, an elementary school site may not serve, provide access to, through direct or indirect sales, or use as a reward any Foods of Minimal Nutritional Value (FMNV) or competitive food. This includes FMNV and competitive foods given, sold, or provided by school administrators, or staff (principals, coaches, teachers, club sponsors, etc.) students or student groups, parents or parent groups, or any other person, company or organization associated with the school site. (5.01.2)</p> <p><u>Definitions:</u></p> <ol style="list-style-type: none"> 6. Foods of Minimal Nutritional Value (FMNV) - the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the United States Department of Agriculture (USDA) under the Child Nutrition Programs. (3.09) 7. Child Nutrition Programs - the federal child nutrition programs operated by Arkansas public and charter schools which include the National School Lunch Program, the School Breakfast Program, the After School Snack Program, the Special Milk Program and the Summer Feeding Program, as established by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 (as amended through PL-108-269, July 2, 2004). (3.05)
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Elementary School Nutrition Standards Quick Reference (Continued)

I. ACCESS TO FOODS AND BEVERAGES IN PUBLIC SCHOOLS (continued)

8. **Competitive Foods** - foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or provided in vending venue (machines, ice chests, cabinets) in school stores or as part of school fundraisers to students on school premises during the declared school day. (3.06)

B. EXCEPTIONS TO LIMITED ACCESS

- 1) The following are exceptions to the access limitations identified in the above requirements (5.02.1-6):
- a) **Parents Rights** – This policy does not restrict what parents may provide for their own child's lunch or snack. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. (5.02.1)
 - b) **School Nurse** – This policy does not apply to school nurses using FMNV or candy during the course of providing health care to individual students. (5.02.2)
 - c) **Special Needs Students** – This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of a FMNV or candy for behavior modification (or other suitable need). (5.02.3)
 - d) **School Events** – Students may be given any food and/or beverage items during the school day for up to nine (9) different events each school year to be determined and approved by school officials. These items may not be given during meal times in the areas where school meals are being served or consumed. (5.02.4)

Definitions:

- 9. **School Event** - any occasion such as field day, holiday, school recognition activities, end of school events, etc. designated at the discretion of the school administration. (3.20)
- e) **Snacks During the Declared School Day** – Snacks may be provided or distributed by the school as part of the planned instructional program, for example, afternoon snack for kindergarten students who eat early lunch. Snacks shall meet the United States Department of Agriculture (USDA) Child and Adult Care Snack Patterns. (5.02.5)
- f) **Foods for Instructional Purposes** – Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units. (5.02.6)

C. OFF CAMPUS SALES / FUNDRAISERS

- 1) Nothing in these rules shall be construed to prohibit or limit the sale or distribution of any food or beverage item through fundraisers by students, teachers, or other groups when the items are sold **off the school campus**. (6.02.8)

Elementary School Nutrition Standards Quick Reference (Continued)

II. NUTRITION STANDARDS FOR FOODS AND BEVERAGES	<p>A. <u>ALLOWABLE ADDITIONAL FOODS AND BEVERAGES</u></p> <ol style="list-style-type: none">1) Due to elimination of vending at elementary schools, as stipulated in section 5.01.3, the only additional foods and/or beverages that may be sold to elementary students are food items sold in the cafeteria, during meal periods that are already offered as a component of a reimbursable meal during the school year, including extra milk, fresh fruits, vegetables and/or an extra meal meeting the same requirement of the reimbursable meal. (5.01.3)2) School food services departments shall not sell or give extra servings of desserts, French fries and/or ice cream. (5.01.3) <p>Definitions:</p> <ol style="list-style-type: none">10. Component - item that is part of a reimbursable meal.11. Reimbursable Meal - a meal which meets the USDA criteria for reimbursement for one of the Child Nutrition Programs in Arkansas. (3.19) <p>B. <u>APPLICATION OF NUTRITION STANDARDS</u></p> <ol style="list-style-type: none">1) The Arkansas Child Health Advisory Committee nutrition standards will apply to all foods and beverages served, sold or made available to students on any school campus (except the reimbursable school meals, which are governed by the USDA federal regulations). (6.01) <p>Definitions:</p> <ol style="list-style-type: none">12. Arkansas Child Health Advisory Committee – a state level committee that was established by Act 1220 of 2003 to develop nutrition and physical activity standards and make policy recommendations to the Arkansas Board of Education and the State Board of Health (3.02)
III. NUTRITION EDUCATION	<p>A. <u>Curricula Implementation</u></p> <ol style="list-style-type: none">1) Implementation of grade-appropriate nutrition education through a comprehensive education program will be included in the school improvement process. (7.03) <p>Definitions:</p> <ol style="list-style-type: none">13. Arkansas Consolidated School Improvement Plan (ACSIP) - a plan of action to address deficiencies in student performance that is reviewed annually and monitored at least every two years. (3.03) <ol style="list-style-type: none">2) School districts may enhance nutrition education activities to include students, parents, and the community. (3.22)

Elementary School Nutrition Standards Quick Reference (Continued)

<p>IV. HEALTHY SCHOOL ENVIRONMENT</p>	<p>A. <u>FOOD AS REWARDS</u> 1) No food or beverage shall be used as rewards for academic, classroom or sports performances and/or activities. (8.01) (See exceptions in Section I above.)</p> <p>B. <u>CAFETERIA ENVIRONMENT</u> 1) All school cafeterias and dining areas should reflect healthy nutrition environments. (8.02) <u>Definitions:</u> 14. Healthy School Nutrition Environment - gives the students consistent, reliable health information and ample opportunity to use it. (3.11)</p> <p>C. <u>TIME TO EAT</u> 1) Schools should ensure that all students have access to school meals. Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.</p> <p>D. <u>WATER AVAILABILITY</u> 1) Drinking water via water fountains or other service receptacle should be available without charge to all students on campus according to Arkansas Health Department standards. (8.04)</p>
<p>V. SCHOOL NUTRITION AND PHYSICAL ACTIVITY COMMITTEE</p>	<p>A. <u>SCHOOL WELLNESS</u> 1) Elementary schools will have representation on the local school wellness policy committee. See Rule Section 4.02 for options. <u>Definitions:</u> 15. Local Wellness Policy – a policy required for public schools participating in a nutrition program authorized by the Richard B. Russell National School Lunch Act (42 U. S. C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.). (3.14) 2) The School Nutrition and Physical Activity Committee as required by Act 1220 will be the same committee as the Wellness Committee required by the Child Nutrition and WIC Reauthorization Act of 2004 (PL-108-265), and will be referred to as the Wellness Committee. <u>Definitions:</u> 16. School Nutrition and Physical Activity Committee – (SNPAA) A local committee that shall help raise the awareness of the importance of nutrition and physical activity and shall include members from school district governing boards, school administrators, food service personnel, teacher organizations, parents, students and professional groups such as nurses and community members. (3.23) 3) The Wellness Committee can recommend stricter policies for school districts than either state or federal regulations.</p>