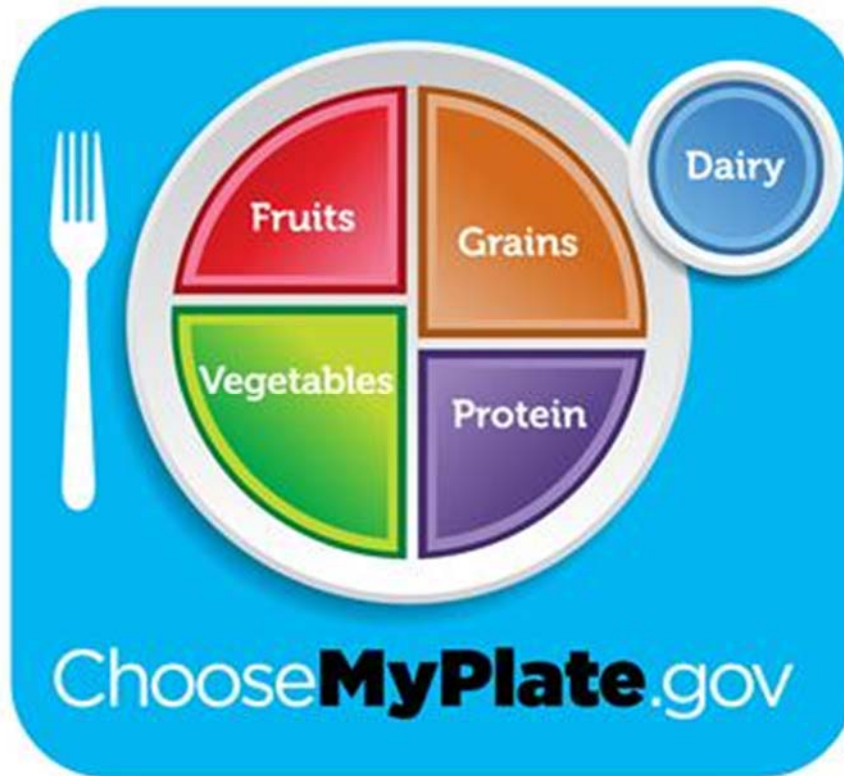


Richland County School District One

Student Nutrition Services



District Wellness Policy

District Wellness

Code **ADF-R**

Purpose: To establish the Board of School Commissioners' vision and the basic structure to support the health and wellbeing of students and staff. The Healthy School Environment Policy supports this vision through the incorporation of healthy food choices, nutrition education, physical education and physical activity.

This policy will be administered by the superintendent or his/her designee. The district supports nutrition and nutrition education as well as physical education and physical activity as integral parts of a quality education. This policy seeks to establish a safe, healthy and nutritious school environment where students will have opportunities to learn and practice making healthy food choices. This policy also seeks to establish opportunities for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Good nutrition and physical fitness are imperative to peak academic performance for students and for long-term health.

Administrative Rule

District Wellness

Code **ADF-R**

The policy governing the sale of all food and beverages to students during the school day will be administered by the superintendent or his or her designee.

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The district will make drinking water available where school meals are served during mealtimes. Food and beverages sold or served during the school day in the cafeteria, school canteens, school stores, fundraisers, vending machines and anywhere else food or beverages are served/sold to the students must meet the USDA Smart Snacks standards.

All food and beverage sold or served on campus will comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans and Smart Snacks in School regulation (including vending machines, a la carte foods, beverage contracts, concession stands, school stores, canteens, and school parties).

Triennial Assessments of the Student Nutrition Service Wellness Policy will be completed and the administrative rule standards may be updated as deemed necessary.

The Richland One Board of School Commissioners and superintendent is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

- The school district will make every effort to engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Qualified child nutrition professionals will make every effort to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and attempt to accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in the district will participate in available federal school meal programs (including the School Breakfast Program (SBP), National School Lunch Program (NSLP), After-School Snacks, Richland One After-School Dinner Programs (R.O.A.D.), and the Summer Food Service Program (SFSP).
- Richland School District One (RSDO) will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Coordinated School Health Advisory Council (CSHAC)

The District has established a Coordinated School Health Advisory Council (CSHAC) to assess, implement and monitor district/school wellness policies and programs and develop school health improvement plans to be included in the required district strategic plan.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, the minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables daily; subgroups weekly
- serve only low-fat (1%) and fat-free flavored milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- offer products that are 51% or more whole grain based on availability and student preference
- less than 10% of calories from saturated fat;
0 trans fat = 0g/portion
- meet calorie ranges by age group

Students are allowed to purchase, at a la carte prices, additional servings of any food item that is part of a reimbursable school meal (serving size should be comparable to those of the meal component).

Student Nutrition Services (SNS) will make every effort to engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, SNS will share information about the nutritional content of meals with parents and students. Some information may be made available on menus, the district website, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- SNS will, to the extent possible, operate the School Breakfast Program.
- RSDO will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- All school sites that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- All school sites will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Dinner

Meals served through the Richland One After-School Dinner Program (R.O.A.D.) will:

- meet at a minimum the nutrition requirements established by the USDA Child and Adult Care Food Program, state and local statutes and regulations.

After-School Snacks

Snack foods offered in the after-school snack program will:

- meet at a minimum the *Smart Snacks in Schools* nutrition standards for foods required by the Healthy, Hunger-Free Kids Act of 2010, state, federal and local statutes and regulations

Students with Special Dietary Needs:

SNS will comply with USDA Regulation 7 CFR Part 15b regulations regarding students requiring substitutions or modifications in school meals for children whose disabilities restrict their diets.

- Students with food allergies or intolerances with severe, life-threatening (anaphylactic) reactions, meets the definition of “disability”.
- Student Nutrition Services will have a system in place to identify and monitor the life threatening food allergen so not to include it as part of the student’s meal.
- A *food allergy* is defined as an adverse health effect arising from a specific immune response that occurs reproducibly on exposure to a given food. The immune response can be severe and life-threatening.

Free and Reduced-priced Meals Student Nutrition Services, and the school sites, will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, SNS will utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program School sites in which more than 50% of students are eligible for free or reduced-price school meals may sponsor the Summer Food Service Program.

Meal Times and Scheduling

- will make every effort to provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will make every effort to schedule meal periods at appropriate times, *e.g.*, lunch may be scheduled between 11 a.m. and 1 p.m.;
- will make every effort not to schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will make every effort to provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will make every effort to take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, The Student Nutrition Services department will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for the registered dietitian, quality technicians, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing Foods and Beverages Schools will make every effort to discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Nutrition Standards for Foods Sold in School

The USDA "All Foods Sold in School" is science-based standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children while limiting foods of minimal nutritional value.

The "Smart Snacks in School" will support efforts by the school board, food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

General Standard for Competitive Food: The regulations for the NSLP and the SBP do not prohibit the sale of foods in competition with reimbursable meals as long as those foods are not considered to be foods of **minimal nutritional value**.

To be allowable, a competitive food item must:

1. meet all of the proposed competitive food nutrient standard; and
2. be a grain product that contains 51% or more whole grains by weight or have whole grains as the first ingredient*; or
3. have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
4. be a combination food that contains at least ¼ cup fruit and/or vegetable; or
5. contain ten percent (10%) of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber).

*If water is the first ingredient, the second ingredient must be one of items 2, 3, or 4 above.

NSLP/SBP Entrée Items Sold A la Carte

- Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service of the day after service in the lunch or breakfast program.

Foods must also meet several nutrient 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: zero grams
- **Sugar limit:**

° ≤ 35% of weight from total sugars in foods

Nutrition Standards for Beverages:

- Acceptable in all schools:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- Acceptable in Elementary schools:
 - Up to 8-ounce portions of milk and juice

- Acceptable in Secondary schools:
 - Up to 12-ounce portions of milk and juice.
 - There is no portion size limit for plain water.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students only

- No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and

- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.

- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

- All Sports drinks and beverages advertised as “Energy” drinks may not be served or sold during the school day.

- All beverage and food items served or sold during the school day must have nutrition specifications submitted to Student Nutrition Services for review and approval before being served/sold.

- All single a la carte items, e.g. entrees, side dishes, etc. served or sold during the school day should be no larger than the portions of those foods served or sold by Student Nutrition Services National School Lunch and/or Breakfast programs.

- Student Nutrition Services reserves the right to refuse service of any food or beverage items from vendors regardless of compliance of the policy guidelines. Student Nutrition Services also reserves the right to limit quantities and exercise portion control on any food/beverage items served/sold during the school day.

Other Requirements:

Fundraisers

All foods that meet the competitive food standards may be sold at fundraisers on the school campus during school hours. The number of fundraisers exempt from the nutrition requirements will be determined by the South Carolina State Board of Education. Schools and organizations planning fundraisers are encouraged to consider a variety of alternative items for sale. See Richland One School District administrative rule EFE-R for district fundraising guidance.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. The Student Nutrition Services department will make every effort to place an emphasis on serving fruits and vegetables keeping with budget constraints.

Celebrations

All foods and beverages sold or served on campus will comply with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans and Smart Snacks in School regulation (including vending machines, á la carte foods, beverage contracts, concession stands, school stores and canteens and school parties).

In an effort to ensure food safety, the district strongly recommends that all food items produced off campus be produced by a retailer and sealed or individually wrapped prior to service to students. In instances where this cannot be achieved, foods produced by an outside source should be labeled to identify who produced the products being served to the school population. Student Nutrition Services can provide suggestions of items meeting the Smart Snack standards and/or can provide food and beverages that meet the Smart Snack standards. A link is provided below for additional resources.

Alliance's Smart Food Planner (endorsed by USDA)

<https://foodplanner.healthiergeneration.org/>

Eating Environment:

- School staff and district personnel will encourage students to make healthy food choices and consume full meals by limiting the competition of canteen and vending sales with the nutrition program.
- Administrators and staff will promote a school environment that supports the Healthy and Nutritious School Environment Policy. Staff is encouraged to model healthy eating by offering healthier choices at school festivals, celebrations, meetings and other events.
- Students will receive positive messages, both verbal and non-verbal about healthy eating and physical activity throughout the school setting. School and district personnel will help reinforce these positive messages.
- School administrators will schedule appropriately to ensure that all students have adequate time to consume meals in accordance with SC Students Health and Fitness Act., as noted in the SC Food Service Program Reference Manual, which require a minimum of 20 minutes for K-5 to eat after being served.
- Student Nutrition Services will work with the Office of Communications to inform and promote healthy changes to school meals and vending to district staff, students, parents and the public.
- Students, parents, administrators and staff will have access to valid and useful health information and health promotion products and services. The district will provide nutritional information that will encourage parents and district personnel to provide nutritious foods for their children and themselves.
- Withholding food as punishment and/or disciplinary action is not allowed.

Nutrition Education:

The Office of Curriculum and Instruction will oversee the integration of nutrition education into the comprehensive health education program. Student Nutrition Services will collaborate with the Office of Curriculum and Instruction to enhance nutrition education.

The district will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health
- 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 energy expenditure (promotes physical activity/exercise)
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, and other school foods and nutrition-related community services
- teaches media literacy with an emphasis on food and beverage marketing
- includes nutrition education training for teachers and other staff

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/legal guardians, students, and the community.

The district will promote healthy food and beverage choices for all students throughout the school campus and will encourage participation in school meal programs. This promotion will occur through the use of evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques and through adherence to a policy of 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.

Physical Education and Activity:

The district will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. See policy IHAE, Physical Education, for more information.

All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Physical Activity & Environment:

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. Schools may promote opportunities for physical activity via in school announcements, newsletters, posters, etc. The district is committed to providing these opportunities, and schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

The district encourages the use of physical activity as a reward when feasible. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. **This does not include participation on sports teams or with other sports-related after school activities, nor does it include participation on sports teams with specific academic requirements.**

**Indicates compliance with CHEA, SH &FA and SDE requirements*

Annual Progress Reports:

Richland School District One (RSDO) is dedicated to serving nutritious meals and providing multiple physical activity opportunities as a means of helping our students reach proficiency. RSDO will provide annual progress reports, which will include:

- The Web site address for the wellness policy and/or information on how the public can access a copy;
- A summary of the district school's progress in meeting the wellness policy goals;
- A summary of the district's schools wellness events or activities
- Contact information for the leader(s) of the wellness policy team; and
- Information on how individuals and the public get involved.

Public Updates:

Richland School District One will make public update available to the public. These updates will include:

- Wellness Policy
- Information and updates to and about the Wellness Policy annually, Annual Progress Reports; and Triennial Assessment.

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