



Book	Policy Manual
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8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Manchester Local School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- B. With regard to physical activity, the District shall:

- 1. Physical Education

- A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

- 2. Physical Activity

- Physical activity shall not be employed as a form of discipline or punishment.

- C. With regard to other school-based activities the District shall provide at least thirty (30) minutes daily for students to eat.
- D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall encourage students to increase their consumption of healthful foods during the school day.

All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Competitive Food regulations, the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines, and the USDA Smart Snacks in School nutrition standards.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

- C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.
- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.
- E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines.
- F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the food and beverage standards approved by the Superintendent.
- G. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a District-wide Wellness Committee that meets at least four (4) times per year and includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, if necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook and post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's web site.

Workplace Healthy Catering

Manchester Local School District (MLSD) is dedicated to providing a work environment that supports employee and workplace health. There is a general consensus among scientists that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer.

In light of this consensus, Manchester Local School District believes that through food service offered on the premises, it is important to provide employees with healthy food choices that support their efforts to prevent disease and attain optimum health.

This policy applies to all food and drinks that are purchased with Manchester Local School District funds, served on Manchester Local School District Property, and/or served at Manchester Local School District-sponsored meetings or events where catering is provided for staff or visitors.

This policy does not apply to food service (including cafeterias, cafes, and vending machines). It also does not apply to food and drinks brought from home by staff for their personal use, or to share for personal celebrations such as birthdays or farewells. However, Manchester Local School District encourages providing healthy eating options on these occasions.

Therefore, Manchester Local School District will provide fruit and vegetable food choices that are low in fat at District meetings and functions. At functions which offer a selective menu or buffet, one (1) or more healthful entrees, side dishes, or desserts will be offered. When non-selective menu is served, healthful selections will be offered.

Manchester Local School District will ensure that:

- A. Caterers used for all events are able to provide a variety of healthy food choices;
- B. Healthy food choices will be available at all organizational activities;
- C. Healthy food choices will be promoted at all organizational activities;
- D. Healthy food choices will be positioned prominently;
- E. The relation to health and enjoyment of healthy food is promoted;
- F. All food is handled, prepared, and stored in accordance with Food Safety Regulations;
- G. The workplace healthy catering policy will be reviewed annually.

Food Standards

At least twenty-five percent (25%) of foods provided should meet these standards:

A. **Snacks** (except plain nuts and nut/fruit mixes):

- 1. ≤ 200 calories per label serving
- 2. ≤ 240 mg sodium per label serving
- 3. 0 g trans fat per label serving (no partially hydrogenated oils)
- 4. ≤ 1 g saturated fat
- 5. No candy (sugar-free mints and gum are acceptable)
- 6. No regular chips (baked chips and pretzels are OK)
- 7. Grain-based bars ≥ 10% daily value dietary fiber and ≤ 7 g total sugars per label serving

B. **Plain nuts and nut/fruit mixes:**

- 1. Serving size ≤ 1.5 oz
- 2. ≤ 140 mg sodium per label serving

C. **Entrees:**

- 1. ≤ 500 calories
- 2. ≤ 15 g total fat (excluding nuts, seeds, cheese, and products containing nuts and nut butters)
- 3. ≤ 2 g saturated fat (per 200 calories; excluding nuts, seeds, cheese, and products containing nuts and nut butters)
- 4. 0 g trans fat per label serving
- 5. ≤ 230 mg sodium
- 6. ≤ 10 g sugar (excluding fruits and vegetables that do not contain added sweeteners or fats)
- 7. ≥ 2 g fiber (if product is grain-based or potato-based)

D. Meals:

1. ≤ 700 calories
2. ≤ 600 mg sodium
3. ≤ 5 g saturated fat
4. ≤ 105 mg cholesterol
5. ≤ 0.5 g trans fat (no partially hydrogenated oils)
6. At least two (2) servings (1 – 1.5 cups) of vegetables and/or fruits

Beverage Standards

At least twenty-five percent (25%) of beverages provided should meet these standards:

- A. Water: (plain, sparkling, and flavored) ≤ 10 calories per serving
- B. Fat-free or low-fat (1%) milk and milk alternatives (soy, almond, etc.): ≤ 130 calories per eight (8) fluid ounces
- C. 100% fruit or vegetable juice (no added sugars/sweeteners, except non-nutritive sweeteners): 120 calories per eight (8) fluid ounces, 150 calories per ten (10) fluid ounces, 180 calories per twelve (12) fluid ounces
- D. Unsweetened coffee and tea: fat-free or low-fat (1%) milk or non-dairy dreamer only
- E. All other beverages: ≤ 10 calories per serving

Manchester Local School District staff member/departments/committees will be responsible for the monitoring, compliance, and review, of this workplace healthy catering policy. This may include implementing a short survey for staff to complete that evaluated the use of this policy.

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