

Wellness Policy Regulations

Consistent with the Purpose and Goals articulated within the Edmond Public Schools Board of Education's Wellness Policy (#5800), the following regulations are to be observed.

A. School Meals

1. School lunches and breakfasts will reflect the menu-planning guidelines as required by the USDA and will include all updates as they are issued.
2. A summary of the meal pattern guidelines can be found at:
<http://ok.gov/sde/sites/ok.gov.sde/files/documents/files/5%20%202015%20CNP%20Manual-%20%20Cafeteria%20Managers%20Training.pdf>
3. School lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories and fat as required by the USDA.
4. School breakfasts will provide 1/4 of the RDA for calories and fat as required by the USDA.
5. The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
6. The total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
7. School meals will meet the Dietary Guidelines for Americans.
8. Healthy food preparation techniques will be implemented. Food items prepared at all schools will not be deep-fried.
9. Frozen and canned fruits should be packed in natural juice, water or light syrup. Fresh fruits/vegetables will be offered daily.
10. Schools serving chips will use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
11. Sales of fruit based beverages containing 100 percent fruit juice will be offered.
12. Sport drink portions will be age appropriate.
13. Students will be offered a variety of skim and low-fat milk, protein items, and vegetables on a daily basis.
14. Food items containing whole grains will be offered throughout the week to meet or exceed the USDA guidelines for grains.
15. A nutrient analysis of food items offered to students will be made available upon request.
16. School staff will support and encourage student participation in the USDA school meals program.
17. School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.

B. Other Food Items Sold on School Campuses

1. Edmond Public Schools will comply with the USDA “Smart Snacks in Schools” rules as they affect all food and beverages sold to children at school during the school day.
2. Edmond Public Schools will adhere to the fundraiser exemption policy as set by the Oklahoma State Board of Education.
3. Exempt food fundraisers are prohibited from taking place while meals under the National School Lunch, National School Breakfast, and After School Programs are being served to students.
4. Under USDA Smart Snack: Exempt Fundraisers, a school district that wishes to conduct fundraisers that are exempt from the Smart Snack rules must adopt a written policy which shall provide for the following:
 - Each school site shall designate a Smart Snacks in School Exempt Fundraiser contact person who shall be responsible for maintaining up-to-date documentation regarding each exempt fundraiser held at the school site.
 - A limit of 30 exempt fundraisers per semester may be held at each school site.
 - Exempt fundraisers are prohibited from taking place while meals are served to students under the National School Lunch Program (NSLP) or the National School Breakfast Program (NSBP) and while after-school snacks are being served to the students under the After-School Snack Program (ASSP).
 - The maximum duration of any individual exempt fundraiser shall be 14 days.
 - For each individual exempt fundraiser, documentation must be kept on file at the school site showing:
 - a. The school organization, activity, class, or other group that benefits from the fundraiser.
 - b. The date(s) the fundraiser is conducted, with the duration not to exceed 14 days.
5. A summary of the guidelines can be found at:
http://www.fns.usda.gov/stes/default/files/allfoods_flyer.pdf

6. Foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
7. Beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
8. Students in elementary schools will not have access to FMNV except on special occasions.
9. Students in middle schools will not have access to FMNV except after school, at events that take place in the evening, and on special occasions.
10. Diet soda may be available for sale at middle schools and high schools only in vending areas outside of the cafeteria.
11. Healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.
12. Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands.
13. High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campuses.

C. Nutrition Education

1. Edmond Public Schools will follow health education curriculum standards and guidelines as set forth in the Oklahoma State Department of Education PASS.
2. Nutrition education will be offered in the school cafeteria as well as the classroom.
3. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.
4. MyPlate nutrition education resources will be used in the cafeteria and classroom.
5. Grades K-5 will have as a resource the Oklahoma Ag in the Classroom curriculum www.clover.okstate.edu/fourh/aitc.
6. Nutrition education will be integrated across the curriculum and physical activity will be encouraged.
7. Schools will participate in the USDA Team Nutrition program. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community www.teamnutrition.usda.gov.
8. Family/parent nutrition education opportunities will be provided.
9. Schools will be encouraged to conduct annual school health fairs.
10. Advertising and other materials that promote FMNV will be limited on all school campuses to point-of-sale displays and/or packaging.
11. Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
12. School staff will promote healthful eating and healthy lifestyles to students and parents.

D. Physical Activity

1. The Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
2. Students attending a full day program in Grades K through 5 will participate in 60 minutes of physical activity each week. Students enrolled in physical education classes at all grade levels will be moderately to vigorously physically active the majority of PE class time.
3. Schools are encouraged to conduct student health-related fitness tests (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
4. School sites will establish or enhance physical activity opportunities for students, staff, and parents (e.g., fitness challenges, family fitness nights, fun walks and runs, bike events, etc.).
5. Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
6. Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.
7. Schools will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
8. Denial of student participation in recess or other physical activity as a form of discipline or for instructional make-up time will be limited.
9. All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
10. School sites will provide adequate resources (e.g., balls, jump ropes, and other equipment) for every student to be active.
11. School sites will actively encourage classroom movement breaks when appropriate.

E. School-Based Activities

1. Each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
2. School meals may not be used as a reward or punishment.
3. Students and parents will be involved in the National School Lunch Program (NSLP). Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
4. Students will be provided with a clean, safe, and enjoyable meal environment.
5. Students will be provided with an adequate amount of time to eat breakfast and lunch.
6. Fundraising efforts, classroom parties and celebrations will be supportive of healthy eating.
7. Snacks brought to school by students on a regular basis will meet guidelines for healthy food and beverages (See Regulation #5800R).
8. Classroom teachers and administrators will limit the use of candies or sweets as a reward or incentive.
9. Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, students committees, and school clubs.

Additional Guidelines

Guidelines for Food and Beverages Offered to Students at School Functions

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price list, etc.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Canned fruit
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut, palm nuts or sunflower seeds)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Cheese, String cheese
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Pretzels
- Low-fat baked goods (muffins, granola bars, cereal bars, multi-grain bars, cookies, etc.)
- Low-fat crackers (animal, graham, baked fish-shaped, etc.)
- Popcorn
- Bagels
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Gelatins and low-fat pudding
- Low-fat and skim milk products (flavored and unflavored)
- Water
- Tea (unsweetened or diet)

Foods to avoid or consume only occasionally

- Carbonate, caffeinated, and high sugar beverages (soft drinks, sports drinks, coffee)
- High fat foods (fatty meats, buttery popcorn)
- High sodium foods (luncheon meats, chips, salty popcorn, pickles)

In selecting food items consideration should be given to students and adults with food allergies or who are on special diets that restrict the consumption of sugar, fat, sodium, etc.

The use of foods of minimal nutritional value as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be considered.

Organizations operating concessions at school functions, and fund raising activities should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Foods of Minimal Nutritional Value as Defined by USDA

Foods of minimal nutritional value (FMNV) are defined as foods belonging to the specific categories of soda water/carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn.

In order to further the nutrition goals set forth by statute, current USDA regulations prohibit the sale of these FMNV during student meal services (7 CFR § 210.11 b). These foods may not be sold to students on a school campus during meal service hours (breakfast and lunch):

- **Soda Water/Carbonated Beverages** No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- **Water ices** – Any frozen, sweetened water such as popsicles and flavored ice cream with the exception of products that contain fruit or fruit juice.
- **Chewing Gum** – Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **Certain Candies** – Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - **Hard Candy** – A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored. It is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - **Jellies and Gums** – A mixture of carbohydrates combined to form a stable and gelatinous system of jelly-like character and are generally flavored and colored. Examples include gum drops, jelly beans, jellied and fruit-flavored slices.
 - **Marshmallow Candies** – An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and color may be added.
 - **Fondant** – A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn and soft mints.
 - **Licorice** – A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - **Spun Candy** – A product that is made from sugar that is boiled at high temperature and spun at a high speed in a special machine.
 - **Candy-Coated Popcorn** – Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.