



Roosevelt School District Wellness Procedures

Nutrition:

1. Every child should have a nutritious breakfast & lunch. CNS invites each student to eat a healthy breakfast every morning which is provided at no charge. CNS also encourages each student to eat a balanced lunch, even if it is brought from home.
2. Roosevelt School District makes certain that all foods served to children on its campuses will comply with the USDA Restricted/Competitive Food Policy, Arizona Nutrition Foods Standards Arizona Revised Statute 15-242, and Maricopa County Health Code Chapter 8. (see **Nutrition Standards & Prohibited Foods**)
3. On special occasions when classroom snacks are served, it should be done after the lunch period. Snacks must be pre-packaged and come from an approved commercial source or licensed vendor. (**Arizona Nutrition Standards do not apply to these special occasions.**)
4. Non-food rewards are encouraged for the classroom. (see **Non Food Rewards**)
5. Students' food choices are often influenced by the observation of others; therefore staff is encouraged to model good eating habits during the school day.
6. Many students have special dietary needs or food allergies that put them at risk. All students with life threatening allergies or required dietary modifications will be accommodated at the school level with support from Child Nutrition Service's office. The school's staff and the cafeteria manager can help monitor students with specific allergies and/or dietary restrictions.



Education Recommendations:

1. Where appropriate, nutrition education and food safety should be incorporated into the curriculum (i.e. math, science, social studies, culinary arts, and physical education). School nurses can be valuable resource in this area to teach health and wellness life skills.
2. School staff should set the example for students. By providing them with the knowledge and skills, students can make the right choices to lead a healthy life.



Physical Education Recommendations:

1. It is recommended that elementary and middle schools have sports equipment available in the common areas before school and during lunch for students to use. Intramural sports should continue to be available at the middle schools.
2. Activity clubs should be initiated in the schools to encourage physical activity outside of the school day.
3. It is strongly encouraged that the elementary schools schedule recess before lunch.
4. To encourage innovation and sharing of ideas, physical education teachers and school nurses are encouraged to meet with their colleagues as appropriate to discuss wellness programs at their respective schools.

Arizona Nutrition Standards & Restricted Competitive Foods

<http://www.ade.az.gov/health-safety/cnp/HB2544/ArizonaNutritionStandards.pdf>

K - 8 Food Standards: A.R.S. 15-242*

- 35% or less calories from fat
- 10% or less calories from saturated and trans fatty acids (combined)
- No more than 35% sugar by weight
- Must contain at least 1 gram of fiber
- Maximum 400 calories per serving for entrées
- Maximum 300 calories per serving for all other items
- Maximum 800 mg sodium for entrée items
- Maximum 600 mg sodium for all other snack items



Beverage standards: A.R.S. 15-242

- Water may contain natural or non-caloric sweeteners
 - No size restrictions
- Juices must contain 100% fruit and/or vegetable juice
 - Cannot exceed 8 ounces
- Fruit smoothies must contain 100% fruit or fruit juice and maximum 400 calories
 - Cannot exceed 12 ounces
- Sports drinks are allowed for **Middle Schools**
 - Cannot exceed 12 ounces
- Fruit juice drinks/ades are allowed
 - Cannot exceed 12 ounces

Specific Prohibited Foods and Beverages

<http://www.azed.gov/health-nutrition/nslp/foods-to-monitor/>

Foods: Final preparation method cannot be deep fat fried

Carbonated Beverages (Coke, 7-Up, Pepsi)

Water ices (Sno Cones, Otter pops)

Chewing Gum

Candy (hard candies, jellies/gummies, marshmallow, licorice, candy coated popcorn)

* A.R.S. 15-242 became effective July 1, 2006, and applies to all K-8 schools. The nutrition standards apply to all foods sold during the school day. This includes food sold in cafeterias, on campus, vending machines, and fundraisers. If you have questions, please contact Child Nutrition Services at **602.243.4831**

Further guidance will be coming from USDA concerning allowable foods on campuses per **2010 Healthy Hungry Kids Act**, and will be added to this procedure when available.

Smart Snacks

- **Smart Snacks** applies to *all foods and beverages served or sold to students at schools during the school day other than those foods provided by the school lunch program* **Arizona Nutrition Standards**

ARS15-242

School Day is defined as midnight before to 30 minutes after the end of the school day.

How do I know if my snack is a smart snack?

- Check out the products list at <https://foodplanner.healthiergeneration.org/products/>
- Enter the nutritional information in the Healthier Generation Smart Snacks Calculator <https://foodplanner.healthiergeneration.org/calculator>

Child Nutrition Services offers a wide variety of approved Smart Snacks for celebrations, parties and special event days.

Call 602-243-4800

Snacks must be under 200 calories, contain 200 mg or less of sodium, get 35 % or less of calories from fat, less than 10% from saturated fat, contain 0 grams trans fat and have 35% or less by weight in sugar

Entrees must be under 350 calories, contain 480 mg or less of sodium, get 10% or less of calories from fat, less than 10% from saturated fat, contain 0 grams trans fat, and contain less than 35% by weight or less in sugar.

- Be a grain product that contains 50% or more whole grains by weight
- Have a fruit, vegetable, dairy product or protein food as the first ingredient
- Be a combination food that contains at least 1/2 cup fruit and/or vegetable
- Must meet the nutrient standards for calories, sodium, sugar and fats

Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children with food during class also reinforces eating outside of meal or snack times.

Non-Food Rewards

Since few studies have been conducted on the effect of using food rewards on children's long-term eating habits, **the best policy is not to use food to reward children for good behavior or academic performance. At minimum, children should not be rewarded using foods of poor nutritional quality.**

Beneficial (and inexpensive) nonfood rewards for children

Social rewards

"Social rewards," which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his or her achievement

Recognition

Physical activity and food should not be linked to punishment

Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Another counter-productive punishment is forcing children to do physical activity such as running laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children.



Roosevelt School District Wellness Policy

Roosevelt School District continually supports healthy eating habits and the use of physical activity to enhance the learning process of our students. To promote the health and physical well-being of our students, Child Nutrition Services monitors the following areas and report its findings to the Governing Board:

The establishment of a District Wellness Committee comprised of school administrators, food service personnel, teachers, parents, students, health professionals, and community members, is one means to help raise the awareness of the importance of nutrition and physical activity. Child Nutrition Services will establish this committee and report their findings to the Superintendent and Governing Board. We feel our schools can do more than any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying, and productive lives.

- ***Nutrition guidelines*** will be followed in accordance with the National School Lunch Act (42 U.S.C.1751 et seq.), Child Nutrition Act (42 U.S.C. 1771 et seq), and the Arizona Nutrition Standards (A.R.S. 15-242).
- ***Nutrition education*** and materials will be made available to stress healthy eating habits and to help recognize conditions such as obesity, eating disorders, and other nutrition related health problems.
- ***Opportunities for physical activity*** will be provided at the school level, consistent with national standards, for the development of motor skills and the encouragement of health related fitness.
- ***Other school based activities*** will be geared toward creating an overall healthy environment, forming habits for student's short and long-term well-being.
- ***Parent, community, and staff*** are encouraged to participate in a regular review of this policy and to share ideas for the health and wellness of the students.
- ***Evaluation*** of the Roosevelt School District Wellness Policy will be managed and evaluated by a wellness advisory group.