

## CCSD Food Policy Implementation Schedule

*The following proposed implementation plan will be accomplished under the guidance of the Nutritional Wellness Advisory Committee*

### 1. October 2005

#### a. Create Advisory Committee

<u>Positions</u>	<u>Number</u>
i. Co-Chairs Bonnie Eastwood & Mark Korinek	2
ii. Nutritional Services Administration	1
iii. Director of Operations	1
iv. Volunteer School Site Teacher, P.E.	5
v. Volunteer School Site Teacher, Core	4
vi. Volunteer School Site Nurse	2
vii. Volunteer School Site Parent	2
TOTAL	17

### 2. November 2005

#### a. Meeting of the Nutrition/Wellness Advisory Committee to establish the task of the committee, its parameters, and its timeline.

##### Suggested task include:

- i. Presenting a recommended Draft Policy to Administration for review and comment;
- ii. Compiling a comprehensive competitive food and beverage list;
- iii. Discussing and developing implementation strategies and outcomes;
- iv. Serving as compliance committee in the event of complaints and/or exceptions;
- v. Developing an evaluation plan;
- vi. Creating Final Draft
- vii. Report to the Board of Trustees

### 3. January 2006

- a. Review Vision/Mission Statement
- b. Preview rough draft and major concerns
- c. Assign review items to committee

### 4. February 2006

- a. Report progress at Principal Meeting
- b. Distribute and review revised Draft

5. **March 2006**

- a. Review draft and progress with Principals and Administration
- b. Finalize Policy

6. **April 2006**

- a. Pending Board approval, review with Staff
- b. April 5 – Final review with Principals/Administrators**
- c. April 11 – Present to Board of Trustees for initial policy review**
- d. April 25 – review and answer questions for the board**

7. **May 2006**

- a. Distribute policy to staff and info letter to parents
- b. Required Final Implementation is July 1, 2006

## General Policy Information 4/2006

### Philosophy:

Access to healthy foods and beverages during school hours is important for students' academic success, long-term health, and reinforces the CCSD's commitment to healthy eating habits. The following Standards apply to all foods and beverages sold to students from one-half hour before school starts until one-half hour after school ends and includes foods and beverages sold in:

- Fundraisers
- Vending machines
- School stores
- A la carte sales by Nutrition Services
- Day Care programs(Latchkey), before/after school programs

The State Standards govern the nutrition quality and portion sizes of foods and beverages allowed. A selection of acceptable choices of approved foods and beverages will be developed and updated annually by Nutrition Services. This list will be distributed to school sites for planning purposes. Procedures evaluating compliance using Nutrition Facts is also available through Nutrition Services.

### **I. Fundraising**

- A. Foods and beverages sold to students during school hours (½ hour before school starts until ½ hour after school ends) must adhere to nutrition standards outlined in this policy. Parental pickup of items is permitted during school hours.
- B. Foods and beverages sold outside of school hours or whose sales are not directed at students are exempt from this policy.
- C. Profit from the sales of foods and beverages of school grounds must directly benefit school academics and/or activities. Use of funds must be clearly posted at the point of purchase, for example "Proceeds used for the PTA."
- D. Financial accounting of such sales will adhere to CCSD accounting practices and procedures.
- E. Any **new** marketing, advertising, signage or promotion of foods high in fat, salt, and sugar shall be excluded from school grounds. Existing signage, prior to 7/1/06, is acceptable.

### **II. Vending Machines**

- A. Foods and beverages sold in student accessed vending machines must adhere to nutrition standards outlined in this policy and can operate at any time during the school day. Staff accessed vending machines are exempt from this policy.
- B. Profit from the sales of foods and beverages sold in vending machines on school grounds must directly benefit school academics and/or activities. Use of funds must be clearly posted at the point of purchase, for example "Proceeds from this machine used for the Drama Club."

- C. Financial accounting of such sales will adhere to CCSD accounting practices and procedures.
- D. All vending contracts must have signed copies of the district Independent Contractor forms attached and copies sent to Nutritional Services. Keep in mind the non-compete agreement with Nutritional Services.
- E. Any marketing, advertising, signage or promotion of foods high in fat, salt and sugar shall be excluded from school grounds, including vending machine signage. Neutral signage, such as students engaged in sports, is acceptable.

**III. School Stores**

- A. Foods and beverages sold during school hours (½ hour before school starts until ½ hour after school ends) must adhere to nutrition standards outlined in this policy and can be sold at any time during the school day.
- B. Foods and beverages sold outside of school hours are exempt from this policy.
- C. Profit from the sales of foods and beverages in school stores must directly benefit school academics and/or activities. Use of funds must be clearly posted at the point of purchase, for example “Proceeds from this store used for the soccer team.”
- D. Financial accounting of such sales will adhere to CCSD accounting practices and procedures.
- E. Any marketing, advertising, signage or promotion of foods high in fat, salt, and sugar shall be excluded from school stores.

**IV. A la Carte**

- A. Foods and beverages sold to students must adhere to nutrition standards outlined in this policy.
- B. Any marketing, advertising, signage or promotion of foods high in fat, salt, and sugar shall be excluded from school grounds.

**V. School Events**

- A. During school hours (½ hour before school starts until ½ hour after school ends) parents and organizations are encouraged to serve students foods and beverages that support the District’s commitment to healthy eating habits. Foods sold to students during this period will adhere to Nutrition Policy.

## Nutrition Standards

- I. The following beverages **shall not** be sold or served at schools:
  - a. Soft drinks, sports drinks (except in high schools), punches, iced teas, “designer” drinks, “enhanced” waters, or “designer” dairy drinks with more than 15 grams of added sugar per 8 oz. serving.
  - b. Fruit-based drinks that contain less than 50 percent real juice or that contains added artificial or natural sweeteners.
  - c. Drinks containing caffeine or other additives, excluding low-fat or fat-free chocolate milk.
  
- II. The following **may be** sold or served at schools:
  - a. Fruit-based drinks that contain at least 50 percent fruit juice and that do not contain added sweeteners.
  - b. Plain water or seltzer.
  - c. Low-fat or fat free milk, including but not limited to chocolate milk, soy milk, rice milk, and other similar dairy or nondairy calcium-fortified milks.
  - d. The maximum portion size for beverages in 12 oz., excluding plain water.
  
- III. All **snacks, sweets, or side dishes** sold on school sites outside of federal school meal program shall meet all of the following standards.
  - a. Have 30 percent or less of its total calories from fat. Of that 30%, not more than 10 percent of calories from saturated plus trans. fat are allowed. Nuts, seeds, fluid milk products containing 1% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat free milk are exempt from this standard.
  - b. Have 35 percent or less of its calories from added sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients (lactose).
  - c. No more than 600 mg. of sodium per serving.
  - d. Be limited to the following maximum portion sizes:
    - i. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
    - ii. Two ounces for cookies or cereal bars.
    - iii. Three ounces for bakery items, including but not limited to, pastries and muffins.
    - iv. Three fluid ounces for frozen desserts, including, but not limited to, ice cream.
    - v. Eight ounces for non-frozen yogurt.
    - vi. One and a half ounces for cheese.
    - vii. Twelve ounces for beverages, excluding plain water.

- viii. Entrée items and side dishes, including, but not limited to, French fries and onion rings, shall be no larger than the portions of those foods served as part of the federal school meal programs.

IV. **Fruits and vegetables** may be offered for sale at any location on the school site where foods are sold.

*SUMMARY TABLE*

<b>Grade Level</b>	<b>Issue</b>	<b>Recommended Nutrient Standards</b>	<b>Rationale</b>	<b>Examples In/Out</b>
Elementary (K-6)	All Competitive Foods & Beverages	Eliminate sale of all foods & beverages sold outside of federal school meal programs during the school day. Items sold during breaks must meet the standards outlines in the policy.	1. Young children should not have the opportunity to make unhealthy food choices at school. 2. The school environment should model healthy choices.	<b>Out:</b> All individual foods & beverages <b>In:</b> Healthy options: fruits, vegetables, 100% fruit juice, low fat or nonfat milk, and plain water
Secondary Schools	Beverages	<b>Allowed:</b> At least 50% fruit juice with no added artificial or natural sweeteners. Electrolyte replacement fluids with no more than 15 grams added sugar per 8 Oz. is acceptable.	Fruits and vegetables contain important nutrients	<b>In:</b> Fruit juices, Knudsen spritzer
		Plain water or seltzer water	Water is an essential nutrient and a healthy beverage choice	<b>In:</b> Bottled plain water
		Low fat / nonfat milk	Promotes calcium consumption without extra calories from fat and sugar	<b>In:</b> Low fat 'and nonfat milk, chocolate milk, and yogurt
		<b>Eliminate:</b> Soft drinks, iced tea, fruit drinks containing <50% natural fruit juice, designer drinks, enhanced waters, designer milks.	Eliminates beverages with little nutritional values and extra calories, sugars, and additives.	<b>Out:</b> Coke, Pepsi, Fruitopia, Sunny Delight, Snapple, etc.
		Caffeine and herbal additives	Schools should not promote drug use	<b>Out:</b> Coffee drinks or any caffeine containing drinks
	Snacks, sweets, side dishes	Portion sizes: see chart	Large portion sizes contribute to over-consumption and obesity	<b>Out:</b> Super size portions

	<p>Fat: no more than 30% of total calories from fat. Nuts and seeds are OK because they contain healthy fats and oils</p>	<p>High fat foods add extra calories.</p>	<p><b>In:</b> baked potato chips, pretzels, some popcorn, some breakfast bars, some baked French fries, nachos, nuts and seeds</p>
	<p>Saturated Fat: No more than 10% of calories from saturated and trans fat.</p>	<p>Foods high in saturated and trans fats increase the risk of heart disease</p>	<p><b>Out:</b> regular potato chips, fried French fries, some granola bars</p>
	<p>Sugar: No more than 35% of calories (except for naturally-occurring fruit vegetable, and dairy sugars) or 15 grams of added sugar per 8 oz.</p>	<p>Eliminate extra calories from added sugar. Reduce the risk of dental cavities and obesity.</p>	<p><b>In:</b> some granola bars, trail mix, animal crackers, graham crackers, devil's food cookies, frozen fruit bar</p> <p><b>Out:</b> some granola bars, some cookies, all candy</p>
<p>Entree items and side dishes</p>	<p>Portion size: No larger than portions served as part of federal school meal programs</p>	<p>Large portion sizes contribute to over-consumption and obesity.</p>	<p><b>In:</b> reasonable portions of pizza, hamburgers, burritos, chili dogs, chicken strips</p> <p><b>Out:</b> Allover or super-sized items</p>
<p>Fruits and vegetables</p>	<p>Make fruits and vegetables available in all locations where foods are sold or served to students</p>	<p>Fruits &amp; vegetables provide important nutrients and fiber without extra calories. Most diets are too low in fruits &amp; vegetables.</p>	<p><b>In:</b> fresh, cooked, dried or canned fruit vegetables</p> <p>Without added sweeteners or fats.</p>

## **FAQ about the CCSD Nutrition/Wellness Policy**

### **1. Why is there a new district nutrition policy?**

It is a Federally mandated law and the District supports such a policy in response to soaring childhood obesity and related deadly disorders.

- Childhood obesity has tripled since 1970.
- Rates of asthma, heart disease, high blood pressure, Type 2 diabetes and other disorders in children have skyrocketed correspondingly.
- Some researchers say that the current generation of children may be the first in human history to live shorter life spans than their parents' generation.
- Obesity and related health crises are far more severe among African-American, Latino and economically disadvantaged children.

The new district policy prohibits schools from selling “junk food” in their a la carte program, vending machines, school stores, and fundraisers that occur during the school day as one way of addressing the rising obesity/Type 2 diabetes crisis. Others way of addressing this problem can include more nutrition education of both, staff, parents and students.

Because children learn from the adults around them, parents, teachers, and staff are all encouraged to model good eating habits for students, including providing nutritious food for lunches and school parties and events, and refraining from using candy as rewards or prizes. The average student sees over 10,000 advertisements per year for food, nearly all of it non-nutritious junk food. But, research shows that children are more likely to be influenced by messages sent by the significant adults in their lives than by messages sent by the media. Modeling good eating habits for students can really make difference in the fight against obesity.

### **2. Why are fundraising food sales during the school day a concern?**

The federally subsidized National School Lunch Program (NSLP-see link at the end of this document) provides the “lunch-line” menus at all schools, offering free or reduced-priced lunch to low-income students. Other students pay full (through reasonable) price for those meals. The lunch-line meals must conform to federal nutritional standards (including federally mandated limits on fat content and requirements for vitamin, mineral, and protein content). Greater participation in the lunch program could support higher-quality cuisine for all students.

### **3. When can schools sell soda, candy, and chips? When can't they?**

All food sold during the school day must meet CCSD nutritional standards. That means soda, candy, and chips may be sold only after school (from ½ hour after instruction ends), during non-instructional hours, at school events such as performances or sports as long as sales do not begin before ½ hour after instruction ends. There is no limit to

the number of such sales which can be held, as long as they are not during the school day. Individuals or groups are encouraged to offer healthy choices or alternatives to selling foods to raise money.

**4. When can students sell food?**

At the discretion of the principal, students may sell food from the district-approved list during school hours. There are no nutrition guidelines, for foods sold from ½ hour after school or on evenings, weekends, or holidays. However healthy foods are preferred and students are encouraged to offer healthy choices or use alternatives to selling foods to raise money.

**5. What about other food sales during the school day?**

All foods sold to students during the school day must follow the nutrition guidelines established by the district.

To clarify: teachers, parents, and students may not sell nachos, candy, bake sale items, or any foods or beverages not on the approved list during the school day. Beverages and snacks on the district-approved list (<http://www.carsoncityschools.com/Depts/NS/>) may be sold during school as long as the prices are no lower than foods or beverages sold by nutrition services. Any other food or beverages may only be sold at school events ½ hour after school ends. It is strongly urged that parents and school staff explore non-food based fundraising options, or those based on the sale of healthy food, like fruit baskets.

**6. Can we still have bake sales?**

Parents may hold school bake sales at school events ½ hour after or before school on weekdays or anytime on weekends or school holidays. Healthy foods are preferred at all food sales, and parents are encouraged to use recipes which minimize sweeteners and fats, and incorporate whole grain flour and fruits or vegetables, where appropriate (zucchini bread, whole wheat banana muffins, etc.) Parents are encouraged to also offer fresh fruit and bottled water for sale at any food fundraising event

**7. Groups want to run a “snack shop” to raise money for a special field trip. Can we sell healthy snacks to the kids after school?**

Yes. Groups may sell snacks from the district-approved vending list during school hours. Only foods from the approved list may be sold. Parents are encouraged to also offer fresh fruits and bottled water for sale at any food fundraising event.

**8. Can we still hold our fundraising catalog sale, which offers candy as well as gift wrap? How about See’s candy or cookie dough?**

Parents and staff are strongly urged to plan fundraising activities, which do not include the sale of non-nutritious food. Pickup of catalog sale items that do offer candy and gift-wrap items, as well as cookie dough, may be done during the day by parents or guardians. Students may be given these items at the end of the day to take home but not during instructional time.

**9. Can students have soda and chips at their class party?**

Yes. The decision about what foods are acceptable for a class party, picnic, or celebration is made by the teacher. However, parents are encouraged to send nutritious treats for school parties. Resources are found at the end of this document.

**10. What about food for our PTA potluck dinner, or our teacher appreciation luncheon?**

District nutrition standards apply only to food which is sold, not food which is served at no charge. Free refreshments at a PTA meeting or open house are not subject to district nutrition policy, but refreshments which are sold are subject to the policy if such sales occur during school hours. School picnics, class parties, teacher appreciation, luncheons, or breakfasts, and other events are also exempt from district nutrition standards, so long as the food is shared at no charge, rather than sold.

However, all adults are asked to model healthy eating for students. It sends a conflicting message to the students when they learn about proper nutrition in health or science class, and are served only nutritious food in the cafeteria, but see their parents and teachers routinely serving mostly soda, chips, doughnuts, and cookies at their school events. Parents are encouraged to provide healthy options at school events, including bottled water and fresh fruits and vegetables.

**11. Can our school still have vending machines?**

Schools may have vending machines, but they must be stocked only with items from the district-approved list. All vending contracts must have district Independent Contractor forms attached and a copy sent to Nutrition Services. Food and beverages consumed in administrative and faculty areas, that are not accessible to students, are exempted from this policy.

**12. Can teachers use food as rewards for classroom behavior or as academic awards?**

Yes, but they must meet district nutritional standards. Students also enjoy oranges, small packages of raisins, bags of pretzels, or fruit and cereal bars; see district list of approved snacks at <http://www.carsoncityschools.com/Depts/NS/>

**13. How will the district nutrition policy be enforced?**

Nutrition Services and the principal will work cooperatively to enforce the policy as it applies to food sold or served in the cafeteria and on school grounds during instructional hours.

## **Resources**

**Links to information available online:**

**Information on the National School Lunch Program:**

<http://www.ers.usda.gov/Briefing/ChildNutrition/lunch.htm>

**CCSD approved vending list for beverages and snacks:**

<http://www.carsoncityschools.com/depts/NS/>

**Non-food based fundraising ideas:**

<http://www.nojunkfood.org/fundraising/todo.html>

<http://www.nojunkfood.org/fundraising/tosell.html>

[http://www.abcusd.k12.ca.us/dist\\_info/nutr/Nutrition%20Network/Fundraisers.html](http://www.abcusd.k12.ca.us/dist_info/nutr/Nutrition%20Network/Fundraisers.html)

If you still have questions which are not addressed by this FAQ, please contact Bonnie Eastwood in Nutrition Services, (775) 283-2150, email: [beastwoo@carson.k12.nv.us](mailto:beastwoo@carson.k12.nv.us)