



CARSON CITY SCHOOL DISTRICT

School Nutrition / Wellness Policy

CARSON CITY SCHOOL DISTRICT CHILD NUTRITION / WELLNESS, AND HEALTHY SCHOOLS POLICY

The Carson City School District believes that children need to be provided healthy food choices and access to physical activity in order to learn, thoughtfully interact with other people and develop, mentally and physically. There are clear connections with student achievement and healthful living and Carson City School District supports this research. We are dedicated and committed to supporting healthy eating habits and to providing school environments that protect children's well being and ability to learn. Therefore, it is the policy of the Carson City School District to support the Nevada Statewide School Wellness Policy that was drafted from recommendations made by the Nevada Nutrition Advisory Committee.

1. Effective July 1, 2006, by mandate of the State of Nevada, the Carson City School District shall have in place a "school wellness policy" that at a minimum shall include:
 - Goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness.
 - Nutrition guidelines for all foods made available to students, whether given away, earned, or sold, on the school campus during the school day. The school day is observed from 30 minutes prior to the first class and lasts up to 30 minutes after the last class is excused.
 - The following standards apply to all foods and beverages provided by a la carte, school stores, vending machines, and fundraisers. Schools are encouraged to include non-food items such as pencils, stickers, etc as choices in their student store, vending machines, and school sponsored fundraising activities.
 - Food choices are low in saturated fat and cholesterol while being moderate in total fat.
 - A. Saturated fats plus Trans fats shall be limited to 10% of the total calories in the food.
 - B. Total fats shall be limited to 30% of the total calories in the food product. Nuts, seeds, 100% 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.
2. Additionally, in a positive progression to a healthier school environment, food selections on all campuses shall incorporate the following guidelines:
 - Sodium shall be limited to no more than 600 mg of sodium per serving.
 - Sugars shall be limited to no more than 35% sugar by weight per serving. This percentage does not include sugars from fruits and vegetables when used as additives.
 - Any marketing, advertising, signage, or promotion of foods high in fat, salt, and/or sugar shall be excluded from school grounds. This pertains to any new school marketing dated from July 1, 2006 forward.
 - Visibility and accessibility of fresh fruits and vegetables at school sites will be encouraged.

3. Servings will not exceed the following portion sizes:

Elementary Grades			Middle/Junior/ High School Grades
Chips (regular) - 1 ounce			Chips (regular) - 1.25 ounces
Chips (baked or no more than 5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels - 1.5 ounces			Chips (baked or no more than 5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels - 1.5 ounces
Cookies/cereal bars (plain) - 2 ounces			Cookies/cereal bars – 2 ounces
Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces Bakery items (e.g., pastries, muffins) - 3 ounces			Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces Bakery items (e.g., pastries, muffins) - 3 ounces
Frozen desserts - 4 ounces			Frozen desserts - 4 ounces
Water – No Limit			Water – No Limit
			Electrolyte replacement beverages – 12 ounces
Fruit drinks and frozen shushes (must contain a minimum of 100 % fruit juice) - 8 ounces with a maximum of 150 calories			Fruit drinks and frozen slushes (must contain a minimum of 100 % fruit juice) - 12 ounces with a maximum of 200 calories

4. Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. The foods that are restricted from sale or 'give away' to students are classified within categories:

- Soda Water — any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Soft drinks, sports drinks, punches, iced teas, "designer" drinks, less than 100% milks, "enhanced" waters, or "designer dairy drinks with more than 15 grams of added sugar per 8 oz. serving.
- Drinks containing caffeine or other additives, excluding 1% or fat-free chocolate milk.
- Water Ices — any frozen, sweetened water such as "popsicles" and flavored ice 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, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

5. The following items are not restricted by the *Foods of Minimal Nutritional Value Policy* (FMNV). These items, however, may be restricted in usage by nutrition standards.

Ice Cream	Cookies	Cupcakes	Cakes	Chips	Dips
Candy containing chocolate and/or nuts (e.g. M & Ms, Snickers, Hershey's Kisses, Reese's Cups and Pieces, Milky Way, etc.)					

6. Reimbursable meals provided to students under the National School Lunch Program are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.
7. Carson City School District allows exemptions for foods that exceed the established nutrition parameters as follows:
 - In observance of state or national holidays;
 - For established religious observances such as Christmas, Hanukkah, and Kwanza;
 - School community observances, such as birthday parties;
 - As part of a learning experience related to the reinforcement of established lesson plans in the classroom; this exemption, however, does not allow for an exemption toward the sale of foods as part of a business enterprise or fundraising activity.

A. Food and beverages consumed in administrative and faculty areas that are not accessible to students are exempted from this policy.
8. Beginning with the school year 2007 (July 1, 2006), each school shall:
 - Designate at least 15 minutes for students to consume the breakfast meal;
 - Designate at least 20 minutes for students to consume the lunch meal;
 - Designate at least 30 minutes of time daily, for physical activity.
9. Beginning with the school year 2008*, Carson City School District shall serve lunch in the elementary schools after the mid-day recess period.

*Pending exemption acceptance, may apply for final exemption for SY 2008

10. In addition, CCSD's wellness policy shall include:

- Guidelines for student incentives and rewards that are not based on the provision of foods of minimal nutritional value or foods that do not meet the food policy guidelines herein.
 - See Recommended Snack and Beverage List
 - Other incentive examples – pencils, stickers, stamps, fruit, etc.
- Guidelines for managing students with food allergies, based on generally recommended guidelines. These will include parent responsibilities, administrative and staff education, training and procedures for reasonably accommodating these students to ensure the safest food handling, sanitation procedures, and eating environment. (Policy/Reg 220)
- Guidelines for revenue accounting, in accordance with Nevada Revised Statue 233B.050, or in accordance CCSD accounting practices or procedures. Proceeds from sale of food or beverages on school grounds must directly benefit school academics, activities, or the CCSD Nutrition Services Department.
- The Principal will work cooperatively with Nutrition Services to enforce the policy as it applies to food sold or served in the cafeteria and on school grounds during instructional hours.
- An advisory group has been set up and composes representatives from the school and local community, who provide guidance in the development of CCSD's wellness policy. Potential sources for member recruitment would be from the school's parents, students, the school food authority, the school board, school administrators, and school nurses, but are not limited to these groups.
- A plan for measuring implementation of the school's wellness policy at both the school level and district level which, at a minimum, shall include:
 - A. The number of students in each school;
 - B. The average daily participation in the National School Lunch Program;
 - C. The average daily participation in the School Breakfast Program;
 - D. The level of the wellness policy implementation;
 - E. The time of the lunch recess at the elementary school level;
 - F. The length of the breakfast service;
 - G. The length of the lunch service;
 - H. When the service of lunch after recess, was implemented at the elementary school level;
 - I. The number of children with access to physical activity;
 - J. The average number of physical activity minutes available to each student;

- K. The number of children with access to physical education;
 - L. The number of children receiving physical education;
 - M. The number of minutes of physical education provided;
 - N. The total number of school days a student is required to attend physical education during the current school year;
 - O. The name, business phone number, and e-mail address of the oversight officer.
11. The Nevada Department of Education shall provide a website to collect data and evaluate outcomes from policy implementation.
12. For more information see <http://www.carsoncityschools.com/Depts/NS/>

DEFINITIONS

The following definitions apply to the Nevada Department of Education, Statewide School Wellness Policy and the Carson City School District School Wellness Policy:

A La Carte	Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
Activities of Daily Living	Those activities performed on a regular basis as part of a person's daily routine, such as, getting dressed each day.
Candies	<p><i>A. Hard Candy</i> — a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, 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.</p> <p><i>B. Jellies and Gums</i> — a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.</p> <p><i>C. Marshmallow Candies</i> — an aerated confection composed of sugar, corn syrup, invert sugar, 20% water, and gelatin or egg white to which flavors and colors may be added.</p> <p><i>D. Fondant</i> — a product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in a solution such as candy corn/mints.</p> <p><i>E. Licorice</i> — a product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.</p>

Candies (cont'd)	<p><i>F. Spun Candy</i> — a product manufactured from sugar that has been boiled at high temperature and spun at a high speed in a special machine.</p> <p><i>G. Candy Coated Popcorn</i> — popcorn that is coated with a mixture made predominantly from sugar and corn syrup.</p>
Competitive Foods	Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, the School Breakfast Program, and/or the After-school Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company, or organization.
Elementary School Campus	Refers to any campus containing a combination of grades K - 6. Examples: EE, PK - 3, 5 - 6, and 6th grade centers. Middle/Junior high schools with grade levels including one grade in this range would <u>not</u> be covered by this policy. Example: a 6 – 8 th grade middle school.
FMNV: Foods of Minimal Nutritional Value	Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by this policy.
Fried Foods	Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as “deep fat frying”. This definition does not include foods that are stir-fried or sautéed.
Middle/Junior High School Campus	Refers to any campus containing a combination of grades 6 - 8. High schools with grade levels including one grade in this range would <u>not</u> be covered by this policy. Example: a high school with grades 8-12.
Physical Activity	Activity chosen by a person, not as a part of the activities of daily living, which allows exercise and mental diversion.

Physical Education	A structured physical educational program which incorporates classes or lessons but not recess and is approved for curriculum inclusion in the State of Nevada.
Refined or Added Sugar	Includes, but is not limited to, sucrose, dextrose, fructose, corn syrup, high fructose corn syrup, and other sweeteners that are added to food products.
School Day	For the purposes of this policy, the school day is defined as thirty (30) minutes prior to either the breakfast meal service time or the beginning of the first class of the day, whichever is earlier, to thirty minutes after the dismissal of all classes for the day.
School Meals	Meals provided under the National School Lunch Program, the School Breakfast Program, and the After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions, and guidelines.
Snacks	Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food service department.
Trans Fat	Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fat may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings, and other processed foods.
Vended Product/Items	Refers to all food products sold on a school campus within store settings, classrooms, vending machines, vendor carts, through ala' cart sales, or in areas maintained for adult use.