



2015 SCHOOL WELLNESS POLICY

- Linkages are established between nutrition, health, and physical activity with related community services.
- All students in grades K-12 have opportunities, support, and encouragement to be physically active.
- To promote healthy eating habits among staff and faculty.
- Currently have an established referral process to outside agencies for students, staff, and facility with nutrition related health problems.

In order to achieve these goals Presidio will take the following actions:

- I. Establish the Presidio School Health and Wellness Advisory Committee. The committee will be composed of parents, students, science teachers, school administrators, representatives of the school food program, health professionals, and other interested community members. Members of the committee will serve as resources to Presidio School's nutrition and physical activity policies and program.
- II. Ensure that the nutritional quality of foods and beverages sold and served on campus meet USDA and Arizona Department of Education Nutritional Standards.

School Meals

1) Presidio School assures that guidelines for reimbursable school meals will not be less restrictive than the regulations and guidance issued by the USDA.

2) Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve milk with fat content that has been approved by the Arizona Department of Education Nutritional Standards;
- Meet food safety guidelines including but not limited to encouraging classes to order foods for class parties from the school's food service program or sources providing food in compliance with the Arizona Food Code 2000 to ensure compliance with food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCAP) plans and guidelines must be implemented to prevent illness in schools;
- All food service equipment and must meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation, and workplace safety;
- All food service personnel shall have the adequate pre-service training and must hold a state issued or equivalent training certificate. All food service workers in establishments handling open food must obtain a food handler's card or applicable requirements for each county following the guidelines of the Arizona Department of Health Services. Presidio should engage students and parents, through taste-tests and surveys, in selecting foods offered through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Presidio will share information about the nutritional content of meals with parents and students. Such information may be made available on menus, the school's website, on cafeteria menu boards, placards, or other point-of-purchase materials.

3) Presidio will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

4) Presidio will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Provide students access to hand washing or hand sanitizing before they eat meals or smart snacks; and
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

5) To ensure that all children, regardless of participation in the school's meal program, eat meals that meet their nutritional need Presidio will:

- Operate the School Breakfast Program.
- Notify parents and students of the availability of the School Breakfast Programs.
- Encourage parents to provide healthy meals for their children through newsletter articles, take-home materials, or other means.

6) Presidio will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

III. Staff Nutritional Policies

- Qualifications of School Food Service Staff. Qualified professionals will administer the school meal programs. As part of Presidio's responsibility to operate a food service program, continuing professional development for all nutrition professionals will be provided for all nutrition professionals will be provided.

- Staff Wellness Policy. Presidio highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Staff as Role Models. Presidio's staff will be encouraged to model healthy eating and physical activity behaviors.

IV. **Special Events and Activities.** All special events and activities will be planned so food served is in compliance with the USDA and the Arizona Nutritional Standards. Any deviations will be minimal and are specified below.

- **Fundraising Activities.** To support children's health and school nutrition-education efforts, Presidio fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individual. Presidio will encourage fundraising activities that promote physical activities.
- **Smart Snacks.** Smart snacks served the school, day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as primary snacks and water or juice as the primary beverages. Presidio will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other consideration. Presidio will disseminate a list of healthful snack items to teachers, after-school personnel, and parents. Presidio provides snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
- **Rewards.** Presidio will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior. Presidio will never withhold food or beverages (including food served through school meals) as a punishment.
- **Celebrations.** Presidio will limit celebrations that involve food during the school day to no more than one party per class per month. Each party will include no more than one food or beverage that does not meet nutritional standards for foods and beverages sold individually. Presidio will disseminate a list of healthy party ideas to parents and teachers.
- **School sponsored Events** (such as, but not limited to, cultural festivals, athletic events, dances or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

V. Nutrition and Physical Activity Promotion and Marketing.

A. Nutrition Education and Promotion. Presidio aims to teach, encourage, and support healthy eating by students. Presidio will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activities/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

B. Integrating Physical Activity into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students and opportunities for physical activity. Toward that end:

- Students will be offered Tae Kwon Do, Volleyball and Basketball;
- Classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
- All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity occurs;
- Presidio will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide

testing, make it necessary for students to remain indoors for long periods of time, Presidio will give students periodic breaks during which they will be encouraged to stand and be moderately active;

- Presidio will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs to students in all grade levels. Presidio will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs; and
- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, and on weekends. School policies concerning safety will apply at all times.

VI. Communication with Parents. Presidio will support parents' efforts to provide a healthy diet and daily physical activity for their children. Presidio will send home nutrition information, post nutrition tips on the school website, and provide nutrient analysis of school menus. Presidio will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. Presidio will provide parents a list of foods that meet the states snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

VII. Measuring Implementation of Presidio Wellness Policy. Presidio School's Co-Director's will ensure compliance with the established nutrition and physical activity wellness policy. The food service administrator will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. The Food Service Administrator will also keep up-to-date on all changes to the Arizona Nutritional Standards. He/She will report changes to the Presidio Nutritional Committee for needed policy revisions. The Food Service Administrator in conjunction with the Advisory Committee and Co-Directors will develop a summary report every three years on compliance with the established nutrition and physical activity wellness

policies. That report will be provided to the school board and also distributed to all parents and faculty.

Arizona Nutrition Standards

Revised Arizona
Nutrition
Standards **2014**

Section 1: Written Standards

Section 1: Written Standards of Arizona Nutrition Standards have been revised to be consistent with the federal food and beverage standards per the interim final rule 7CFR§210.11 and ARS 15-242. At a minimum, all competitive food or beverages sold or served on the school grounds of elementary schools, middle schools and junior high schools during the school day must meet the nutrition standards and exemptions to the nutrition standards as specified in 7CFR§210.11.

Competitive Food Standards

A competitive food item must meet *at least one of the general standards* and meet all the *competitive food nutrient standards* as outlined.

Competitive Food General Standards

An allowable competitive food item would be required to:

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; or
- For the period through June 30, 2016, contain 10 percent of the Daily Value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (i.e., calcium, potassium, vitamin D or dietary fiber). Effective July 1, 2016, the criterion in this paragraph is obsolete and may not be used to qualify as a competitive food.

Competitive Food Nutrient Standards

Non-NSLP/SBP entrées (including accompaniments):

- < 35% of total calories from fat
- < 10% of total calories from saturated fat
- 0 grams of trans fat (< 0.5g per portion)
- < 35% total sugar by weight
- Maximum 350 calories per serving as packaged or served
- Maximum 480mg of sodium as packaged or served

Snack Items and Side Dishes (including accompaniments):

- < 35% of total calories from fat
- < 10% of total calories from saturated fat
- 0 grams of trans fat (< 0.5g per portion)
- < 35% total sugar by weight
- Maximum 200 calories per serving as packaged or served
- Maximum 230mg of sodium as packaged or served

Section 1: Written Standards

Competitive Beverage Standards

Water

Must be plain, cannot contain natural or non-caloric sweeteners (no size limit)

Plain carbonated water, cannot contain natural or non-caloric sweeteners (no size limit)

Cannot contain caffeine or a caffeine derivative

Juice

Must contain 100% fruit and/or vegetable juice (Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

100% fruit and/or vegetable juice diluted with water (with or without carbonation) with no added sweeteners (Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Milk and Alternatives

Low fat milk (1%), unflavored (Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Non-fat milk, flavored or unflavored (Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Nutritionally equivalent milk alternatives as permitted by the school meal requirements CFR210.10 and CFR 220.8 (Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Section 1: Written Standards

Exempt from all Competitive Food General Standards and Competitive Food Nutrient Standards

NSLP/SBP entrées sold a la carte

○ Any entrée item offered as part of the lunch program or the breakfast program under 7CFR§220 is exempt from all competitive food standards if it is offered as a competitive food on the day of, or the school day after, it is offered in the lunch or breakfast program. Exempt entrée items offered as a competitive food must be offered in the same or smaller portion sizes as in the lunch or breakfast program. Side dishes offered as part of the lunch or breakfast program and served à la carte must meet the nutrition standards in this section.

Sugar-free chewing gum are exempt from all competitive food standards

Exempt from all Competitive Food Nutrient Standards

Fruits and Vegetables 210.11(d)

○ Fresh, frozen, and canned fruits and vegetables with no added ingredients except water or, in case of fruit, packed in 100% fruit juice or light syrup with extra light syrup are exempt from all nutrient standards

○ Canned vegetables that contain a small amount of sugar for processing purposes, to maintain the quality and structure of the vegetable, are also exempt from the nutrient standards included in this section

Exempt from specific Competitive Food Nutrient Standards

< 35% or less of total calories from fat

- Reduced fat cheese (including part-skim mozzarella)
- Nuts and seeds and nut/butters
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat
- Seafood with no added fat

Combination items are not exempt and must meet all the nutrient standards

< 10% total calories from saturated fat

- Reduced fat cheese (including part-skim mozzarella)
- Nuts and seeds and nut/butters
- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Combination items are not exempt and must meet all the nutrient standards

< 35% of weight from total sugar

- Dried fruits and vegetables with or without nutritive sweeteners for processing and/or palatability purposes may exceed sugar by weight standard
- Products that consist of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Section 2: Maximum Portion Sizes

Section 2: Maximum Portion Sizes of Arizona Nutrition Standards have been revised to be consistent with the federal food and beverage standards per the interim final rule 7CFR§210.11 and ARS 15-242. At a minimum, all competitive food or beverages sold or served on the school grounds of elementary schools, middle schools and junior high schools during the school day must meet the nutrition standards and exemptions to the nutrition standards as specified in 7CFR§210.11.

Juice

Max Portion Size

100% fruit and/or vegetable juice

(Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

100% fruit and/or vegetable juice diluted with water (with or without carbonation) with no added sweeteners

(Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Fluid Milk and Alternatives

Max Portion size

Low fat milk (1%), unflavored
Non-fat milk, flavored or unflavored

(Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Nutritionally equivalent milk alternatives

(Elementary < 8 fl. oz, Middle/Junior High < 12 fl. oz)

Entrée

Max Portion Size

Cannot exceed the served portion size of the NSLP reimbursable meal.

Appendix A: Definitions

Revised Arizona Nutrition Standards
2014

Classroom Party: a celebration that occurs within a given classroom (or respective area) and is limited to only those students enrolled in that one classroom. Examples of classroom parties are holiday parties and birthday parties that occur in the classroom limited to only those enrolled students.

Combination Foods: products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein or grains.

Competitive Food: means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the School campus during the School day.

Entrée Item: an item that includes only the following three categories of main dish food items: (1) A combination food of meat or meat alternate and whole grain rich bread; (2) A combination food of vegetable or fruit and meat or meat alternate; or (3) A meat or meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters.

Foods of Minimal Nutritional Value (FMNV): As defined in 7CFR§210.11(2), foods and beverages that do not provide at least 5% of the Recommended Daily Intake (RDI) for any one of several key nutrients. Soda water (carbonated beverages) water ices, chewing gum, and certain candies are included. FMNVs remain in effect through June 30, 2014.

Fundraisers: an event that includes any activity during which currency/tokens/tickets are exchanged for the sale/purchase of a product in support of the school or school-related activities.

Juice, 100%: Undiluted liquid fraction of a whole vegetable, fruit or vegetable/fruit blend.

Milk: Pasteurized, homogenized fluid cow's milk.

Skim/Fat Free Milk: Containing less than .5% milk fat

Low fat Milk: Containing 1% milk fat

National School Lunch Program (NSLP): Program under which participating schools operate a nonprofit lunch program authorized by 7CFR§210 of the National School Lunch Act.

Portion Size: A quantity of food or beverage intended as “per item as packaged or served” for consumption by one individual.

School Breakfast Program: Program under which participating schools operate a nonprofit breakfast program authorized by 7CFR§220 of the Child Nutrition Act.

School Campus: for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School Day: for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

School Sponsored Event: an event that occurs outside of the enrolled single classroom and involves several members of the student body. Examples of school sponsored events include field days, spirit days, pep rallies, socials, or other school celebrations.

Whole Grain Rich Food: Be a grain product that contains 50 percent or more whole grains by weight or have whole grains as the first ingredient.