

The Issaquah School District is committed to providing learning experiences that foster students' lifelong healthy habits. Nutrition is an essential part of academic performance, because children who eat well-balanced meals are more likely to be healthy and are therefore better prepared to learn in school. Because the District supports physical activity and good nutrition at all grade levels, it is the District policy to:

- Provide students access to nutritious foods
- Encourage healthful activity and fitness for life
- Make accurate information available about these topics

The district shall develop and implement comprehensive district-wide nutrition procedures consistent with state and federal requirements for districts participating in the National School Lunch Program.

This program will set guidelines for all foods and beverages **sold** to students during the school day:

- In Food Service programs
- In vending machines
- In snack bars
- In school stores
- In school sponsored activities, including fundraising

The superintendent or designee shall establish an advisory committee to assist in the development, implementation, and the periodic review and update of the local school wellness policy. Selection of advisory committee members will be selected by the superintendent or designee and may include students, parents, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public. Each advisory committee meeting will be open to the general public and will have a public comment period available at the beginning of each meeting. In addition, public comments are accepted at any time via e-mail at: nutritioncommittee@issaquah.wednet.edu

Cross References: Board Policy 4260 Use of District Facilities

Legal References: RCW 28A.230.040 Physical Education – Grades 1-8
 28A.230.050 Physical Education in High Schools
 28A.235 Food Services
 28A.235.120 Meal Programs — Establishment and Operation – Personnel Agreements
 28A.235.130 Milk for children at school expense
 28A.623.020 Nonprofit program for elderly —Authorized — Restrictions
 69.04 Intrastate Commerce in Food, Drugs and Cosmetics
 69.06.010 Food and beverage service worker's permit — Filing, duration Minimum training requirements
 69.06.020 Permit exclusive and valid throughout state — Fee
 69.06.030 Diseased persons — May not work —Employer may not hire
 69.06.050 Permit to be secured within fourteen days from time of employment.
 69.06.070 Limited duty permit

Nutrition and Wellness – 6700

WAC 392-410-135 Physical Education – Grade school and high school requirement.

WAC 392-410-136 Physical Education Requirement-Excuse

7 CFR, Parts 210 and 220

7 CFR, Part 245.5

Management Resources: *Policy News*, December 2004 Nutrition and Physical Fitness Update
Policy News, February 2005 Nutrition and Physical Fitness Policy

Series 6000: Administration and Management Support Procedure

Nutrition and Physical Fitness – 6700P

Poor nutrition affects children’s health and their ability to learn. Schools are a place that should model and reinforce healthy eating behaviors. The District will provide healthy eating choices with the following procedures.

The policy applies to all foods and beverages sold on the school campus to students during the school day. The policy also applies to all foods and beverages purchased with District funds that are served on the campus to students during the school day. The school campus is defined as all areas under the jurisdiction of the school that are accessible to students during the school day. The school day is defined as the period from midnight the day before to 30 minutes after the end of the official school day.

District purchased food or beverages that will be served to students in classroom parties or as incentives are included in this policy. The policy does not apply to after school functions such as sporting events although the District encourages the sale and distribution of nutrient dense foods at all school functions and activities. The policy will be observed by all schools in the District.

Standards for the National School Lunch Program (NSLP)

The District shall provide a lunch program which meets the nutritional standards required by the NSLP.

To build on the District’s continuous improvement of the lunch program (e.g. no deep fat frying, no irradiated food, salad bars in every school):

- Fresh fruits and vegetables will be offered daily
- Canned fruits and vegetables will be low sodium and low sugar products when possible
- Every purchased lunch will be accompanied by at least ½ cup fruit or vegetable
- All grains offered will be whole grain rich
- Milk products will contain 1% or less fat
- Free drinking water will be available to every student in the lunch room
- Trans fats will be eliminated
- Weekly average calorie ranges will be followed for each grade level: K-5 (550-650 kcal); 6-8 (600-700 kcal); 9-12 (750-850 kcal)
- Weekly average of calories from saturated fat will be less than 10%
- Weekly average sodium ranges will be followed for each grade level: K-5 (≤ 1230 mg); 6-8 (≤ 1360 mg); 9-12 (≤ 1420 m)*
- Nutrition information for meals will be available on the District’s website

*Increasingly restrictive sodium targets for school year ’17-’18 and again in school year ’22-’23. Policy will be updated at that time with the new ranges

Standards for Other Foods and Beverages Sold to Students

In recognition of the efforts to increase the nutritional value of snacks sold to students during the school day, the following guidelines will apply to all foods and beverages sold to students on the school campus during the school day. The following guidelines will also apply to all foods and beverages purchased with District funds that will be served to students on the school campus during the school day:

General Standard- All food will:

- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient (or second ingredient if the first ingredient is water); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

Snack Items- In addition to the general standard, individual snack food items will:

- Have \leq 200 calories per item as served, including accompaniments
- Have \leq 230 mg of sodium as served, including accompaniments
- Have \leq 35% of calories from fat as served, including accompaniments (*See "Exemptions"*)
- Have $<$ 10% of calories from saturated fat as served, including accompaniments (*See "Exemptions"*)
- Have zero grams of trans fat as served, including accompaniments
- Have \leq 35% of the items total weight from sugar as served, including accompaniments (*See Exemptions*)

Entrée Items- Entrée items are defined as a combination food of a protein item & a grain item (e.g. hamburger), a protein item and a fruit or vegetable item (e.g. yogurt fruit parfait), or a protein item by itself excluding yogurt, low fat or reduced fat cheese, nuts, seeds, and nut/seed butters (e.g. chicken teriyaki). In addition to the general standard, entrée food items will:

- Have \leq 350 calories per item as served, including accompaniments
- Have \leq 480 mg of sodium as served, including accompaniments
- Have \leq 35% of calories from fat as served, including accompaniments
- Have $<$ 10% of calories from saturated fat as served, including accompaniments
- Have zero grams of trans fat as served, including accompaniments
- Have \leq 35% of the items total weight from sugar as served, including accompaniments

Exemptions- Certain items are exempt as described below:

- Reduced fat cheese (including part skim mozzarella), nuts and seeds and nut/seed butters, and products consisting of only dried fruits with nuts/seeds with no added sweeteners or fats are all exempt from the total fat and saturated fat standards for snack items only. Entrée items must meet all standards.
- Dried or dehydrated fruits or vegetables with no added sweeteners or fats are exempt from the sugar standards for snack items only. Entrée items must meet all standards.
- Entrée items served as part of the school meal program are exempt on the day of and day after being served as a program meal.

Beverage Items- All beverages will follow the guidelines for the appropriate grade level:

Elementary schools may sell-

- Plain water or carbonated water (no size limit)
- 1% unflavored milk (≤ 8 fl oz)
- Non fat flavored or unflavored milk (≤ 8 fl oz)
- 100% fruit/vegetable juice (≤ 8 fl oz)

Middle schools may sell-

- Plain water or carbonated water (no size limit)
- 1% unflavored milk (≤ 12 fl oz)
- Non fat flavored or unflavored milk (≤ 12 fl oz)
- 100% fruit/vegetable juice (≤ 12 fl oz)
- 100% fruit/vegetable juice diluted with water (carbonated or not) and no added sweeteners (≤ 12 fl oz)

High schools may sell -

- Plain water or carbonated water (no size limit)
- 1% less unflavored milk (≤ 12 fl oz)
- Non fat flavored or unflavored milk (≤ 12 fl oz)
- 100% fruit/vegetable juice (≤ 12 fl oz)
- 100% fruit/vegetable juice diluted with water (carbonated or not) and no added sweeteners (≤ 12 fl oz)
- Other flavored and/or carbonated beverages 20 fl oz or less that contain ≤ 5 calories per 8 fl oz or ≤ 10 calories per 20 fl oz (excluding soda, diet soda, and energy drinks)
- Other flavored and/or carbonated beverages 12 fl oz or less that contain ≤ 40 calories per 8 fl oz or ≤ 60 calories per 12 fl oz (excluding soda, diet soda, and energy drinks)

Snack and Beverage Calculator

The USDA has established a snack and beverage calculator tool that can be used to determine if an item fits within these nutrition guidelines. Users can enter the information from a product's nutrition label and the calculator will determine whether or not the item is acceptable. The calculator can be found at: https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Fundraisers and PTSA or Booster Club Events

All food and beverage items sold to students on the school campus during the school day will follow the above guidelines.

Class Parties and Student Incentives

Honoring the spirit of the District Nutrition Policy and the above procedures, school staff and parents should reward students with physical activities, non-food items or healthy snacks at classroom parties, holiday celebrations, and as student incentives. Food and beverages purchased with District funds for classroom parties and incentives on the school campus during the school day will follow the above guidelines.

Nutrition and Physical Fitness – 6700P

Nutrition Promotion and Education

Students will participate in national and state directed nutrition and wellness coursework in grades K-12. Elementary students receive current nutrition curriculum in the general education and physical education classrooms. Secondary students receive current nutritional curriculum in graduation required health classes. Nutrition curriculum includes the promotion of healthy food intake, reading food labels, and analyzing and comparing health information to current USDA guidelines.

Parents are encouraged to promote their student's participation in the school lunch program. If their student(s) do not participate in the school lunch program, parents are encouraged to provide meals and snacks that fit the District's nutrition policy.

School staff is encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate.

School staff considers the various cultural preferences in development of nutrition education programs and food options.

Physical Activity and Education

Students will have the opportunity to participate in physical education classes in grades K-12. Physical education classes are standards based, using national and state developed standards. Content builds each year including concepts and strategies in motor skills, physical fitness, and developing goals toward lifetime fitness. The District's physical education program is inclusive of all students and stresses the cooperation, participation, and application of learning. In addition, students at the high school level have a broad range of physical education credit options beyond the school day including intramural and interscholastic athletics.

All schools will have facilities, equipment, and supplies needed to deliver quality physical education and activities consistent with these standards.

Schools are encouraged to identify safe and active routes to school and promote alternative methods for children to travel to and from school such as walking and bicycle programs.

Access to school sites will be provided through permitting use of facilities to youth sports groups consistent with the District's facilities use policy and municipal joint use agreements and partnerships with youth organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports, and recreation programs.

Updates

This policy will be updated as new health science, information, and technology emerge as well as when new USDA guidance is provided.

Advisory Committee

The District's Nutrition Advisory Committee will advise in the implementation of the district-wide nutrition and physical fitness procedures. The committee will also meet at least twice per year to track the efficacy of these procedures and make recommendations as necessary.