

Blanchester Local Schools Nutrition Standards

The Blanchester Local Schools Nutritional Standards must be met for all sales of food to students in all Blanchester Schools during the regular and extended school day setting. This includes foods sold through the Nutrition (Food) Services Department as well as any other organization or person. These restrictions do not affect foods and beverages sold in connection with a school-sponsored fundraiser or other event held outside of the regular school day or in conjunction with an interscholastic athletic event.

Sales of food in competition with the meal service of the Nutrition (Food) Services Department are prohibited by board policy in conjunction with federal law.

District nutrition standards apply only to food or beverages sold. Food provided free as refreshment for parties, potlucks, teacher appreciation luncheons or breakfasts. Ect, is not subject to district nutrition standards. However, offering foods that meet these standards is highly recommended.

As required by Ohio regulations, Blanchester Local Schools Nutrition Standards are in alignment with the guidelines established by the Alliance for a Healthier Generation.

Meals served through the National School Breakfast, Lunch and Snack Programs will meet, at a minimum, the nutrition requirement established by local, state and federal regulations.

PROCEDURES, REGULATIONS AND GOALS OF WELLNESS PLAN

1. NUTRITIONAL EDUCATION/PHYSICAL ACTIVITY GOALS

Nutrition and physical education will be provided and promoted. Students will be introduced to meaningful nutritional education and physical activity that will connect to student's lives outside of the classroom. Goals will include, but are not limited to: Utilize USDA and other awareness programs (such as the community group: Wildcat Wellness, and staff organization: EPC Wellness) to educate students, parents and staff on healthy nutrition and physical activity. This may include the food services department web page, posters for cafeteria, and informational handouts, to students, parents and staff.

o Provide sequential nutrition and physical education through science, health, family/consumer science, and physical education classes in accordance with ODE requirements:Physical education will be provided to students at all grades levels;Students will meet minimum requirements for Blanchester Local Schools;PE classes will be taught by teachers certified in PE.

o Physical activity will be promoted for all grade levels (which may include strategies such as brain breaks, walks to public library, field days etc).

o Recess will be provided in grades PS/K-5:PS recess as per ODE Preschool Licensing rules and guidelines;Grades K-5 will have recess every day for at least 20 minutes per day.

o Extracurricular physical activity involvement will be encouraged and promoted according to policy for all students grades PS-12. This would extend to include walking to and from school, walking tracks, weight rooms, tennis courts, playgrounds, intramural sports, community organizations, etc.

**2. NUTRITIONAL GOALS FOR FOOD AND BEVERAGES SOLD TO
STUDENTS AT SCHOOL
DURING THE SCHOOL DAY**

A. MEALTIME GOALS:

- o All students will be encouraged to participate in the school lunch program.**
- o School meals will comply with and will be no less than what the OD USDA requires.**
- o Administrators, teachers, staff and parent organizations will not serve or sell food to students in competition with school meals.**
- o Healthier choices of snack foods will be available.**
- o Fresh fruits and vegetables will be offered when feasible.**

2

B. NON-MEALTIME GOALS:

- o All food and beverages made available to students for sale during the school day (including vending, concessions, a la carte, student stores and fundraising) will meet the “Smart Snacks in School” standards to in ensure optimal nutritional quality and foster healthful eating habits and choices.**

See Attachment-

“Smart Snacks in School, USDA All Foods Sold in School Standards.”

Responsible Party: Sponsors, Administrators

Strategies: Staff professional development, Promotion of wellness initiatives (ie EPC Wellness program), School procedures concerning fundraising, Student/Staff handbooks

3. NUTRITIONAL GOALS FOR FOOD AND BEVERAGES PROVIDED, BUT NOT SOLD, TO STUDENTS OUTSIDE OF MEALS DURING THE SCHOOL DAY.

Parents and teachers will be encouraged to provide a variety of healthy foods for classroom parties, incentives and snacks. The following guidelines are recommended for students in classrooms Grades PS/ K-5:

Snacks and beverages provided to students meet the “Smart Snacks in School” guidelines;

An exception will be made for the scheduled classroom parties as follows: snacks for parties should be limited to one fruit, one vegetable and one “sweet treat” (ie. cupcake or cookie) per child;

Non-food incentives (ie, stickers, brag tags, tickets, pencils) are strongly encouraged over food incentives.

Water is strongly encouraged over beverages containing high sugar/calorie content.

The use of artificial sweeteners (or products containing artificial sweeteners) is discouraged.

Instructions/handouts to parents regarding donations to the classroom will reflect these recommendations.

Responsible Parties: Parents, Teachers, Administrators Strategies: School procedures concerning classroom parties, incentives and snacks. Communicate to parents through newsletter, handouts, menus.

4. FOOD AND BEVERAGES MARKETING GOALS

It is recommended that marketing of foods and beverages on the school campus during the school day is prohibited for foods or beverages that do not meet the nutritional standards established by the District in accordance with the USDA regulations.

“Smart Snacks in School” guidelines are recommended

Responsible Parties: Parents, Teachers, Administrators

Strategies: Classroom posters, Nutritional Promotional material (cafeteria posters)

5. IMPLEMENTATION/EVALUATIONThe Superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee.

School food service supervisor will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or designee. Goals will be measured in a variety of methods including, but not limited to: National School Lunch/Breakfast Daily Production Records, Daily Count and Cash Reconciliation Reports, Daily Participation Reports, Vending Machine Sales Records, and parent, student, and staff surveys as deemed appropriate. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools (Ashleigh R. Reid, 2016) (USDA Food and Nutrition Services, 2016) within the district. That report will be provided to the school board, parent/teacher organizations, school principals, and school health personnel in the District.

Involvement and participation in the wellness policy process by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) is permitted and encouraged.

The Local Wellness Policy for Blanchester Local Schools, including any updates to and about the wellness policy, will be posted on the district web site. Revised: April 2017

Bibliography

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What are the Smart Snack Standards for food?

To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or a protein food; or
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars

Nutrient	Snack	Entr'ee
calories	200 calories or less	350 calories or less
sodium	200 mg or less	480 mg or less
Total fat	35% of calories or less	35% of calories or less
Saturated fat	Less than 10% of calories	Less than 10% of calories
Trans fat	0 g	0 g
Total sugars	35% by weight or less	35% by weight or less

What are the Smart Snack Standards for beverages?

Milk

Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.

Elementary School	Middle School	High School
8 fl oz	12 fl oz	12 fl oz

Juice

100% fruit or vegetable juice, with or without carbonation.

Elementary School	Middle School	High School
8 fl oz	12 fl oz	12 fl oz

Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.

Elementary School	Middle School	High School
8 fl oz	12 fl oz	12 fl oz

Low- and No-Calorie beverages (HIGH SCHOOL ONLY)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.

<p>Low calorie maximums: 40 calories/8 fl oz 60 calories/122 fl oz *Equivalent to 5 calories per fluid ounce.</p>	<p>No calorie maximum 10 calories/20 fl oz *Less than 5 calories per 8 fluid ounces.</p>
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National school Lunch Program Meal Pattern

Lunch Meal Pattern Amount of food per week (Minimum per Day)

Menu component	Grades k-5	Grades 6-8	Grades 9-12
Fruit (cups)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½
red/orange	¾	¾	1 ¼
beans/peas (legumes)	½	½	½
starchy	½	½	½
Other vegetable	½	½	¾
Additional vegetables to reach total	1	1	1 ½
Grains (oz eq.)	8 (1)	8 (1)	10 (2)
meat/meat alternate (oz)	8 (1)	9 (1)	10 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

School Breakfast Program: Sodium Limits

Age/Grade group	Target 1 (mg)
k-5	<540
6-8	<600
9-12	<640

National School Lunch Program: Sodium timeline and Limits

Age/Grade group	Target 1 Effective July, 1 2022 (mg)	Interim Target 1A: Effective July 1, 2023 (mg)
k-5	<1,230	<1,110
6-8	<1,360	<1,225
9-12	<1,420	<1,280