

Huntington Union Free School District

Wellness Policy Administrative Regulations

2009 - 2010

The school district will work to implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and regulations.

Part I – Nutrient Standards

During the school day all food sold or provided to children within the Huntington Union Free School District will meet the following nutrient standards:

Snacks

All snacks shall meet the following criteria:

- ◇ Total fat equal to or less than 7 grams of fat per serving
- ◇ Saturated fat equal to or less than 2 grams per serving
- ◇ Sodium equal to or less than 360 milligrams per serving
- ◇ Sugar equal to or less than 15 grams per serving
- ◇ All snacks must be provided in single serving packages
- ◇ To the maximum extent practicable, be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils.

*Snacks should be limited to one per child (K-6) and two per child (7-12). Staff and parents should encourage healthy snacks.

Beverages

All beverages shall meet the following criteria:

- ◇ Total fat equal to or less than 3 grams per 8 ounce serving
- ◇ Sweetened beverages must meet the following standards:
 - Sugar equal to or less than 23 grams per 8 ounce serving (Plain or flavored milk in 8 ounce containers)
 - Container size less than or equal to 12 ounces
- ◇ Sodium equal to or less than 200 milligrams per serving
- ◇ Caffeine less than or equal to 10 milligrams per 8 ounce serving
- ◇ No artificial sweeteners or high fructose corn syrup

*One hundred percent (100%) fruit juices are an exception to the sugar standard since they naturally provide 26-30 grams of sugar per 8 ounce serving. Fruit juice also provides many nutrients, and confers health benefits in moderate portions. Therefore, 100% fruit juice can be provided in containers that are 12 ounces or less.

Meals

Meals served by the Child Nutrition Program will adhere to National School Lunch and Breakfast Standards and will:

- ◇ be appealing and attractive to children
- ◇ be served in clean, safe and pleasant settings
- ◇ meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans
- ◇ have no more than 30 percent of its total calories be from fat, averaged over a week
- ◇ have no more than 10 percent of its calories be from saturated fat, averaged over a week
- ◇ use foods low in sodium and limit sources of trans fatty acids

- ◇ offer a variety of fruits and vegetables which includes at least two non-fried vegetables and two fruit options each day and will offer five different fruits and vegetables over the course of the week
- ◇ serve 100% fruit and vegetable juices, low-fat (1%) and fat-free milk with meals
- ◇ fresh and frozen vegetables shall be used in place of canned whenever possible
- ◇ ensure that a minimum of 50% of the grains served are whole grains
- ◇ prepare food using methods that reduce the fat content; no fryers shall be used
- ◇ to the maximum extent practicable, be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils.
- ◇ meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines

Part II – Use of food in the Classroom

It is the policy of the District that food shall not be used in the classroom, except as a part of snack brought from home for the individual consumption by primary school children. Sharing of food and beverages should be discouraged given concerns about allergies and other restrictions on some children's diets. Food shall not be used in the classroom or distributed in the classroom for the following reasons:

- ◇ As an incentive or reward in the classroom
- ◇ For instructional purposes*
- ◇ As part of a birthday celebration
- ◇ As part of holiday or seasonal celebrations or multicultural events**

* Food based lessons are approved for Home and Career Classes. If other classroom teachers are interested in using food as part of their lesson they must follow the procedures below:

1. Obtain principal's approval
2. The food is not candy
3. The food is not consumed
4. Parents are notified prior to the lesson

** Grade levels (K – 8) and Teachers (9 – 12) can celebrate a holiday, special event or field trip during the school year by following these procedures:

OBTAIN PRINCIPALS APPROVAL ONCE THE FOLLOWING PROCEDURES ARE MET

ON-CAMPUS

1. Food is provided by HUFSD lunch program or other certified vendor.
2. Food provided cannot replace lunch.
3. The organizers follow the Regulations' nutrient standards and the District's philosophy on providing health alternatives.
4. Food service is notified (K – 8).
5. Parents are notified prior to event (K – 8).

OFF-CAMPUS

1. Food is provided by HUFSD lunch program or other certified vendor.
2. The organizers will notify the outside vendor of the District's nutrient standards and request compliance.
3. Food service is notified of field trip or event date.

4. Food service will provide bag lunches for free and reduced students and any parent/student who wants to buy it.
5. Parents are notified prior to event.

Part III – Fundraising

To support children's health and school nutrition education efforts, there will be no fundraising activities involving the sale of food (including candy) to students during the school day. Schools will encourage fundraising activities that promote physical activity and will provide a list of alternative activities.

Part IV – Nutrition and Physical Education

Nutrition and physical education will meet the New York State Standards 1, 2, and 3 which incorporate the following subject areas: Health Education, Physical Education, and Family and Consumer Sciences (Standard 1 – Personal Health and Fitness; Standard 2 – A Safe and Healthy Environment; Standard 3 – Resource management).

Part V – Physical Activity

All students, including students with disabilities and special health care needs, shall receive physical education a minimum of 40 minutes/ 3 times per week (K – 6) and a minimum of 200 minutes for every 10 school days (7 – 12). Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

All elementary school students will have a minimum of 20 minutes each day of supervised recess, preferably outdoors. School personnel should verbally encourage moderate to vigorous physical activity, whether indoors or outdoors.

Outdoor recess will be encouraged while adhering to district guidelines on modified heat and cold weather alerts.

Teachers and other school personnel will not withhold opportunities for physical education except in instances of health and safety. Opportunities for physical activity (ie. recess) will not be withheld without alternative disciplinary measures being considered. Entire classes should not be withheld from physical activity for disciplinary actions of individuals.

Part VI – Implementation and Review of Regulations

The principals will implement and monitor the regulations in their individual buildings. The regulations will be explained to teachers and other school personnel on an annual basis at the beginning of each school year and reviewed periodically. The regulations will be reviewed annually or when deemed necessary.