

LCMSD – School Wellness Policy BP 5030(a) and AR 5030) a) Condensed-10/10/13

Student Wellness-LCMSD Support:

Coordinated school health system that supports and reinforces health literacy through out the school environment for students, staff and school community.

Nutrition Education and Physical Activity Goals- LCMSD Supports:

Positive role models. Promote and provide opportunities activity among students and staff. Prohibits the marketing and advertising of non-nutritious foods and

Nutrition Guidelines

Any food/beverage sold or given to students on District campuses during school hours:

-Beverages -water or seltzer fruit and vegetable juices at least 50% fruit Juice, unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (Not soft drinks sports drinks, etc. and beverages containing caffeine, excluding chocolate milk

-Foods

< 35% of its calories from fat (excluding nuts or seeds,)

<10% of its calories from saturated and trans fat combined

< 35% of its weight from added sugars

< 230 mg of sodium per serving snack items, < 480 mg of sodium per serving for pastas, meats, and soups, < 600 mg of sodium for pizza, sandwiches, and main dishes.

• A choice of at least two fruits and/or non-fried vegetables will be offered

-Portion Sizes

• Limit portion sizes of foods and beverages sold individually to those listed below (see Board Policy for specifics for snacks and entree)

Fundraising Activities

Fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages. List of ideas for acceptable fundraising activities will be made available.

Snacks

Snacks served during 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 the primary snacks and water as the primary beverage. District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards

Schools will not use foods or beverages, as rewards for academic performance or behavior.

Celebrations

Limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school will meet the nutrition standards for meals or for foods and beverages. The LCMSD aims to teach, encourage, and support healthy eating by providing nutrition education and engage in nutrition promotion that:

- Is offered in a sequential, comprehensive, standards-based program to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of all classroom instruction in all subjects, required and elective.
- Includes 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 product
- Emphasizes caloric balance between food intake and energy expenditure
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff. • Provides continuing education and information for parents.