

## NUTRITION

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### 1. INTRODUCTION

Poor nutrition affects children's health and their ability to learn. Schools are uniquely positioned to model and reinforce healthy eating behaviors by limiting access to high calorie, high fat and high sugar food and beverages. This includes providing healthy choices that are consistent with nutrition education messages and maximizing participation in the school meal program.

The availability of unhealthful food and beverages sold in competition with the federal school meal programs also undermines the financial viability, effectiveness and quality of the school meal programs. Research shows that students who participate in school meal programs have higher intakes of key essential nutrients at lunch and over a 24-hour period.

The availability of non-nutritious foods undermines nutrition education efforts, encourages over consumption of foods high in fat and added sugar, teaches children to associate food with praise and teaches children to eat when they are not hungry. It also increases the potential for development of eating disorders, food-borne illnesses and food-based allergic reactions.

### 2. DEFINITIONS

The following definitions apply to the North Kitsap School District Nutrition & Wellness Policy and Procedure:

- A. **Ala Carte:** Refers to individual priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
- B. **Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, or school stores or as part of school fundraisers. School fundraisers include food sold by administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization. Competitive foods sold during meal times must not be sold at a lower price than like items offered by the Food Service Program.
- C. **FMNV:** Foods of Minimal Nutritional Value. This refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U.S.D.A. under the child nutrition programs.
- C. **Food Service:** This refers to the school's operation of the National School Program, School Breakfast Program and After School Snack Programs and includes all food

service operations conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.

- D. **School Day:** The school day begins with the start of the first breakfast period and continues until the end of the last instruction period of the day (last bell).
- E. **School Meals:** Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursements in accordance with all applicable federal regulations, policies, instructions and guidelines.
- F. **Snacks:** Defined as either competitive foods or ala carte (see definitions above), depending on whether or not they are provided by the school food service department.
- G. **Trans Fat:** Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressing and other processed foods.

### 3. NUTRITION STANDARDS

In all North Kitsap School District schools, any food sold or otherwise made available to students during the school day other than those that are served as part of the National School Breakfast and Lunch Program should meet the following standards:

- Not more than 35% of its total calories are from fat. This does not apply to the sale of nuts, seeds, or real cheese snacks.
- Not more than 10% of its total calories are from saturated fat.
- Not more than 35% of its total weight is composed of sugar. This does not apply to the sale of fruits, vegetables and 100% milk and juice.
- School staff should encourage non-food alternatives as student rewards.

### 4. ELEMENTARY SCHOOLS

For purpose of this policy, an elementary school campus is defined as any campus containing a combination of grades Head Start-6 grade.

#### A. **Foods of Minimal Nutritional Value (FMNV) Policy**

Beginning September 1, of the 2006 school year, Elementary school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the school day.

#### B. **Competitive Foods and Snacks**

An elementary school campus may not serve competitive foods anywhere a school breakfast or lunch is served or eaten. All competitive foods provided to students must meet the nutritional standards listed in section 3 of this procedure.

**5. MIDDLE/JUNIOR HIGH SCHOOLS**

For purpose of this policy, a middle school campus is defined as a campus containing grades 6, 7, and 8. A junior high campus may contain either grades 7 and 8, or grades 7, 8, and 9.

**A. Foods of Minimal Nutritional Value (FMNV) Policy**

Beginning September 1, of the 2006 school year, Middle school and or Junior High school campuses may not serve or provide access for students to FMNV on school premises until after the end of the school day.

**B. Competitive Foods and Snacks**

A middle or junior high school campus may not serve competitive foods to students in the dining areas during the first fifteen (15) minutes of serving time of each lunch period.

**6. HIGH SCHOOLS**

For purpose of this policy, a high school campus is defined as any campus containing a combination of grades 9, 10, 11, and 12.

**A. Foods of Minimal Nutritional Value (FMNV) Policy**

Beginning September 1, of the 2006 school year, a High school campus may not serve or provide access for students to FMNV at any time on school premises until after the end of the school day.

**B. Competitive Foods and Snacks**

A high school campus may not serve competitive foods to students in the dining areas during the first fifteen (15) minutes of serving time of each lunch period. This does not pertain to food items made available by the food service department or student stores.

**7. FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)**

Federal regulations prohibit the sale of certain foods determined to be of minimal nutritional value in the food service area during meal periods.

**A. Restricted Foods**

Foods and beverages that are restricted from sales to students are classified in the following four categories:

- 1) **Soda Water**
- 2) **Water Ices**
- 3) **Chewing Gum**
- 4) **Certain Candies**

As defined by USDA Policy, Reference: [http:// www.fns.usda.gov/cnd/menu/fmnmv.htm](http://www.fns.usda.gov/cnd/menu/fmnmv.htm)

**B. FMNV and Policy Exemptions**

- 1) **School Nurses:** This policy does not apply to school nurses using FMNV's during the course of providing health care to individual students.
  - 2) **Athletics, Band and Other Competitions:** The nutrition policy does not apply to students who leave campus to travel to athletic, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
- C. This policy does not restrict what parents may provide for their own child's lunch or snacks. The district promotes and encourages parents to provide healthy food choices for their children including, an effort to meet the districts recommended nutritional standards.

## 8. **Financial Guidelines**

The following costs will be considered direct expenses of the program:

1. Direct labor and employee expenses
2. Food and supply expenses
3. Replacement of equipment
4. Cleaning of equipment in kitchen, serving areas and dining rooms
5. Delivery of food, bank deposits, and other special emergency district distributions as may be requested.
6. Processing of free and reduced price meal applications, including approval, denial, verifications, and notifications to parents and schools.
7. Administration of the issuance of free meal credits; the sale of reduced priced, full priced, and ala carte meals; related cash reporting; and bank depositing functions

The following expenses will be considered indirect costs of the food service program, which should not be included in the evaluation of whether the food service program is financially self-supporting:

1. Utilities
2. Custodial (except for tables and food service equipment)
3. Maintenance of building
4. Initial building space and equipment
5. Office space
6. Warehouse space
7. Trash removal
8. Administration not directly involved in day-to-day operation of the program
9. Administrative services (accounting, purchasing, payroll, personnel)
10. Services such as telephone, printing, graphics, delivery service, mail, etc., are provided at the same level and expense as other district departments and schools
11. Repair of equipment and vehicles
12. Responsible for operating reserves