

MEDFORD AREA PUBLIC SCHOOL DISTRICT

DATE ADOPTED: February 16, 2006

FILE SECTOR: SUPPORT SERVICES

DATE REVISED: January 25, 2007

POLICY TITLE: SCHOOL WELLNESS

DATE REVISED: March 21, 2013

The Medford Area Public School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

The Medford Area Public School District supports and promotes a healthy school nutrition environment, which includes the following:

1. Quality school meals with an emphasis on nutrient dense foods
2. Healthy food choices
3. Pleasant eating experiences
4. Nutrition education
5. Opportunities for physical activity within the school day
6. Marketing health and nutrition within the community

The Medford Area Public School District will promote knowledge and behavior that improves health, intellectual development, and overall quality of life. Students, parents, teachers, school officials, community, and business leaders must be actively involved in ensuring that the school environment promotes good health.

The district will set forth nutrition guidelines set by the state and federal government for all foods available in each school during the school day. The nutrition guidelines will be based on sound nutrition facts and principles. Foods will be selected with the objective of promoting student health and reducing childhood obesity.

The Medford Area Public School District assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to schools. School meals will meet at least minimum nutritional standards set forth in federal child nutrition program laws and regulations, including but not limited to the Dietary Guidelines for Americans.

The Medford Area Public School District Health Advisory Council will develop an Action Plan that will address nutrition guidelines, nutrition education, physical activity, and other school-based activities that are designed to promote student, staff, and community wellness. This action plan will be reviewed at least annually. The Medford Area Public School District School Health Advisory Council will report policy implementation status and follow-up activities to the school board and administration.

CROSS REFERENCE:

LEGAL REFERENCE: Child Nutrition and WIC Reauthorization Act of 2004, Dietary Guidelines for Americans

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Nutrition Standards

The Medford Area Public School District promotes nutrition integrity in all school buildings. The American School Food Service Association (ASFSA) defines nutrition integrity as “a guaranteed level of performance that assures that all foods available in schools for children are consistent with recommended dietary allowances and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits.”

To promote nutrition integrity the Medford Area Public School District encourages:

- Adhering to nutrition standards based on the Dietary Guidelines for Americans and the current USDA Food Nutrition Guidelines.
- Considering student preferences in menu planning.
- Providing meals with enough calories to support growth.
- Evaluating the nutritional value of foods over a period of time.
- Purchasing food items that meet expected quality and nutrition standards.
- Preparing foods in ways that provide optimal nutrition and student acceptance.
- Carefully selecting other foods offered in addition to meals (competitive foods) to promote nutrition and encourage healthy eating habits.
- Providing a pleasant eating environment.
- Promoting nutrition education.
- Developing cooperative efforts between nutrition professionals and other school / community members.

The school district encourages school administrators, teachers, and food service staff to work together to develop and support nutrition policies and procedures aimed at promoting lifelong healthy eating. Nutrition integrity and nutrition education should be an integral part of nutrition policies. The Medford Area Public School District encourages using the following District Nutrition Standards as minimal guidelines:

School Meal Program

- Encourage the consumption of nutrient dense food i.e. whole grains, fresh fruits, vegetables, and dairy products which provide students with calories rich in the nutrient content needed to be healthy.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated and trans fats combined.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- The full meal hot lunch program will continue to follow the U.S. Government’s Nutrition Standards.

- The hot lunch provider will follow the District Nutrition Standards when determining the items in a la carte sales.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these Standards.

Individual Sales

All foods and beverages sold individually through vending machines will meet the following nutrition and portion size standards. Vending machines will not be in operation during lunch periods for students.

Beverages

The following will be the allowable beverages sold through vending machines during the instructional day:

- Water
- No or low-calorie beverages with no more than 10 calories per 8 ounce serving (e.g. diet sodas, unsweetened teas, low calorie sports drinks, fitness waters, flavored waters, seltzers)
- Milk, light juice, juice and sports drinks in 12 ounce servings or less, which meet the following criteria:
 - Fat-free or low-fat milk and nutritionally equivalent (per USDA) milk alternatives;
 - Fat-free or low-fat nutritionally equivalent flavored milk with no more than 150 calories per 8 ounce servings;
 - 100% juice with no added sweeteners, no more than 120 calories per 8 ounce serving and at least 10% of the daily value for at least three micronutrients;
 - Light juices and sports drinks with no more than 66 calories per 8 ounce serving.
- At least 50% of beverages must be water and no- or low-calorie options (no more than 10 calories per 8 ounce serving).

Food

The following will be allowable food items sold through school vending machines during the instructional day:

- will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fats combined;
- will have no more than 30% of its weight from added sugars;
- will contain no more than: 230 mg of sodium per serving for chips, cereals, crackers and other items

Teacher Incentives

Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutrition Standards.