

## TEAYS VALLEY LOCAL SCHOOL DISTRICT LOCAL WELLNESS POLICY

The Teays Valley Local School District is committed to providing a school environment that enhances learning and promotes the development of lifelong wellness practices. These goals are made with an increased understanding of the benefits of a well-structured diet and fitness plan.

To accomplish these goals,

- Child Nutrition Programs comply with federal, state and local requirements and are accessible to all students. Meals served through the National School Lunch and Breakfast Program are no more restrictive than national standards, but will strive to provide meals that provide increased fiber and are low in added fats, added sugars, and sodium.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. The food service department's HACCP standard operating procedures are followed to prevent food-borne illness in schools. Facilities are provided and students are encouraged to wash hands prior to eating lunch.
- All beverages sold to students during the regular and extended school day (including vending and a la carte) will comply with the Healthy Choices for Healthy Children Act (SB210) nutrition standards:
  - Grades K – 5
    - Water
    - 8 oz. 100% juice or fruit juice-water blend with no added sweeteners, not more than 160 calories per 8 oz.
    - 8 oz. low fat or fat free milk, not more than 170 calories per 8 oz.  
(After January 1, 2014 milk cannot contain more than 150 calories per 8 oz.)
  - Grades 6-8
    - Water
    - 10 oz. 100% juice or fruit juice-water blend, no added sweeteners, not more than 160 calories per 8 oz.
    - Milk – same as K-5
  - Grades 9-12
    - Water
    - 12 oz. 100% juice or fruit juice-water blend, no added sweeteners, not more than 160 calories per 8 oz.
    - 16 oz. low fat or fat free milk, not more than 170 calories per 8 oz.  
(After January 1, 2014 milk cannot contain more than 150 calories per 8 oz.)
    - 12 oz. beverage that contains not more than 66 calories per 8 oz.
    - Any size beverage that contains not more than 10 calories per 8 oz. may contain sweeteners, flavoring and carbonation. USDA regulation restricts carbonation from being allowed in meal service/consumption areas during serving times.
    - At least 50% of the a la carte beverage items available for sale through the food service program, vending machines, or a school store must be water or other beverages that contain no more than 10 calories per 8 ounces. Each source (vending machine) of a la carte beverages must meet the 50% requirement.

- All a la carte food items sold to students during the regular and extended school day must comply with the guidelines for competitive foods issued by the Alliance for a Healthier Generation. No foods of minimal nutritional value will be sold to students.



## School Competitive Food Guidelines

|  | CALORIES   | TOTAL FAT | SAT FAT | TRANS FAT | SUGAR BY WEIGHT | SODIUM  |
|--|--|-----------|---------|-----------|-----------------|---|
| <b>BASELINE</b>                        | 100  | 35%       | 10%     | 0g        | 35%             | 230mg   |
| <b>DRIED FRUIT WITH NO ADDED SUGAR</b> | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH   | 0g        | 0g      | 0g        | exempt          | 230mg   |
| <b>NUTS, NUT BUTTERS, AND SEEDS</b>    | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH   | exempt    | exempt  | 0g        | 35%             | 230mg   |
| <b>LOW FAT AND FAT-FREE DAIRY*</b>     | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH   | 35%       | 10%     | 0g        | 35%             | 480mg   |
| <b>SOUP AND VEGETABLES WITH SAUCE</b>  | 150<br>If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.                                      | 35%       | 10%     | 0g        | 35%             | 480mg<br>If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables. |
| <b>SNACKS</b>                          | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH<br>If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables. | 35%       | 10%     | 0g        | 35%             | 230mg   |
| <b>FRUIT WITH NUTS (TRAIL MIX)</b>     | 150 ELEMENTARY<br>180 MIDDLE<br>200 HIGH<br>Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.   | exempt    | 10%     | 0g        | 35%             | 230mg   |

\* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.

Restrictions on the sale of food and beverages must be observed during the regular school day, as well as the extended school day (periods before and after the school day in which students are participating in school-sponsored extracurricular, academic, and enrichment programs). These restrictions apply to "a la carte" items, which are individually priced food and beverage items available for sale to students through (1) a school breakfast or lunch program, (2) vending machines located on school property, or (3) school store.

The restrictions do not apply to foods and beverages that are part of a complete meal provided through a federally subsidized breakfast or lunch program and are being sold individually in a serving portion of the same size as in the complete meal (in the a la carte line in the cafeteria, for example). The 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. Vending machines that are accessible only to staff members are exempt for the restrictions.

- Adopted courses of studies in health and science provide nutrition education and engage in nutrition promotion at each grade level as part of a sequential, comprehensive, standards-based program so that students learn skills necessary to protect their health. The district provides nutrition and physical activity based resources and materials for teachers. School Food Services enhances learning through posters in student eating areas, and printed materials on menus and cafeteria websites.
- Patterns of meaningful physical activity connect to students' lives outside of physical education. The school environment promotes recreational sport activities and provides information to families for incorporating physical activity into their lives. Recess before lunch at elementary schools and intramural sports in grade 6 through 8 is encouraged to promote additional physical activity during the school day. Physical education class is not used (e.g. running laps, pushups) or withheld (e.g. no physical education) as a punishment.
- All school-based activities are consistent with local wellness policy goals and are planned in a thoughtful and health-conscious way including school events, field trips, dances and assemblies. These activities will educate and support students in making healthy, safe choices and setting reachable goals for a healthy life.
- Within each school building, the principal and/or his/her designee will measure to what extent this wellness policy is being implemented and ensure the school is meeting the goals of the policy.
- A committee consisting of the assistant superintendent, building administrators, nursing staff, and the food service director will be responsible for the implementation and monitoring of the wellness policy.