

Lancaster City School District
Wellness Guidelines on Nutrition,
Physical and Nutritional Education

The Lancaster City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the Lancaster City School District has adopted the following:

- The school district will engage students, parents, administrators and staff members, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity guidelines.
- All students in grades Pre-K-12 will be provided opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served by the district during the school day will meet the nutrition recommendations of the US. Dietary Guidelines for Americans.
- Food service will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and schools will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The District shall take part as feasible in the National School Lunch and other food programs
- Schools will encourage nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- The district is encouraged to establish linkages between health education, school meal programs, and related community services.

TO ACHIEVE THESE GOALS:

I. WELLNESS COMMITTEE

The school district shall create a Wellness Committee to develop, implement, review, and, as necessary, revise school nutrition and physical activity guidelines. The committee shall also serve as a resource to school sites for implementing these guidelines. The Wellness Committee consists of a group of individuals representing the school and community

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED AT SCHOOL

A. School Meals served through the National School Lunch and Breakfast Program

REQUIRED:

- Must follow the meal patterns and nutritional requirements as established in the Healthy, Hunger-Free Kids Act.
- Information must be made available by the school food service on menus, the LCS website, cafeteria menu boards, placards, or other point-of-purchase materials.
- Required meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Must increase availability of fruits and vegetables. Meals are required to include at least one fruit or vegetable to be reimbursable
- Must serve only 1 percent unflavored and non-fat flavored or unflavored and nutritionally equivalent

non-dairy alternatives (to be defined by USDA)

- Ensure that all grains served are whole grain rich.
- Ensure the availability of free potable water in the place where meals are served

1. **Breakfast.**

REQUIRED:

- Schools are required to notify students and parents of the availability of the Breakfast Program.
- Schools are required to encourage participation in the Breakfast program including serving breakfast in the classroom, the “grab n go” method or breakfast during a morning break.

2. **Free and Reduced-price Meals.**

REQUIRED:

- Schools are required to make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- Toward this end, schools may utilize electronic identification and payment systems, promote the availability of school meals to all students, and/or use nontraditional methods for serving school meals.

3. **Meal Times and Scheduling.**

REQUIRED:

- Schools must provide students with enough time to eat breakfast and lunch
- Schools must schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 2 p.m.

RECOMMENDED:

- Schools are encouraged not to schedule tutoring, and/or club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools may consider scheduling lunch periods to follow recess periods in elementary schools;
- Schools may provide students access to hand washing or hand sanitizing before they eat meals or snacks. (Addendum A)
- Suggested times would be approximately 20 minutes after sitting down for lunch and 10 minutes for breakfast

4. **School Food Service Staff.**

REQUIRED:

- Food service personnel shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, we may provide continuing professional development for food service personnel in schools.
- Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

5. Sharing of Foods and Beverages.

REQUIRED:

- Schools shall discourage and warn students of sharing foods or beverages with one another during meal or snack times, especially given concerns about allergies and other restrictions on some children's diets.

B. Competitive Foods

1. Elementary Schools.

RECOMMENDED:

- Given young children's limited nutritional knowledge, food in elementary schools should be sold as balanced meals.
- If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, 100% fruit juices, water, and fresh fruits, and non-fried vegetables.

2. Junior High and High Schools.

REQUIRED:

- Competitive foods are not to be sold to students anywhere on premises throughout the school day until the end of the last scheduled class. This does not pertain to food items made available by the school food service department.
- All foods and beverages sold individually outside the reimbursable school meal programs (vending machines, student stores, or fundraising activities) during the school day must meet the nutrition and portion size standards outlined in Addendum F.

C. Fundraising Activities.

RECOMMENDED:

- To support children's health and school nutrition education efforts, school fundraising activities which involve direct sales of food to students are encouraged to use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.
- The district is encouraged to provide student activity advisors and booster groups with ideas for healthy fundraisers. (Addendum B)

D. Snacks.

REQUIRED:

- Snacks must be pre-packaged and contain an ingredient label in order to ensure that ingredients are safe to be consumed by students with dietary restrictions and/or health issues.

RECOMMENDED:

- Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.

- Schools are encouraged to assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- If eligible, schools that provide snacks through after-school programs should pursue receiving reimbursements through the National School Lunch Program.
- The district is encouraged to disseminate a suggested list of healthful snack items to teachers, after-school program personnel, and parents. (Addendum C)

E. Using Food as a Reward/Punishment

REQUIRED:

- The staff shall not withhold food as punishment.

RECOMMENDED:

- The staff is encouraged to use healthy foods or beverages that meet the nutrition standards for foods and beverages sold individually.
- The staff is encouraged to use nonfood rewards .(Addendum D)

F. Celebrations and School-sponsored Events:

REQUIRED:

- Principals are required to disseminate a list of healthy party ideas to parents and teachers. (Addendum C)

RECOMMENDED:

- Schools should limit celebrations that involve food during the school day.

Foods of Minimal Nutrition Value and Candy Exemptions:

REQUIRED:

1. School Nurses: These guidelines do not apply to school nurses and/or health assistants using foods of minimal nutrition value and candy during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: Special needs students whose Individualized Education Program (IEP) plan indicates the use of foods of minimal nutrition value and candy for behavior modification (or other suitable need) may be given these foods of minimal nutrition value or candy items.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

A. Nutrition Education and Promotion. Lancaster City Schools aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

REQUIRED:

1. is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. is part of not only health education classes, but also classroom instruction in subjects such as

math, science, language arts, social sciences, and elective subjects;

RECOMMENDED:

3. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities;
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. links with school meal programs, other school foods, and nutrition-related community services;
7. Includes training for teachers and other staff as funding allows.

B. Integrating Physical Activity into the Classroom Setting.

RECOMMENDED:

- Schools should encourage students to participate in the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day). Students should be encouraged to embrace regular physical activity as a personal behavior and students need opportunities for physical activity beyond physical education class. (Addendum E) Toward that end:
 1. classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television;
 2. opportunities for physical activity should be incorporated into other subject lessons; and
 3. classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

C. Communications with Parents.

REQUIRED:

The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school is required to send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The district/school must provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. (Addendum C & B)

The district/school shall provide information about physical education and other school-based physical activity opportunities before, during, and after the school day, to support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support includes sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

A. Physical Education.

REQUIRED:

- Student involvement in activities involving physical activity (e.g., interscholastic or intramural sports)

shall not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Physical education classes should not be withheld as punishment.

B. Daily Recess.

RECOMMENDED:

- All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Physical Activity Opportunities Before and After School.

RECOMMENDED:

- Schools are encouraged to offer extracurricular physical activity programs, as facilities and staffing allows. All secondary schools, as funds allow, may offer interscholastic sports programs
- After-school child care and enrichment programs are encouraged to support physical activity for all participants.

V. MONITORING AND REGULATION REVIEW

- A. **Monitoring.** The superintendent or designee must ensure compliance with established district-wide nutrition and physical activity wellness guidelines. In each school, the principal or designee shall ensure compliance.

School food service staff, at the school or district level, must ensure compliance with nutrition regulations. The Wellness Committee is required to review nutrition and physical activity guidelines on a yearly basis. A report shall be submitted when requested by the Board of Education or the Superintendent.

Hand Sanitizing

ADDENDUM A

Cleaning your hands is a simple habit — and probably the single most important healthy habit. It is one of the very best ways to avoid becoming ill with an infectious disease like the flu, a cold, or infectious diarrhea.

Throughout the day, you accumulate germs on your hands from a variety of sources — direct contact with people, contaminated surfaces, foods, even animals and animal waste.

If you don't clean your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose, or mouth.

When to Wash

- Before eating
- After using the bathroom
- After changing a diaper
- Before handling and immediately after handling raw meat, fish, or poultry
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after touching a sick or injured person
- After handling garbage
- Before and after treating wounds or cuts
- After playing outside

How to Wash

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub your hands together for at least 10 to 15 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your finger nails.
- Rinse well.
- Dry your hands with a clean or disposable towel.

If you're in a public restroom, leave the water running when you're finished rinsing. After your hands are dry, use paper towel or toilet paper to turn off the faucet and open the door.

Smart Fundraisers

ADDENDUM B

Healthier Food Ideas:

- Bottled water with school name/logo
- Gift baskets of fruit/cheese
- Naturally lowfat pretzels
- Specialty shaped pastas
- Boxes of citrus fruits
- Popcorn
- Cheese
- Apples
- Nuts

Activity-Related Fundraisers

- Skate night
- Jog-a-thons/walk-a-thons
- Tennis/horseshoe competition
- Jump rope-a-thons
- Golf tournament
- Bowling night

Show-Your-School Spirit Fundraisers

With School Name/Logo

- Mugs
- Scarves
- Megaphones
- Stadium Cushions
- T-shirts & sweatshirts
- “Rally rags”, “Team towels”, “Homer Hankies”
- License plate frames
- Spirit/seasonal flags
- Frisbees
- Magnets
- Hats
- Cookbook of easy & healthy after-school snacks

Fun and Entertaining Fundraisers

- Dances
- Talent shows
- Magic shows
- School art drawings
- Buttons, pins and stickers
- Temporary tattoos
- Valentine’s Day Flowers
- Singing Telegrams
- Milk Moustache Photos

Community Related Fundraisers

- Customized sings
- Family portraits
- Scratch & Help Cards
- Gift wrapping (at holiday time)
- Selling local agricultural products
- Recycling cans/paper/ink cartridges
- Emergency kits for cars
- Car washes

Material Fundraisers

- Candies
- Jewelry
- First aid kits
- Bath accessories
- House decorations
- Computer software
- Holiday ornaments
- Plants, flowers & bulbs
- Greeting cards/stationery
- Stone/brick/tile memorials
- Books, calendars and magazines

Healthy Food and Beverages for Student Activities

ADDENDUM C

As an administrator, teacher, coach or parent, you can help teach children lifelong healthy eating habits by promoting healthy eating behaviors. Opportunities to be a good role model for healthy eating habits abound and include special school activities such as sports events (concessions and banquets), intramural activities, dances, programs, concerts, plays and musicals. Since many athletes purchase concession items, an additional consideration for sports events is that an athlete's performance is greatly affected by food and beverages they can enhance athletic performance as well as overall health.

Many parents like to celebrate birthdays and other occasions with special treats sent to school. Therefore, the district encourages parents to send non-food items such as stickers, pencils, themed erasers, or other trinkets, rather than food. In addition, as homemade treats could contain a potentially dangerous ingredient(s) that might unknowingly cause an allergic reaction, any food sent in to share must be pre-packaged and contain an ingredient label. Please give these items to your child's teacher for distribution.

There are many healthy and tasty food and beverage options for special activities. Portion control is also important. Try to offer smaller portions of foods, such as mini muffins or mini bagels.

Healthy Suggestions

- | | |
|---|---|
| -Grilled chicken sandwich | -Fresh fruit and vegetables — buy locally when possible |
| -Bagels with lowfat cream cheese | -Baby carrots and other vegetables with lowfat dip |
| -Fig cookies | -Baked chips |
| -Granola bars* | -Pizza (no extra cheese and no more than one meat) |
| -String cheese | -Single-serve lowfat or fat free milk (regular or flavored) |
| -Nuts and seeds* | -Sub sandwich |
| -Yogurt | -Trail mix* |
| -Lowfat popcorn | -Soft pretzels and mustard |
| -Pudding | -Cereal bar |
| -100% fruit juice (small single-serves) | -Animal crackers |
| -Bottled water (including flavored water) | |

** May be allergens and/or a choking risk for some people, please check with a health care provider.*

Healthy suggestions for Banquet Meals and Other School Functions

Main Dishes: chili, pizza, sub sandwiches

Sides: Vegetable tray with lowfat dip, whole grain bread, pasta salad with lowfat dressing, fruit tray, basket, or kabobs

Desserts: Angel food cake with berries, apple or peach crisp, oatmeal raisin cookies, fruit and yogurt smoothies, parfaits made with vanilla yogurt, granola, and fresh fruit

Beverages: Single-serve lowfat or fat free milk (regular or flavored), bottled water, 100% juice in small single-serve containers

Sample Meals:

- Chili, cornbread, and salad
- Soup, whole grain crackers, cheese and fruit
- Spaghetti, salad, and bread
- Pizza (no extra cheese or more than one meat)
- salad
- Sub sandwiches and fruit
- Baked potato bar (suggested toppings:
 - cheese, lowfat sour cream, salsa, broccoli)
- Fat free or lowfat milk or yogurt

Be sure to keep cold foods cold and hot foods hot (visit www.fightbac.org for more on food safety)

Note: Visit www.mealsmatter.org for meal planning tools and recipes

Alternatives to Using Food As A Reward

ADDENDUM D

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

It undermines nutrition education being taught in the school environment.

It encourages over-consumption of foods high in added sugar and fat.

It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to being overweight and obese. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- Sit by friends
- Read outdoors
- Have extra art time
- Have an extra recess
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get "freechoice" time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e. sing)
- Have a teacher read a special book to the class
- Give a 5-minute chat break at the end of the day
- Play a computer game
- Get a no homework pass

LOW-COST

ALTERNATIVES

- Select a paperback book
- Enter a drawing for donated prize
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a "mystery pack" (notepad, folder, sports cards, etc.)

Web-based Resources

ADDENDUM E

Comprehensive

Resources for Wellness Policies

- Team Nutrition, USDA <http://www.teamnutrition.usda.gov/library.html>
- Healthy School Meals Resource System, USDA <http://healthymeals.nal.usda.gov/>
- Action for Healthy Kids <http://www.actionforhealthykids.org/>
- Ohio Action for Healthy Kids <http://www.ohioactionforhealthykids.org/>
- School Nutrition Association <http://www.asfsa.org/>
- Model School Wellness Policies, National Alliance for Nutrition & Activity <http://www.schoolwellnesspolicies.org>

General Nutrition & Health

Resources for informative purposes

- Dietary Guidelines for Americans 2010, <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>
- Guidelines for Foods and Beverages on School Campuses, USDA <http://www.fns.usda.gov/school-meals/local-school-wellness-policy> A site to help set nutrition guidelines for foods and beverages available on school campuses. Includes sample policy language, examples of existing policies in some districts, resources and implementation tools.
- Square Meals, Texas Dept. of Agriculture <http://www.squaremeals.org>

Nutrition Education

Resources to help educate students

- Food and Health Communications, <http://foodandhealth.com/> (My Plate)
- Coordinated approach to Child Health (CATCH), University of Texas School of Public Health <http://www.sph.uth.tmc.edu/catch/> A program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
- Citizens for Healthy Options in Children's Education, Choice USA <http://www.choiceusa.net/> A website started by a group of concerned parents to support healthier meals at school. Includes information about school meals, teaching resources, lesson plans by age group, and information for foodservice professionals and administrators.
- 5-a-Day Teaching tools <http://www.5aday.org> Extensive information on fruits and veggies. Includes recipes, newsletters and current research.
- Dole 5 a Day <http://www.dole5aday.com/> Includes facts on fruits and veggies, recipes and fun. There are special sections for kids, parents, teachers, and school foodservice.
- Nutrition Explorations, National Dairy Council: <http://www.nutritionexplorations.org/>. This site provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers, and school food service professionals.
- Nutrition for Kids, 24 Carrot Press <http://www.nutritionforkids.com/>. Newsletters, activities, and books which can be ordered to help teach nutrition.
- Teach Free, Cattlemen's Beef Board and NCBA: <http://www.teachfree.org/>. Contains educational materials that can supplement the curriculum from preschool to grade 12. Includes a catalog and

downloadable resources and activities.

Kids and Teens, Interactive Nutrition Education Sites

- Eat Smart Play Hard, USDA Food and Nutrition Services
<http://www.fns.usda.gov/eatsmartplayhard/>
- Smart Mouth, Center for Science in the Public Interest <http://www.cspinet.org/smartmouth/>
- BAM (Body and Mind), Centers for Disease Control <http://www.cdc.gov/bam/>. Kids Home Page, Food and Drug Administration
- Powerful Bones, Powerful Girls, The National Bone Health Campaign, CDC
<http://www.bestbonesforever.gov/>

Meal Planning & Healthy Alternatives

- Resources for Foodservice Professionals, Team Nutrition, USDA_ <http://www.fns.usda.gov/tn/food-service-professionals>
- Downloadable resources for menu planning, purchasing, and training
- Recipes for Child Nutrition Programs, USDA: <http://www.fns.usda.gov/usda-recipes-schools> recipe index. Quality recipes for school food service.
- Fruits & Vegetables Galore, USDA <http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more> Provides tips including PDFs to help foodservice promote consumption of fruits and veggies.
- Schools/Child Nutrition Connection, USDA Commodity Foods Network
<http://www.commodityfoods.usda.gov/resources/sch-cnplinks.htm>. Provides tools with which to use commodity foods.
- A Guide to Healthy School Meals, DOE Massachusetts
http://www.doe.mass.edu/cnp/news03/hsm_guide.pdf. PDF guide to healthy school meals prepared and provided by the Massachusetts DOE.
- Kids First, RI Team Nutrition Training Institute
http://www.foodsafeschools.org/FSAG_CD/Resources/RI/RILessonPlans/AboutUs.htm Provides examples of how some district in Rhode Island are undertaking the challenge to improve child nutrition and physical activity in their schools.
- Healthy School Lunches, Physicians Committee for Responsible Medicine
www.healthyschoollunches.org. A site dedicated to improving the quality of food in schools by educating government and school officials, food service workers, parents, and others about the food choices best able to promote children's current and long-term health.
- Schools Food Tool Kit, Center for Science in the Public Interest www.cspinet.org/schoolfoodkit. A guide to improving school food and beverage. This kit can be downloaded online at no cost.
- Urban and Environmental Policy Institute, Occidental College
http://departments.oxy.edu/uepi/cfj/cfj_factsheetsarticlesetc.htm. Fact sheets, articles and guides on improving child nutrition in schools.

Fundraising and Classroom Parties

- Fundraising in Schools, Action for Healthy Kids <http://www.actionforhealthykids.org/resources>
- School Fund Raiser Ideas, Healthy School Food Coalition

<http://departments.oxy.edu/uepi/cfj/resources/AlternativeFundRaisers.htm>

- Alternative Fundraising, No Junk Food
- <http://www.nojunkfood.org/fundraising/>
- Creative Financing and Fun Fundraising, Shasta County Public Health
www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiserl.pdf
- Healthy Celebrations, Connecticut State Department of Education
<http://www.cspinet.org/nutritionpolicy/healthycelebrationsCT.pdf>
- Healthy Food for School, Capital Health
<http://www.cdha.nshealth.ca/publichealth/schoolAgeChildren.html#healthy>
- Eat Smart Move More, NC Division of Public Health
- <http://www.eatsmartmovemorenc.com/ObesityInNC/ObesityInNC.html>

Childhood Obesity

- Obesity: The Health Debate and Policy Challenges, Health Policy Institute of Ohio
www.healthpolicyohio.org. Provides an overview of obesity and public policy for Ohio.
- Children & Nutrition, American Heart Association <http://www.heart.org/HEARTORG/> Links to American Heart Association Programs, Heart & Stroke Encyclopedia entries and Scientific Statements related to children and nutrition.
- American Obesity Association, <http://obesity.org/subs/childhood/> Informative website on childhood obesity, statistics, causes and prevention.

Diabetes

- Diabetes Management in School, USDA <http://healthymeals.nal.usda.gov/resource-library/special-diets/diabetes-management-school-and-child-care> Team Nutrition's website on managing diabetes in the school. Includes fact sheets and research on diabetes.
- Diabetes Management in Schools, American Diabetes Association
- <http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/>
- Guidelines for Training School Employees, Texas Diabetes Council
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97&redirect=true#main>
Guidelines for training school personnel to handle diabetes

Web-Based Resources for Physical Activity

- VERB for Parents & Teachers, CDC <http://www.cdc.gov/youthcampaign/> Teaching materials for the tween age group.
- Body and Mind, CDC <http://www.bam.gov/teachers/index.htm> A resource to help incorporate CDEC health, safety, and science topics into classroom activities.
- iWalk <http://www.iwalktoschool.org> The official website of international walk to school.
- Coordinated Approach to Child Health (CATCH), University of Texas School of Public Health
<http://www.sph.uth.tmc.edu/catch/> A program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children.
- Sports, play, and active recreation for kids! (SPARK) <http://www.sparkpe.org/> Curriculum and lessons for integrating physical activity into the classroom.
- Energizers, North Carolina Physical Education

- <http://www.eatsmartmovemorenc.com/Energizers/Elementary.html> Classroom based physical activity ideas.
- Recess Before Lunch Policy, Guidebook emphasizing the importance of recess before lunch. <http://healthymeals.nal.usda.gov/state-resources/recess-lunch-guide-success>
 - In-Line Skating 101 <http://www.in-lineskating101.com/> Program developed to allow students to experience in-line skating in a safe environment.
 - Skatetime School Programs <http://www.skatetime.com/home.htm> Resource for running a skatetime program at school.
 - HeartPower! American Heart Association <http://www.americanheart.org/heartpower> Lesson ideas and activities for teachers to implement in the classroom. Ideas on ways for students to be more physically active that include planning for physical activity, suitable activities, and a daily checklist for physical activity.
 - PE Central <http://www.pecentral.org> Resources for health and physical educators.
 - After School Physical Activity, San Diego county Office of Education <http://www.afterschoolpa.com> Physical activity ideas for after school.

Nutritional Standards for Food

ADDENDUM F

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, requires Lancaster City Schools to offer healthier snack foods (not including the national school breakfast and lunch program) to children, while limiting junk food.

Nutrition Standards for Foods:

- Be a 'whole grain-rich' grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Foods:

- A food item sold individually:
- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat and 0 trans fats;
- will have no more than 35% of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items;
- will contain no more than 480 mg of sodium per serving for pastas, meats, and soups;
- A choice of at least two fruits and/or non-fried vegetables is encouraged to be offered for sale at any location on the school site where foods are sold.

Foods must also meet several nutrient requirements:

Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

Sodium limits:

- Snack items: ≤ 230 mg**
- Entrée items: ≤ 480 mg

Fat limits:

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

Sugar limit:

- ≤ 35% of weight from total sugars in foods

Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

- Three ounces for bakery items that meet the nutritional guidelines listed in this document;
- Four fluid ounces for frozen desserts, including, but not limited to, low- fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water.
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- Fruits and non-fried vegetables are exempt from portion-size limits.

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

No more than 20-ounce portions of

- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Not allowed: soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk.

DEFINITIONS

The following definitions apply to the Lancaster City Schools Nutrition Guidelines:

1. **Ala Carte:** Refers to individually priced food items provided by the school food service department. These items may, or may not be sold as a component of a reimbursable meal.
2. **Competitive Foods:** *All food and beverages other than reimbursable meals, sold to students on the school campus during the school day.* 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 made available to students in vending machines, in school stores, in the classroom or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.
3. **Foods of Minimal Nutritional Value (FMNV):** 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. Department of Agriculture under the child nutrition programs.
4. **Fried Foods:** Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir-fried or sautéed.
5. **Refined or Added Sugar:** Includes, but is not limited to, sucrose, dextrose, fructose, corn syrup, high fructose corn syrup and other sweeteners that are added to food products.
6. **School Meals:** Meals provided under the auspices of the National School Lunch Program, School Breakfast Program and/or After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
7. **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.
8. **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 dressings and other processed foods.
9. **Note:** Federal labeling of trans fats was required on all food products by January 2006.