

# Superintendent's Regulation 5405-R

## WELLNESS



Approved by Superintendent

9/8/12

Date

### Statement of Purpose

This Superintendent's Regulation is intended to implement the Board of Education's Wellness Policy 5405. Nutrition and physical exercise play essential roles in the health and development of every child and are vital to the academic and personal development of our students and staff. Numerous studies have established the correlation between good nutrition and exercise, and academic performance as measured by test scores, attendance rates and school behavior. Given that our students attend school for a substantial portion of their young lives, the Rochester City School District ("District") must play a critical role in helping students to learn healthy eating habits. Healthy nutritional standards can help our students to learn to make healthy choices in their selection of foods both in and outside of school.

The maintenance of a healthy weight, starting in childhood, is a strong factor in avoiding health risks associated with obesity. Obesity increases the risks of Type 2 diabetes, cardiovascular disease, cancer, and high blood pressure and cholesterol. Obesity can trigger mental health problems such as low self-esteem and depression, impact attendance, and interfere with academic performance.

The District promotes the development and implementation of healthy food standards and expects that it will serve its students food of high nutritional quality through its breakfast and lunch school meals program ("School Meals Program"). In order to meet these objectives, this regulation outlines the nutritional standards of its School Meals Program, imposes restrictions on the sale of snack foods made available to the students, and promotes increased physical activity for all students.

Finally, the District recognizes that food is part of the cultural fabric and used to celebrate holidays, birthdays and other memorable events in the lives of children and the school community. This regulation seek to honor and balance the different, and at times, competing roles of food in our society.

#### I. Nutritional Standards for all School Meals

A. The District shall comply all requirements of 7 CFR Section 210 and 220 (nutrition standards and menu planning approaches for school meals) including the nutrient, calorie, and food item requirements. Additionally, the District shall comply with the requirements set forth below.

B. The following beverages may be served to students at meals: 1% or skim milk or dairy alternative, 100% fruit or vegetable juice, and water.

C. Meals served to students shall not exceed 30% total fat, 10% saturated fat, and 20% sugar when measured over the course of a school week. This requirement does not apply to fruits, nuts, seeds, or nut butters.

D. Only unsaturated oils without trans-fats may be used in foods or food preparation in the School Meals Programs.

E. Wherever possible, the District shall endeavor to acquire locally grown fruits, vegetables and other foods.

## **II. Guidelines for Sale of Food Items Outside of School Meals Program**

A. The following guidelines for the sale of food outside of the School Meals Program shall be implemented District-wide effective September 1, 2012 in all schools and administrative offices of the District.

B. Except for its School Meals Program and as allowed in Attachment A, schools may not sell or allow the sale to students of any food product (in vending machines, school stores, or elsewhere) from the beginning of the school day through the end of the last lunch period. However, schools may sell 100% juice, coffee, water and milk throughout the entire school day. At the discretion of the school principal, ice cream may be sold to students in the cafeteria after lunches have been served and eaten by such students during school lunch time.

C. Only approved foods and beverages may be offered for sale to students or adults through vending machines, school stores or elsewhere. Allowed and prohibited beverages, foods, content and dietary restrictions for sale to students and adults outside the School Meals Program are listed at Attachment A.

D. This regulation should not be construed as prohibiting the sharing of food for occasional cultural, holiday and birthday celebrations so long as the appropriate safeguards are in place to protect the specific, known, health or dietary concerns of particular students (e.g. food allergies). However, fund-raising sales are expected to comply with the terms of Policy 5405, this Regulation, and all other applicable laws, policies and regulations.

### **F. Monitoring**

1. Principals are strongly encouraged to develop health councils with community partners in order to develop best practices in their schools with regard to nutrition, physical education and other health concerns.

2. Principals, administrators or their designees will be responsible for monitoring the content of food and beverages sold in vending machines and school stores to ensure that only approved items are available for sale. If a principal/designee determines that unauthorized items are in the vending machines generally available to students or school store, the principal or designee shall contact the vendor and seek to remedy the non-compliance. If the vendor does not comply with the request, the principal, administrator, or designee shall report the non-compliance to the District's Director of Operations who shall take appropriate action to remedy the vendor's non-compliance.

3. The failure to comply with this regulation may result in the loss of use or removal of the vending machines or school store, and such other actions as deemed appropriate by the District's Director of Operations or designee.

### **III. Guidelines for Physical Activity in Schools and Administrative Offices**

The Wellness Task Force has developed guidelines for the promotion of physical activity for students and staff throughout the school day that will be distributed to all schools throughout the District.

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## **Attachment A**

### **Items Sold in Vending Machines, Schools Stores or Elsewhere on District Property**

#### **I. The Sale of Food and Snack Items**

The District's goal is to encourage students to develop healthy eating habits by reducing or eliminating the total fat, saturated fat, trans-fat, cholesterol, and sodium content of snack items. Many popular snack items have been reformulated to meet enhanced nutritional standards.

- Except for nuts and seeds, the maximum level of fat is 38% of total calories.
- Sodium content may not exceed 350 mg per portion.
- Artificial coloring, flavoring, sweeteners, and MSG are not permitted.
- Schools may sell 100% juice, water, and milk throughout the entire school day.

#### **II. The Sale of Beverages**

Allowed:

- Bottled water without added caloric sweeteners.
- Fruit and vegetable juices/beverages that contain 100% juice.
- Unflavored low-fat, unflavored, and flavored fat-free fluid milk.
- Soymilk (fortified with calcium, B12, vitamin A & D, no more than 18 grams of added sweetener per 8oz. serving).
- Coffee, tea, and hot chocolate.

Not allowed:

- Juices or juice-based drinks with less than 100% fruit juice.
- Flavored or sweetened water.
- Milk or milk-based beverages other than the variety served in the NSB and NSL programs.
- Beverages containing additives such as herbal preparations and non-vitamin supplements.

#### **III. Limited Sale of Certain Items**

The sale in schools of many of the items below is prohibited by Federal and/or State law. At no time shall the District permit any of the following items to be sold in District vending machines. However, such items may be sold to students and adults at athletic or other after-school extra-curricular events:

- Sweetened soda water.
- Chewing gum.
- Candy (including, candy bars, hard candy, jellies, gums, marshmallow candy, fondant, licorice, spun candy, and candy coated popcorn).
- Water ices which do not contain fruit or fruit juices.
- Juices, juice-based drinks, flavored or sweeten water and caffeinated beverages; and those foods prohibited by the Guidelines for the Sale of Food and Snack Items above.