

# Black Oak Mine Unified School District 2007-2008

## WELLNESS POLICIES-NUTRITION

### ELEMENTARY-MIDDLE SCHOOL

**School Wellness Policies Background:** The Federal Nutrition Act was reauthorized in 2004 and it required that school districts in the nation establish local school wellness policies by the 2006-2007 school year. A committee within the school district that included staff, parents, and youth also needed to provide input to these policies. We completed this process through our District Health Council and asked our PE teachers for specific input and editing. Site councils also had the opportunity to review these policies while they were in draft form. At a minimum the policies developed needed to include the following:

1. Goals for nutrition education and physical activity that promote wellness in a manner that the district determines are appropriate and meet educational code.
2. Nutrition guidelines for all food sold on campus during the day, in efforts to promote health and reduce childhood obesity.
3. Assurance that nutrition guidelines for school meals will not be less restrictive than federal policy. We are following all federal and state policies and education code.
4. A plan for measuring the effectiveness of the wellness policy, including the designation of at least one person to oversee the activities and ensure that schools meet the local wellness policy.

All of our policies and administrative regulations follow the Federal and state statutes and codes, including education code, code of federal regulations, U.S. codes...please see full context of each board policy/regulation for specific identification of codes.

Board Policy	Board Approved	General Information	What are the specifics
<b>BP 5030 and AR 5030</b>  Student Wellness Policy	May 31, 2007	<b>Elementary/Middle School</b>  o The only foods that may be sold or served during breakfast and lunch periods are those that are sold or served as a full meal through a federal reimbursable meal program with the exception of:  o Fruits, vegetables and cheese packaged for individual sale	o No advertising or promotion at schools of foods/beverages that do not meet the standards noted under general information column  o <b>School Celebrations K-12:</b> Schools limit celebrations that involve food during the school day (these celebrations are to happen after lunch is served)and encourage that any food provided at celebrations meets the following guidelines:

Board Policy	Board Approved	General Information	What are the specifics
<p><b>BP 5030 and AR 5030</b></p> <p>Student Wellness Policy</p>	<p>May 31, 2007</p>	<p>Nuts, seeds, and eggs, which may be sold or served as individual food items provided they meet the 35/10/35 (SEE FULL POLICY EXPLANATION)..</p> <p>The only beverages that may be sold or served outside the federal reimbursement meal program are water, milk, 100% fruit juice, or at least 50% fruit juice with no added sweeteners up to a 6oz. serving, vegetable juice at least 50%</p>	<ul style="list-style-type: none"> <li>o Fruits, vegetables and cheese packaged for individual sale</li> <li>o Nuts, seeds, and eggs, which may be sold or served as individual food items provided they meet the 35/10/35 as described under high school in the middle column on page 2. The only beverages that may be sold or served outside the federal reimbursement meal program are water, milk, 100% fruit juice, or at least 50% fruit juice with no added sweeteners up to a <b>6oz. serving</b>, vegetable juice at least 50% veg. juice up to a <b>6oz. serving</b></li> <li>o <b>NO CARBONATED BEVERAGES TO BE SOLD OR SERVED ON ANY CAMPUS DURING SCHOOL HOURS.</b> See rules for after school hours on following pages for elementary and high school.</li> </ul>
<p><b>BP and AR 3550 and BP and AR 3554</b></p> <p>Business and Non-instructional Operations/Food Service/Child Nutrition Program and Other Food Sales</p>	<p>May 31, 2007</p>	<p><b>Foods prepared by nutrition staff on campus will be:</b></p> <ol style="list-style-type: none"> <li>1. Carefully selected so as to contribute to students' nutritional well-being and the prevention of the disease</li> <li>2. Meet nutritional standards specified in law and admin. Regulation</li> <li>3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits</li> <li>4. Be served in age-appropriate quantities and at reasonable prices</li> </ol>	<p>Each entrée item shall not exceed 400 calories, no more than 4grams of fat/100 calories</p> <p>Must be approved in the National School Lunch Program or Breakfast program</p> <p>Snack items must meet criteria as noted on page 1</p> <p><b>Elementary/Middle School:</b> The only beverages that may be sold during the school day (Ed code 49431.5) as noted in middle column on page 1 of this document</p>

Board Policy	Board Approved	General Information	What are the specifics
<p data-bbox="197 250 394 272"><b>BP and AR 3550 and</b></p> <p data-bbox="218 412 373 435"><b>BP and AR 3554</b></p> <p data-bbox="149 537 443 651">Business and Non-instructional Operations/Food Service/Child Nutrition Program and Other Food Sales</p>	<p data-bbox="512 180 642 203">May 31, 2007</p>	<p data-bbox="701 207 1251 321">These policies stress-that the school board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity.</p> <p data-bbox="701 354 1276 500">Any food sales conducted outside the district's food service program shall meet nutritional standards specified in law, board policy, and Administrative Regulation and shall not reduce student participation in the district's food service program.</p>	<p data-bbox="1297 175 1843 354">The board authorizes the superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.</p> <p data-bbox="1398 505 1751 527" style="text-align: center;"><b>ELEMENTARY/MIDDLE SCHOOL</b></p> <p data-bbox="1283 667 1858 781">Sale of Food or Beverages that do not comply with these standards are permitted at as part of fundraising ONLY when the items are sold by students of the school and the sale meets one of the following conditions:</p> <ol data-bbox="1398 805 1858 943" style="list-style-type: none"> <li>1. It takes place off school premises</li> <li>2. It takes place at least one-half hour after the end of the school day.</li> <li>3. There are some other exceptions to this at the K-8 Level as follows:</li> </ol> <p data-bbox="1297 946 1858 1125">The sale of foods during meal periods in food service areas may be allowed only if all income from the sale including the sale of approved foods or drinks from vending machines accrues to the benefit of the school, school food service program, or to the student organization sponsoring the sale</p>

Board Policy	Board Approved	General Information	What are the specifics
<p data-bbox="197 177 394 201"><b>BP and AR 3550 and</b></p> <p data-bbox="218 220 373 245"><b>BP and AR 3554</b></p> <p data-bbox="149 324 443 440">Business and Non-instructional Operations/Food Service/Child Nutrition Program and Other Food Sales</p>	<p data-bbox="512 180 640 204">May 31, 2007</p>		<p data-bbox="1297 180 1675 204"><b>The following conditions must be met:</b></p> <ol data-bbox="1356 207 1858 703" style="list-style-type: none"> <li data-bbox="1356 207 1858 261">1. The student organization may sell one food item per sale</li> <li data-bbox="1356 264 1858 318">2. The specific nutritious food item is approved by Supt or designee</li> <li data-bbox="1356 337 1858 423">3. The food sales do not begin until after the close of the regularly scheduled midday food service period</li> <li data-bbox="1356 443 1858 496">4. The sales during the regular school day are not of food items prepared on the premises.</li> <li data-bbox="1356 500 1858 553">5. ONLY 4 SUCH SALES PER YEAR PER SCHOOL IS ALLOWED</li> <li data-bbox="1356 557 1858 610">6. The food sold is a dessert-type food, such as pastry, ice cream or fruit</li> <li data-bbox="1356 613 1858 703">7. The food is not one sold in the district's food service program at that school during that school day.</li> </ol>