**Nutrition and Physical Fitness**

**A Commitment to Nutrition and Physical Activity**

Advisory Committee

The Camas School Board shall appoint a School Health Advisory Committee (SHAC) to assist in development of the district-wide nutrition and physical fitness policy. The committee’s primary mission shall be to address nutrition and physical activity as well as develop, implement and evaluate guidelines that support a healthy nutrition environment.

School food services staff members are an important part of the education team and will participate in making decisions and guidelines to improve the school nutrition environment.

**Background**

Section 10 of the Child Nutrition Act of 1966, 42 USC 1779, as amended by the Healthy Hunger Free Kids Act (HHFKA) of 2010, requires that all food sold outside the school meal program, on the school campus, during the school day must meet, at a minimum, the nutrition standards set forth in the interim final rule titled “National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy Hunger Free Kids Act of 2010”. This interim final rule, also known as the “Smart Snacks” rule, was published on June 28, 2013 and is effective on July 1, 2014. These are available at [http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf](http://www.fns.usda.gov/cnd/governance/legislation/allfoods_flyer.pdf).

For the purposes of this procedure, the school campus is defined as the areas of the property under the jurisdiction of the school that are accessible to students during the school day. The school day is defined as the period from midnight before, to 30 minutes after the end of the official school day.

This procedure applies whether the competitive food is sold from vending machines, student or Distributed Educational Clubs of America (DECA) stores, culinary arts programs or by student clubs, parent groups, booster clubs, associated student body (ASB) groups, a la carte sales in lunchrooms, by teachers, students, staff or others during the school day.

School menus meet the nutrition standards and conform to good menu planning principles and feature a variety of healthy choices that are tasty, attractive, of excellent quality and are served at the proper temperature.

This procedure specifically precludes the sale of carbonated beverages other than those made with 100% fruit juice or carbonated water only, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy, and candy-coated popcorn. Foods that meet the minimum nutrition values include, but are not limited to, corn chips, beef jerky, popcorn, fruit, cheese &
crackers, 100% fruit juices, peanuts, sunflower seeds, granola bars, low fat yogurt, pretzels, trail mix, low-fat and non-fat milk.

Nutrition Services is responsible for maintaining records documenting compliance with competitive foods standards for all a la carte sales. The school principal, or their designee, is responsible for maintaining records for all competitive foods available for sale to students in areas outside of the school meal program. Appropriate forms of documentation may include but are not limited to a nutrition facts panel and ingredient list for each food and beverage item sold. Documentation must be readily available to state and federal reviewers who may be on site evaluating the school meal programs operations at any time.

Only items that have been approved for sale through Nutrition Services can be sold in schools during the school day. Approved items will be documented on an Approved Snack and Vending List that will be maintained and updated by Nutrition Services. Individuals, groups or vendors wishing to add items to the Approved Snack and Vending List should contact the district’s Nutrition Services department. Items are approved using the Smart Snacks Product Calculator http://rdp.healthiergeneration.org/calc/calculator/.

These procedures do not apply to meals and snacks brought by students for their individual consumption.

**General Procedures**

A. A competitive food must meet nutrient standards; and
   1. Be a grain product containing 50% or more whole grains by weight or have whole grains as the first ingredient; or
   2. Have as the 1st ingredient one of the non-grain main food groups (fruit, vegetables, dairy or protein foods); or
   3. Be a combination food that contains at least ¼ cup of a fruit or vegetable

   **Exception to the above standard**
   1. If water is the first ingredient, the second ingredient must be one of the items 1, 2, or 3 above.

   **Exemptions to the above standard**
   1. Fresh fruits & vegetables with no added ingredients except water.
   2. Canned or frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup.
   3. Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposed to maintain quality and structure of the vegetable.

B. Any entrée item offered as part of the school lunch or breakfast program is exempt from all competitive food standards if it is sold as a competitive food by the school meal program on the day of service or the day after.
C. Sales of competitive foods and beverages (with the exclusion of a la carte items sold by Nutrition Services) are permitted during the time when the school breakfast and lunch programs are serving meals, except in elementary and middle schools.

D. All beverages, except milk, shall be priced higher than the price for bottled water for the same size service.

E. Food and beverages sold at all grade levels must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.

F. Use of accompaniments (condiments) is limited when competitive foods are sold to students in school. The accompaniment must be included in the nutrient profile of the food item sold and therefore meet all standards.

G. Vendor contracts for sales of competitive foods shall not include incentives for increasing students’ consumption of foods or drinks.

H. Vendor contracts for sales of competitive foods shall not include distribution of free products.

I. Competitive foods should, as much as possible, be fresh and locally grown or produced.

**Nutrient Standards for Competitive Foods**

A. Calories
   1. Snacks & side dishes: \( \leq 200 \) calories, including any added accompaniments.
   2. Entrée items served a la carte: \( \leq 350 \) calories, including any added accompaniments.

B. Sodium
   1. Snacks & side dishes: \( \leq 230 \) mg, including any added accompaniments.
   2. Entrée items served a la carte: \( \leq 480 \) mg, including added accompaniments.

C. Total Fat
   1. Must be \( \leq 35\% \) of total calories.

   **Exemptions**
   1. Reduced fat cheese, including part skim mozzarella.
   2. Nuts, seeds and nut/seed butters.
   3. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
   4. Seafood with no added fat.

D. Saturated Fat
   1. Must be \( \leq 10\% \) of total calories.

   **Exemptions**
   1. Reduced fat cheese, including part skim mozzarella.
   2. Nuts, seeds and nut/seed butters.
   3. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.

E. Trans Fat
1. Must be zero grams. Zero grams of trans fat is defined as less than .5 grams of trans fat per serving.

F. Sugar
1. Must be ≤ 35% of weight from total sugars as served.

   **Exemptions**
   1. Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners.
   2. Dried whole fruits, or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries).
   3. Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.

**Competitive Food Standards for Beverage Sales**

A. The following beverages may be sold in an Elementary K-5 schools during times consistent with this procedure:
   1. Plain water or plain carbonated water (no size limit).
   2. Low-fat (1%) milk, unflavored (8 oz limit).
   3. Nonfat milk, flavored or unflavored including milk alternatives approved by the National School Lunch Program (8 oz limit).
   4. 100% fruit or vegetable juices (8 oz limit).
   5. 100% fruit or vegetable juice diluted with water (with or without carbonations), and no added sweeteners (8 oz limit).

B. The following beverages may be sold in Middle schools during times consistent with this procedure:
   1. Plain water or plain carbonated water (no size limit).
   2. Low-fat (1%) milk, unflavored (12 oz limit).
   3. Nonfat milk, flavored or unflavored including milk alternatives approved by the National School Lunch Program (12 oz limit).
   4. 100% fruit or vegetable juices (12 oz limit).
   5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 oz limit).

C. The following beverages may be sold in High schools during times consistent with this procedure:
   1. Plain water or plan carbonated water (no size limit).
   2. Low-fat (1%) milk, unflavored (12 oz limit).
   3. Nonfat milk, flavored or unflavored including milk alternatives approved by the National School Lunch Program (12 oz limit).
   4. 100% fruit or vegetable juices (12 oz limit).
5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 oz limit).
6. Other flavored and/or carbonated beverages (20 oz limit) that are labeled to contain ≤5 calories per 8 oz, or ≤10 calories per 20 oz.
7. Other flavored and/or carbonated beverages (12 oz limit) that are labeled to contain ≤40 calories per 8 oz, or ≤60 calories per 12 oz.

**School Cafeterias**
1. Any student may eat in the school cafeteria or other designated place;
2. Meal prices will be established by the superintendent and food service supervisor, with approval of the board, at the beginning of each year;
3. Healthy option foods should be competitively priced; and
4. Meal prices will be conspicuously posted in each cafeteria or designated meal area.
5. Meal periods should be scheduled at appropriate times, approximately 2.5-3.5 hours after the start of the school day. Meal periods should be long enough for students to eat and socialize. Procedures should be put in place at each elementary school to ensure that students are less distracted and ready to eat. This may include recess before lunch, increasing supervision, providing more time to eat, etc.
6. There should be enough serving areas that students do not have long wait times to get meals. Dining rooms should not be overcrowded and tables/chairs should be the right size for students.
7. Appropriate supervision is provided and innovative methods are used to keep noise levels appropriate. Rules for safe behavior are consistently enforced.
8. Students and staff will have access to safe, fresh drinking water throughout the day. Fluoridated or bottled water should be made available for purchase by staff and students.
9. Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
10. Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.

**Healthy Food Promotion and Marketing**
1. Schools will promote healthy food choices and not allow advertising that promotes foods of minimal/limited nutritional value.
2. Healthy eating and physical activity are actively promoted to students, parents, teachers, administrators and the community using a variety of media.
3. Students will receive positive, motivating messages about healthy eating and physical activity throughout the school setting.
**Nutrition Education**

1. Nutrition education at all levels of the district’s integrated curriculum (K-12) should include, but not be limited to the following essential components designed to help students learn:
   
   A. Age-appropriate nutritional knowledge, including understanding the relationship of nutrition and food nutrients to physical performance and body composition; recognizing patterns of growth and development; understanding the concept of control and prevention of disease; acquiring skills to live safely and reduce health risks; understanding how environmental factors affect health; learn the benefits of healthy eating; understand essential nutrients; learn about nutritional deficiencies; understand the principles of healthy weight management; understand the use and misuse of dietary supplements; learn safe food preparation, handling, and storage; and appreciate cultural diversity related to food and eating;
   
   B. Age-appropriate and standards-based nutrition-related skills, including gathering and analyzing health information; using social skills to promote health and safety; understand how emotions influence decision making; analyze health and safety information, misinformation, and commercial food and advertising; and
   
   C. How to assess one’s personal eating habits, set goals for improvement, and achieve those goals.

D. Nutrition education should be integrated into core curriculum areas such as math, science and language arts.

E. Nutrition education should be offered in the school dining room as well as classroom with coordination between food service staff and educators.

F. Schools should be encouraged to conduct nutrition education activities and promotions that involve students, parents and the community.

G. Students should receive nutrition messages throughout the school that are consistent and reinforce each other.

**Staff Professional Development**

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition that will benefit the overall wellness of the school and student learning will be encouraged.

**Family and Community Involvement**

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the school principal is responsible for ensuring:

A. Nutrition education materials and meal menus are made available to parents;

B. Parents are encouraged to promote their child’s participation in the school meals program. If their children do not participate in the school meal program, parents should provide their children with healthy snacks/meals;
C. Families are invited to attend exhibitions of student nutrition projects of health fairs;
D. Nutrition education curriculum includes homework that students can do with their families (e.g., reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, etc);
E. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student projects related to nutrition, as appropriate; and
F. School staff should consider the various cultural preferences in development of nutrition education programs and food options.

**Physical Education Health and Fitness**

Health and Physical Education Curriculum

It is the district’s position that all students have equal and equitable opportunities for health and physical education in our schools. The District’s K-12 curriculum shall be in alignment with the Washington State K-12 Learning Standards. The goals of the district are:

- All children, from kindergarten through grade 12, will participate in a quality, standards-based health and physical education program;
- OSPI-developed assessments or other strategies will be used in Health and Fitness/Physical Education, formerly known as classroom-based assessments (CBAs).
- The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment necessary. The district will ensure that any student eligible for special education will be provided appropriate physical education services.
- All schools will have certificated physical education teachers providing instruction; and
- All schools will have appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and national standards.

A physical education curriculum includes instruction and practice in a variety of motor skills and movement patterns; knowledge of concepts related to movement and performance; knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness; responsible personal and social behavior; and values physical activity for health and enjoyment.

**Physical Activity**

- All students, (K-12), will participate in a Comprehensive School Physical Activity Program.
A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.

- Physical activity during the school day (including but not limited to recess, brain boosters/energizers, or physical education) will not be used or withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

**Recess**
Each school will offer physically active daily recess opportunities that align with state and national recess recommendations and maintain safe and age-appropriate equipment to use during recess. Recess monitors or teachers will encourage students to be active. Recess will complement, not substitute for physical education class.

**Family and Community Involvement**
In order to promote family and community involvement in supporting and reinforcing physical education in the schools, the school principal is responsible for ensuring:

A. Physical education activity ideas are sent home with students;
B. Parents are encouraged to promote their child’s participation in the school’s physical education programs and after school activities;
C. Families are invited to attend and participate in physical education activity programs and health fairs;
D. Physical education curriculum includes homework that students can do with their families;
E. School staff consider the various cultural preferences in development of physical education programs; and
F. School staffs are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.

**Program Evaluation**
A. Nutrition: In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent, in collaboration with the School Healthy Advisory Committee (SHAC) and food services, is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.
B. Physical Education: District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment. Results of these surveys and assessments will be reported to the board, on school sites, and made available to parents and community on an annual basis.

**Fundraisers**
Fundraisers that are organized through student or DECA stores, culinary arts programs or by student clubs, parent groups, booster clubs, associated student body groups, teachers, students, staff or others are required to be in alignment with competitive food nutrition standards for sales that occur during the school day. The district strongly encourages organizations to raise money by selling non-food items. Athletic field concessions model good sports nutrition by including a variety of choices of tasty, nutritious foods, such as fruits, salads, whole grains, and low-fat dairy foods in addition to traditional concession stand items.

**Food Used as a Reward**
It is recommended that rewards for academic performance or good behavior not include food or beverages. Food or beverages should not be withheld as a punishment. Staff is encouraged to use non-food items when developing a rewards system for the classroom.

**Celebrations and Snacks**
It is recommended that celebrations that involve food during the school day should be limited to no more than one party per class per month. It is further recommended that any party or celebration should involve no more than one food or beverage item that does not meet the competitive food nutrition standards. Class parties or celebrations in elementary schools should be held after the lunch period when possible.

Snacks offered during the school day or in after-school programs and food served as part of classroom or building celebrations should make a positive contribution to children’s health and diets, with an emphasis on fresh fruits and vegetables, whole grains, and other foods and beverages that are low in fat, sugar, and salt. School staff should encourage parents/guardians/volunteers to support student wellness by considering nutritional quality when selecting snacks for class parties and limiting foods or beverages that do not meet the competitive foods nutritional standards.

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*Camas School District*
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