

Nutrition, Health, and Physical Fitness Procedure

Nutrition standards for foods and beverages sold in schools starting at midnight prior to the start of the school day until thirty minutes past the end of the regularly scheduled school day are as follows.

Nutritional Standards for Food.

Any food sold in schools must:

- 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 (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, Vitamin D, or dietary fiber).

Foods must also meet the following nutrient requirements:

- Calorie Limits:
 - o Snack items: ≤ 200 calories
 - o Entrée items: ≤ 350 calories
- Sodium Limits:
 - o Snack items: ≤ 230 mg **
 - o Entrée items: ≤ 480 mg
- Fat Limits:
 - o Total fat: ≤ 35% of calories
 - o Saturated fat: < 10% of calories
 - o Trans Fat: zero grams
- Sugar limit:
 - o ≤ 35% of weight from total sugars in foods

Accompaniments

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.

Fundraisers

- Any fundraiser that exchanges a food item for money, credit, or other benefit is governed by the nutritional standards outlined.
- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.

Nutritional Standards for Beverages

All Schools may sell:

- Plain water (with or without carbonation)
- Unflavored lowfat milk (low fat milk will be defined as 1%)
- Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP

Class Parties and Student Incentives

Honoring the spirit of Policy 6700, school staff and parents/guardians should reward students with non-food items or with healthy snacks at classroom parties, holiday celebrations, and as

student incentives. Food and beverage items provided to students during the school day are strongly encouraged to follow the standards described in this procedure and promote healthy nutrition choices.

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 will complement, not substitute for, physical education class. 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. Recess may be withheld for reasons of addressing physical or emotional safety issues, or for the teacher to briefly conference with students or assist students with personal issues that are not able to be addressed in a whole-class format. Also, as special student activities are sometimes held during recess, students may choose to attend these activities.

Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located near the cafeteria to encourage proper hygiene prior to eating.

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North Kitsap School District