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# APPROACH 1

## ESTABLISH NUTRITION STANDARDS FOR COMPETITIVE FOODS

- Austin Independent School District, Austin, Texas
- Grand Forks Public Schools, Grand Forks, North Dakota
- Mercedes Independent School District, Mercedes, Texas
- Old Orchard Beach School Department, Old Orchard Beach, Maine
- School Union #106, Calais, Maine

**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES



### Austin Independent School District, Austin, Texas

- 74,000 students in the capital city of Texas
- 54.3 percent of students eligible for free and reduced-price school meals

#### For more information:

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[dabney@texas.net](mailto:dabney@texas.net)  
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Austin, Texas 78739  
Phone: 512-292-1313





**Austin Independent School District  
School Health Advisory Council  
Nutrition Committee**



AISD  
School Health  
Advisory Council

**Multi-Year Strategic Plan to Improve the  
Nutrition Environment in Grades K-12**

**2004-2005**

## Campus Wellness Plan - Five-Year Plan

### SHAC NUTRITION COMMITTEE MISSION STATEMENT

**To work cooperatively with school personnel, food service, parents, and community organizations to find ways to improve the nutritional environment of schools and promote children's health and academic success.**

#### Goal

In support of the District's HEALTHY CHILDREN'S INITIATIVE, all schools in AISD will have a healthy school nutrition environment that helps all children be **Fit, Healthy and Ready to Learn**.

The Nutrition Committee of the AISD SHAC is committed to the goal of a healthy school nutrition environment for all children. We realize that this will involve attitudinal changes as well as policy changes to accomplish. The SHAC Nutrition Committee has drafted an initial multi-year strategic plan beginning in SY2003-2004. In drafting this plan, the SHAC Nutrition Committee felt that the most appropriate first step was to raise awareness in our schools and community about the relationship between healthy students and academics, and the need for creating a healthy school nutrition environment to support this relationship.

Once parents and schools become educated about the importance of supporting a healthy school nutrition environment, they will need additional resources and materials to help them move forward toward realizing that goal.

In addition, the AISD SHAC recognizes that by September 1, 2007, Senate Bill 19 (2001) requires all school districts in Texas to have had appropriate training for the implementation of a coordinated health program for elementary school students. This program must provide for coordinating: health education; physical education and physical activity; nutrition services; parental involvement; and instruction to prevent the use of tobacco. Senate Bill 1357 (2003) broadens the scope of SHAC's to include: school health services; counseling and guidance services; a safe and healthy school environment; and school employee wellness.

The AISD SHAC feels that by investing now in educating parents, teachers and administrators on nutrition issues, the District will be taking positive steps towards providing every student with access to a healthy school nutrition environment and towards planning for the changes that Senate Bill 19 requires in all elementary schools.

The multi-year strategic plan is based on materials provided by the U.S. Department of Agriculture including: a nutrition education initiative called Team Nutrition, a community awareness component of Team Nutrition – a local action kit called *Changing the Scene*, and a school nutrition policy guide (Chapter E from NASBE's *Fit Healthy, and Ready to Learn*). These are supplied free of charge to help schools improve their nutrition programs.



## Campus Wellness Plan - Five-Year Plan

The USDA defines a healthy school nutrition environment as one that gives students consistent, reliable health information—and ample opportunity to use it. There are six components of a healthy school nutrition environment:

- **A Commitment to Nutrition and Physical Activity**
- **Quality School Meals**
- **Other Healthy Food Choices**
- **Pleasant Eating Experiences**
- **Nutrition Education**
- **Marketing to Increase Community Awareness**

During the implementation of our program, each of the areas will be assessed on a campus-by-campus basis as well as at the district level to determine where improvements might be warranted. Some campuses may already have identified and be addressing specific issues. We feel those campuses can still benefit from increased awareness among staff and parents. Other schools will be starting from scratch. We have developed the program to accommodate different starting points and levels as we progress. We will use a continuous quality improvement process to track progress at each school.

### **About Team Nutrition**

**Team Nutrition** is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. This plan involves schools, parents, and the community in efforts to continuously improve school meals, and to promote the health and education of 50 million school children in more than 96,000 schools nationwide.

In 1995, the School Meals Initiative for Healthy Children regulations updated nutrition standards to ensure school meals were consistent with the Dietary Guidelines for Americans. USDA recognized that schools needed help to put the rules into action. To help meet the goal of healthier children, USDA launched Team Nutrition, an initiative designed to help make implementation of the new policy in schools easier and more successful.

The U.S. Department of Agriculture's Food and Nutrition Service developed Team Nutrition.

### **About Changing the Scene**

***Changing the Scene - Improving the School Nutrition Environment*** is a tool kit for helping those at the local level take action to improve school nutrition environments. It addresses the entire school nutrition environment that encompasses a commitment to healthy nutrition practices and physical activity, pleasant eating experiences, quality school meals, other healthy food options, nutrition education and public awareness. This kit helps school staff, parents, and the community to take action to improve their school's nutrition environment. The kit includes a variety of tools for use at the local level to raise awareness and address school environment issues that influence students' eating and physical activity practices.

## Campus Wellness Plan - Five-Year Plan

USDA's Food and Nutrition Service developed the kit with input from the following education, nutrition and health organizations:

National PTA, National Association of Secondary School Principals, National School Boards Association, National Association of State Boards of Education, USDA Center for Nutrition Policy and Promotion, USDA Cooperative State Research, Education, and Extension Service - Families, 4-H, and Nutrition; National Association of Elementary School Principals, American School Food Service Association, Centers for Disease Control and Prevention, Council of Chief State School Officers, Association for Supervision and Curriculum Development, U.S. Department of Education, American Dietetic Association, Association of School Business Officials International, Society of State Directors of Health, Physical Education and Recreation, and the Society for Nutrition Education.

### **About *Fit, Healthy, and Ready to Learn***

The National Association of State Boards of Education developed this school health policy guide to provide guidance on developing a comprehensive, integrated policy aimed at promoting lifelong healthy eating among students and school staff. There are also policy guidelines available for physical activity and tobacco-use prevention.

The sample policy on healthy eating incorporates statements of recommended practice that all states, districts, and schools should endeavor to adopt. What is reasonable, feasible, and acceptable in a given state, school district, or school depends on local circumstances and the results of the policymaking process.

### **Team Nutrition Website:** [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

USDA's Team Nutrition Website is all about empowering children to make healthy food and physical activity choices. Anyone involved in healthy meals and nutrition education for children (parents, students, educators, foodservice workers, community groups) should visit the site.

### **What will you find on the site?**

#### **For Schools:**

- Team Nutrition enrollment form
- Highlights of Team Nutrition School activities
- Database of Team Nutrition Schools around the Nation
- On-line catalog of resource materials many of which are available to download
- Listing of all supporting organizations that are willing to help with activities in your school
- Resource page created for nutrition educators

#### **For Parents:**

- Seasonal and healthy recipes from some of the Nation's top chefs
- Ten steps for parents to encourage healthy eating at school and making physical activity a part of their children's life.
- Fun nutrition-related activities for the whole family

## Campus Wellness Plan - Five-Year Plan

### For Students:

- Interactive website created by and for middle school students
- Find out today...are you Normal?
- Calculates your Body Mass Index
- Take the quiz yourself!

## FIT, HEALTHY and READY to LEARN

### YEAR 1

During SY2003-2004:

A minimum of (5) Early Adopter Schools (K-12) will conduct **parent education and community awareness campaigns** on the need for good nutrition and the academic value of good nutrition and physical activity based on USDA's Team Nutrition local action kit, *Changing the Scene*.

### Action Items

#### District (Year 1):

- AISD Superintendent and Director of School Food Services will endorse the use of Team Nutrition's *Changing the Scene* kit as a first step in improving the school nutrition environment on AISD campuses. They will instruct appropriate personnel to work with SHAC Nutrition Committee for successful implementation.
- Superintendent will provide an opportunity for SHAC to do a district-wide principal orientation on Team Nutrition's *Changing the Scene* prior to the start of SY2003-2004.
- District will work with SHAC on identifying Early Adopter Schools to enroll as Team Nutrition Schools and receive applications for *Changing the Scene* kit.
- Superintendent will have principals or principal's representative identify a **Campus Wellness Team** that will consist of parents (interested parents, PTA, CAC, Parent Support Specialist), Food Service Supervisor, P.E. Specialist, RN, and at least one teacher (each campus can expand on this list as they feel appropriate) to work on improving the school nutrition environment using Team Nutrition's local action kit, *Changing the Scene*.
- Superintendent will identify nutrition as a core component of the Healthy Children's Initiative.
- AISD School Health Coordinator will provide technical assistance as needed for **Campus Wellness Teams**.
- District will provide access and assistance in developing SHAC Nutrition Committee web page.

## Campus Wellness Plan - Five-Year Plan

### SHAC Nutrition Committee (Year 1):

- Collaborate with District on a press release to announce District's adoption of Team Nutrition and the goal of becoming a **Fit, Healthy and Ready to Learn** school district using Team Nutrition's *Changing the Scene* local action kit that can help promote community involvement.
- Conduct a district-wide principal orientation on Team Nutrition's *Changing the Scene*.
- Work with District in identifying Early Adopter Schools for Team Nutrition membership and use of the *Changing the Scene* kit.
- Provide principals or principal's representative with order forms for Team Nutrition's *Changing the Scene* local action kit.
- Orient **Campus Wellness Team** leaders to resources available to them.
- Communicate with principals or principals' representative and **Campus Wellness Team** leaders to support their efforts to improve the school nutrition environment.
- Provide technical assistance and free health related materials to campuses as needed.
- Develop marketing plan to promote **Fit, Healthy, and Ready to Learn** campaign community wide to educate and raise community awareness about the importance of healthy school nutrition environments and physical activity.
- Collaborate with Children's/AISD Student Health Services when appropriate.
- Collaborate with organizations that conduct school or community programs that address child nutrition and health.
- Develop incentive program with ACPTA, DAC, AISD to recognize schools for programs / activities which promote a healthy school environment.
- Encourage school participation in the Texas Department of Health's School Health Program, AWARDS FOR EXCELLENCE IN TEXAS SCHOOLS.
- Communicate individual campus and district-wide success stories to the community using the media.
- Develop SHAC Nutrition Committee web page.
- Adapt *Changing the Scene* Campus Assessment Checklist so that it serves as a baseline and follow-up tool for evaluating improvement.
- Provide technical assistance to campuses as needed so that the checklist can function as the core guide for campus improvement.

### Campus Wellness Team (Year 1):

- Early Adopter School principals or principal's representative will identify a **Campus Wellness Team** that will consist of parents (interested parents, PTA, CAC, Parent Support Specialist), Food Service Supervisor, P.E. Specialist, RN, and at least one teacher (each campus can expand on this list as they feel appropriate) to work on the Team Nutrition Community Awareness Campaign / *Changing the Scene* to help create awareness for a healthy school nutrition environment.

## Campus Wellness Plan - Five-Year Plan

### Campus Wellness Team

- Will be expected to:
  - 1) Assess beginning of the year nutritional environment on campus using AISD adapted *Changing the Scene* assessment tool.
  - 2) Prioritize (high/medium/low) areas of need.
  - 3) Identify a few focus areas for the school year.
  - 4) Plan and implement for at least one focus area.
  - 5) Review baseline assessment for progress at the end of the school year and identify resource needs, barriers to progress, and focus areas for the coming school year.
  - 6) Submit copies of initial assessment to the School Health Coordinator as well as end of year assessment.

### Suggested Actions for Campus Wellness Teams:

- Survey parents to determine their level of awareness of issues and their concerns about the school's nutrition environment.
- Seek student involvement/input in identifying nutrition issues.
- Distribute nutrition and physical activity information to parents using *Changing the Scene*/Team Nutrition materials and other free resources.
- Encourage teachers to incorporate nutrition/physical activity into daily curriculum.
- Communicate nutrition and physical activity goals to community to gain support and recognition for school efforts.
- Work with PTA to host a health fair or other health related activity.

### YEAR 2

During SY2004-2005:

Early Adopter Schools will begin to **develop and implement an action plan** to create a healthy school nutrition environment using USDA Team Nutrition materials.

Newly identified Adopter Schools (K-12) will conduct **community awareness campaigns** on the need for good nutrition and the academic value of good nutrition and physical activity based on USDA's Team Nutrition local action kit, *Changing the Scene* using YEAR 1 strategies. Action Items

### District (Year 2):

- District will work with SHAC on identifying additional Adopter Schools to become members of Team Nutrition and receive applications for *Changing the Scene* kit.
- Superintendent will have Adopter School principals or principal's representative identify a **Campus Wellness Team** that will consist of parents (interested parents, PTA, CAC, Parent Support Specialist), Food Service Supervisor, P.E. Specialist, RN, and at least one teacher (each campus can expand on this list as they feel appropriate) to work on the Team Nutrition Community Awareness Campaign / *Changing the Scene*.
- AISD School Health Coordinator will provide technical assistance, as needed to **Campus Wellness Teams**.
- District will assist SHAC Nutrition Committee to keep web page current.

## Campus Wellness Plan - Five-Year Plan

### SHAC Nutrition Committee (Year 2):

- Work with District in identifying additional Adopter Schools for Team Nutrition school enrollment.
- Provide Adopter School principals or principal's representative with order forms for Team Nutrition's *Changing the Scene* local action kit.
- Orient **Campus Wellness Team** leaders to resources available to them.
- Communicate with principals and **Campus Wellness Teams** to support their efforts to improve the school nutrition environment.
- Provide technical assistance and free health related materials to campuses as needed.
- Continue implementation of community-wide **Fit Healthy, and Ready to Learn** campaign to raise community awareness about the importance of healthy school nutrition environments and physical activity.
- Collaborate with Children's/AISD Student Health Services when appropriate.
- Collaborate with organizations that conduct school or community programs that address child nutrition and health.
- Continue to recognize exceptional programs through incentive programs with ACPTA that recognize schools for programs / activities which promote a healthy school environment.
- Encourage school participation in the Texas Department of Health's School Health Program, AWARDS FOR EXCELLENCE IN TEXAS SCHOOLS.
- Communicate individual campus and district-wide success stories to the community using the media.
- Use the adapted *Changing the Scene* Campus Assessment Checklist so that it serves as a baseline and follow-up tool for evaluating improvement.
- Provide technical assistance to campuses as needed so that the checklist can function as the core guide for campus improvement.
- Maintain SHAC Nutrition Committee web page.

### Campus Wellness Team (Year 2):

- Early Adopter School principals or principal's representative working with the Campus Wellness Team will **begin to develop and implement an action plan** to create a healthy school nutrition environment using USDA Team Nutrition materials.

### Campus Wellness Team

- Will be expected to:
  - 1) Review end of year assessment.
  - 2) Review identified areas of need and priority of need.
  - 3) Identify focus areas for the school year.
  - 4) Plan and implement for those focus areas.
  - 5) Review baseline assessment for progress at the end of the school year and identify resource needs, barriers to progress, and focus areas for the coming school year.
  - 6) Submit end of year assessment to the AISD School Health Coordinator.



## Campus Wellness Plan - Five-Year Plan

### Suggested actions for Campus Wellness Teams:

- Continue to work on year 1 suggested actions.
- Identify and recruit additional parents and community members with an interest in creating healthy school nutrition environments to help attain goals.
- Consider recommending the action plan and expected outcomes to the CAC for incorporation into the CIP.

### YEAR 3

During SY 2005-2006:—

Early Adopter Schools will **begin to develop campus nutrition policy** using National Association of State Boards of Education (NASBE) Fit, Healthy and Ready to Learn School Health Policy Guide.

Adopter Schools will move from Year 1 strategies to Year 2 strategies.

New Adopter Schools will begin using Year 1 strategies.

### YEAR 4

During SY2006-2007:

Remaining Schools that have not begun the program will begin implementation of *Changing the Scene*, following Year 1 strategies.

Early Adopter Schools will implement campus nutrition policy.

Adopter Schools will move to Year 3 strategies.

New Adopter Schools will move to Year 2 strategies.

### YEAR 5

During SY2007-2008:

Senate Bill 19 requires full implementation of a Coordinated School Health Program in all elementary schools. AISD will continue support for all schools as they progress towards creating healthy school nutrition environments. **AISD will implement district wide school nutrition policy.**





Food Services Memo

**AISD Food Services Memo**

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2

July 31, 2003

To: Person Addressed

Re: Changes to the AISD Food Service Program

With the start of the 2003 school year, the Food Services Department will implement the following changes in the AISD cafeterias. These changes are the first steps in helping to achieve the goals of the School Health Advisory Council (SHAC) and Dr. Forgione's Initiative for Healthy Children.

- Only reduced fat and baked chips will be available in secondary schools. (Chips are not available in elementary schools.)
- No commercially prepared prepackaged sweets will be available (i.e. Little Debbie's, Hostess). Instead granola bars, low fat baked goods and similar products will be substituted.
- Elimination of some high fat a la carte entrees in secondary schools (i.e. chili pie, chili cheese nachos).
- Only the following a la carte beverages will be offered: flavored and unflavored bottled water, sports drinks (no more than 50 cal/serving), and fruit juices.
- Larger variety of entrée salads and wrap type sandwiches.
- Fruits and vegetables to be offered on each serving line, including a la carte lines.
- Nutrition will be marketed to students on a regular basis.

Please contact the AISD Food Services Department at 414-0251 if you have questions.



## Summary of Nutrition Regulations

### Summary of Austin Independent School District Nutrition Regulations

DOCUMENT  
3

- All AISD schools may not serve or provide access for students to FMNV or carbonated beverages at any time anywhere on school premises during the school day.
- FMNV foods and carbonated beverages may not be sold or given away on school premises by the school, school or non-school organizations (PTA groups, fundraisers, booster clubs, etc), teachers, parents, or any other person or group during the school day.
- Vending machines do not have to be removed or relocated if they are stocked with appropriate healthy choices.
- A student may bring FMNV foods or beverages from home as long as the student is not selling, or providing the items to other students.
- FMNV foods and beverages may not be made available to students on field trips.
- The policy does not include sports drinks, tea, or juices. The policy only covers prohibited carbonated beverages and foods of minimal nutritional value.

#### Examples of Prohibited Food Items:

##### Foods of minimal nutritional value include:

- (1) Soda Water—Carbonated Beverages, which may include the following; but not limited to: Coca-Cola, Dr. Pepper, Sprite, Diet Coke, Root Beer, Mountain Dew, Pepsi, etc.
- (2) Water Ices—Snow cones, Slurpies, Slushies, etc. (This does not include snow cones, etc made with 100 percent fruit juices.)
- (3) Chewing Gum—Bubble Yum, Hubba Bubba, Wrigley's chewing gum, Blow Pops,
- (4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - (i) Hard Candy—Jolly Ranchers, Mega Warheads Black Cherry, Cherry Sours, Nerds, Runts, Gobstoppers, Sweetarts, (sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.)

## Summary of Nutrition Regulations

- (ii) Jellies and Gums—Gummy Apple Rings, Sour Worms, Orange Slices, Itsy Bitsy Gourmet Jelly Beans, Berry Fruit Snacks, Mike & Ike Original, Mike & Ike Zours, Hot Tamales, Gum drops, (jelly beans, jellied and fruit-flavored slices), etc.
- (iii) Marshmallow Candies—Marshmallow crèmes, Peeps, etc.
- (iv) Fondant--Candy corn, Soft mints, Lemonheads, Cherryheads, Grapeheads, etc.
- (v) Licorice—Twizzlers (any flavor or filling), etc.
- (vi) Spun Candy—Cotton candy, etc.
- (vii) Candy Coated Popcorn—Poppycock, Cracker Jacks, etc.

### Example of Healthiest/Healthier Vending Machine Products:

| HEALTHIEST  | HEALTHIER   |
|---|---|
| Animal crackers, graham crackers<br>*Austin animal crackers, Nabisco graham crackers                                | Granola bars, whole grain fruit bars<br>*Nature Valley granola bars (any flavor),<br>Nutri-Grain Apple/Blueberry/Strawberry,<br>Snackwells Fat-Free Cereal Bars |
| Nuts and seeds-plain or with spices<br>*Mr. Nature Unsalted Nut Mix   | Baked chips, corn nuts, rice cakes, cereal/nut mix<br>*Ritz Air Crisps, Ritz Air Crisps Crackers,<br>Wheatables Original/Honey Wheat, Wheat Thins               |
| Trail mix-plain<br>*Kar Nut Trail Mix Original/All Energy, Mr. Nature<br>Unsalted Trail Mix, Unsalted Energizer Mix | Popcorn/nut mix<br>*Mr. Nature Mix 'n Yogurt  |
| Dried fruit-raisins, cranberries<br>*Mr. Nature Dried Fruit Mix, Raisins  | Fruit flavored snacks<br>*Mr. Nature Dried Fruit Mix  |
| Fat-free popcorn  | Pretzels-any flavor   |
| Beef jerky - 95 percent fat free  | Light popcorn   |

\*Example items from Accent Food Services Vending Product List, contract with AISD, May 31, 2001. RFP No. P01-084.

### Grand Forks Public Schools, Grand Forks, North Dakota

- 7,862 students in North Dakota's third largest city
- 27 percent of students eligible for free and reduced-price school meals

### For more information on Nutrition Education Practices Policy and other school district changes, contact:

Julie Tunseth, Director of Child Nutrition Program  
[julie\\_tunseth@fc.grand-forks.k12.nd.us](mailto:julie_tunseth@fc.grand-forks.k12.nd.us)

Kim Dietrich, LRD, Dietitian for Child Nutrition Program  
[kdietrich@fc.grand-forks.k12.nd.us](mailto:kdietrich@fc.grand-forks.k12.nd.us)  
2115 6th Avenue North  
Grand Forks Public Schools  
Grand Forks, North Dakota 58203  
Phone: 701-746-2292

### For more information on the fruit and vegetable snack guidelines and the PTO dairy promotion at extra-curricular events, contact:

Bev Benda-Moe, LRD \*  
[abcmoe@gra.midco.net](mailto:abcmoe@gra.midco.net)  
Phone: 701-775-0204

Melanie Metz, LRD \*  
710 Woodland Court  
Alvarado, MN 56710  
Phone: 218-965-4982

\* Formerly with the Grand Forks Public Health Department, Grand Forks, North Dakota.





## Nutrition Education Practices Policy

### Grand Forks School District: Policy 6175

DOCUMENT  
1

#### **NUTRITION EDUCATION PRACTICES**

Eating habits are learned early in life, and school board interventions are indicated as potential key components in achieving public health improvement goals. Poor nutrition and fitness habits are the root causes of several serious public health problems in America. Therefore, the school board supports a school environment that promotes and encourages lifelong nutritious eating habits.

The board provides the following guidelines for healthy nutrition practices.

- Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.
- School administrators will monitor fundraising activities in order to ensure that they are not in conflict with sound nutrition messages.
- School personnel serve as nutrition educators and role models for healthy lifestyles.
- The Child Nutrition program will provide meals that comply with or exceed federal and state standards.
- School personnel will collaborate with parents and the community to support these guidelines and the promotion of lifelong healthy nutrition habits.

Legal reference: Federal Regulation 7CFR Sec./210.11

Policy Adopted: January 27, 2003





Teacher Packet: Nutrition Policy Practices 6175

DOCUMENT

# Grand Forks Public Schools

## CHILD NUTRITION PROGRAM



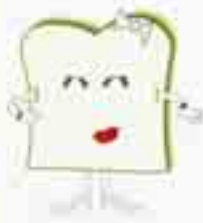
## Teacher Packet: Nutrition Policy Practices 6175

## The GF Child Nutrition PROGRAM

Since 1946, the National School Lunch Program has provided financial support and commodities to help schools serve nourishing, well-balanced meals to children. There have been significant changes since the early days of school lunch...in the 40's, meals provided enough calories but were low in nutrients.



Today, school lunches are rich in nutrients and low in fat, but alone can't counter the problems of over consumption and lack of physical activity in children.



Grand Forks Public Schools serve 9,500 meals daily; 29% are free or reduced priced meals.

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

### did you know?

Today's GFPS meals do:

1. Meet the Dietary Guidelines for Americans.
2. Meet nutrient standards for protein, Vitamin A, Vitamin C, iron, calcium, and calories.
3. Not exceed 30% of a child's daily value of fat or 10% of saturated fat.



[illegible]

## Teacher Packet: Nutrition Policy Practices 6175

# Snack Guidelines MADE HEALTHY & EASY!

Are you looking for classroom snack guidelines that:

- are easy for parents and children to understand
- are hassle-free
- improve children's nutritional status and
- teach good nutrition habits for a lifetime?



If so, how about:

## FRUIT AND VEGGIE SNACKS



- Encourages exploration of various types of fruit and vegetables, including fresh, canned, frozen, and dried.
- Encourages better snack habits at home.
- Encourages a child to go grocery shopping with their parents to choose "snacks for the week".
- Educates entire families about nutrition.
- Reduces disparity by putting all snacks on equal ground.
- Encourages low fat, low sugar snacks promotes readiness for a healthy school lunch.



We encourage entire schools to adopt this guideline to create continuity between schools and grade levels. If a child has the same snack guideline year after year, it is less confusing and more likely to become a lifelong habit.

Encourage your students to stick to the guideline, but be prepared for those "I forgot" or "didn't have any" situations. Suggest students share their snacks or keeping extras on hand. (baby carrots, oranges, apples, etc....)

There are many healthy snacks to choose from like fruit and vegetables. (See teachers letter below) This fruit and vegetable classroom snack guideline finds that it not only promotes healthy eating, it minimizes the confusion of what a "healthy snack" is. Too many people think that "junk food" are just fruit and "healthy snacks" are only food. Since only 1 out of 5 children meet the daily recommendation of 5 fruits and vegetables a day, this guideline helps them increase their consumption of fruits and vegetables substantially. At least Five A Day is recommended because of the health benefits of cancer and heart disease for all populations.

If your school would like a staff inservice on implementing this guideline, please contact Bev Benda-Moe, LRD, 787-8127 or Melanie Metz, RD 787-8128 at Grand Forks Public Health.



Teacher Packet: Nutrition Policy Practices 6175

RX: wellness

# RX WELLNESS

**RED SHEET CLASSES**  
An opportunity for faculty and staff to earn UND credit(s) and feel great doing it!

- 1. MISSION**
  - To promote healthy lifestyles and wellness in the GFPS.
- 2. WHY?**
  - 70% of illnesses are preventable.
  - A healthy employee is happier and more productive.
  - Life-style choices can make a positive difference.
  - Earn credit at convenient times in areas that interest you!
- 3. WHAT?**
  - Select sessions from the 5 aspects of health: including physical, emotional, mental, social, spiritual, health issues.
- 4. HOW?**
  - Email Kim Dietrich at the Child Nutrition Office for a packet to register: [kdietrich@fc.grand-forks.k12.nd.us](mailto:kdietrich@fc.grand-forks.k12.nd.us).

**Coordinators:**

|  |   |
|--|---|
| Kathleen "Tootsie" Gasparini, Health Teacher, GF Central<br>787.2876<br><a href="mailto:kgasparini@fc.grand-forks.k12.nd.us">kgasparini@fc.grand-forks.k12.nd.us</a> | Jane Rodacker, Health Teacher, Valley Middle School<br>746.2360<br><a href="mailto:jrodacker@fc.grand-forks.k12.nd.us">jrodacker@fc.grand-forks.k12.nd.us</a> |
|--|---|

wellness is a way of life...

Teacher Packet: Nutrition Policy Practices 6175

student involvement  
**STUDENT TEAM NUTRITION**

Nutrition Advisory Councils (NACs). A fun way for students to learn about nutrition, exercise, and wellness. Encourage your students to join their school's group! Become a leader for wellness in your school.



**WHAT'S NEEDED TO START A GROUP**

- A leader (staff, parent, community member)
- About 10-15 enthusiastic students
- A dedicated school foodservice professional
- Creative ideas and an active imagination



This certificate may be redeemed by the recipient listed below for one school meal.

Enjoy a meal on us and make sure you pick up a milk.

to: you, a GFPS staff employee  
from: Child Nutrition Program



Start your year of wellness with a well balanced school meal.

expires May 30<sup>th</sup>



## Teacher Packet: Nutrition Policy Practices 6175

..... Meals for field trips or special occasions.....

## Meals for Field Trips OR SPECIAL OCCASIONS

Every school year the Grand Forks Public Schools sign an agreement with the North Dakota Department of Public Instruction declaring the Grand Forks Public School Child Nutrition Program to be the sole and exclusive provider of meals for students in the school system during the school day. By following the federal regulations set under the USDA National Breakfast and Lunch Program the Grand Forks Child Nutrition Program receives federal funds for reimbursable student meals.



Two critical regulations must be followed for the district to receive benefits of this federal program.

1. Those students who eat free or reduced price meals are not overtly identified.
2. The school district ensures there is no competitive food served at the same time the school breakfast and lunch is served.

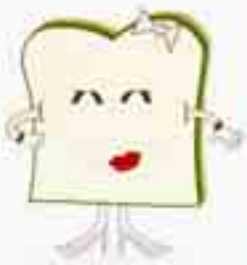
Violations of this agreement:

Agreement for food from an outside source to be sold to students in lieu of a school meal, whether breakfast or lunch.

### HOW TO WORK WITHIN REGULATIONS:

If school teachers or officials want to provide food as a special treat or a change of pace for students, it can be done as follows:

1. Request sack lunches or pizza parties from school cafeteria manager. A week's notice along with number of meals, student names and student numbers must be provided.
2. Food for treats or parties can be provided by teachers, parents, etc. to students after they have been to lunch.





Teacher Packet: Nutrition Policy Practices 6175

Grand Forks Public Schools Nutrition Education Policy #6175

## Grand Forks Public Schools NUTRITION EDUCATION POLICY #6175

**What is the new GF Nutrition Policy?**

It is a team effort to improve the health of our students/staff through education, good nutrition, and healthy school environments. The GF School Board has adopted this Nutrition Education Practice Policy #6175.

**When was it adopted by the GF School Board?**

January 27, 2003.

### Rationale:

Eating habits are learned early in life, and school board interventions are indicated as potential key components in achieving public health improvement goals. Poor nutrition and fitness habits are the root causes of several serious public health problems in America. Therefore, the school board supports a school environment that promotes and encourages lifelong nutritious eating habits. The board provides the following guidelines for healthy nutrition practices.

- Administrators, staff, and nonacademic groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the good nutrition practices taught in the classroom and implemented in the school meal programs.
- School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.
- School administrators will monitor fundraising activities in order to ensure that they are not in conflict with sound nutrition messages.
- School personnel serve as nutrition educators and role models for healthy lifestyles.
- The Child Nutrition program will provide meals that comply with or exceed federal and state standards.
- School personnel will collaborate with parents and the community to support these guidelines and the promotion of lifelong healthy nutrition habits.



## Teacher Packet: Nutrition Policy Practices 6175

teachers:

## ARE YOU A ROLE MODEL FOR WELLNESS?

Complete this Exercise!

(✓) Check those that apply.



- ☐ Do your students see how active you are around the school?
- ☐ Do you encourage your students to move at recess time?
- ☐ Do you provide information to parents about safe recreation centers or after-school programs in your area?
- ☐ Do your students see you eat nutritious foods?
- ☐ Do your students see you drink milk or water instead of pop/coffee?
- ☐ Do you serve nutritious food in your classroom?
- ☐ Do you refrain from talk about dieting in front of your students?
- ☐ Do you encourage your students to eat school breakfast and lunch?
- ☐ If you notice a student is hungry or comes to school without breakfast, do you refer them to the breakfast or lunch program?
- ☐ Do you help create a healthy school environment?
- ☐ Do you incorporate nutrition messages into the curriculum you are teaching?
- ☐ Do you eat school meals (breakfast and/or lunch)?

THINK DRINKING MILK AND DRINKING WATER CAN HELP YOU BE HEALTHY AND ACTIVE!

### MY WELLNESS GOALS FOR THIS YEAR

My Goals:

about my class/after-school:





*Adapted from materials developed by the office of Child Nutrition Services, Ohio Department of Education.*


## Teacher Packet: Nutrition Policy Practices 6175

...big national #1 water is a healthy beverage...

## Promotion of water as a **HEALTHY BEVERAGE**



### Water Promotes Good Health




"Dehydration is a common problem in school classrooms, leading to lethargy and impaired learning. Because the brain is made up of a higher percentage of water than any other organ, dehydration takes a toll quickly. There's a loss of attentiveness, and lethargy sets in. Dehydration means many children need more water, more often. Soft drinks, juice, coffee or teas are diuretics that don't help much. Teachers should encourage students to drink water throughout the day."

-Eric Jensen "Teaching with the Brain in Mind" 1998

- Water is a basic human need; it ensures necessary hydration.
- Water consumption ensures that children's bodies and minds function properly.
- Water helps prevent childhood obesity because water contains no calories.
- Water consumption supports physical activity by replacing fluids lost during activity.

• **Children having water at school promotes wellness.**  
Too many North Dakota children are overweight and unfit. Among North Dakota children, 23 percent of North Dakota 7th-8th graders and 21 percent of 9th-12th graders are overweight or at risk of becoming overweight.



### Alternative beverages - usually sodas - contribute to childhood obesity


- Sodas are a leading source of extra calories for children. A 20-ounce bottle of soda contains 16 teaspoons of sugar and 230 calories.
- Each additional daily serving of sweetened soda increases a child's risk for obesity by 40%.

For more information, please contact Grand Forks Public Health, 787-8127 or 787-8128.  
Jensen, Eric. Teaching with the Brain in Mind. Alexandria, VA: ASCD Publications, 1998.

## Teacher Packet: Nutrition Policy Practices 6175


.....using food as a reward in the classroom.....

## using food as a reward IN THE CLASSROOM




**Using food as reward or punishment is not recommended.**

The GFPS Nutrition Education Practice Policy #6175 aims to align the school environment with the health messages that are taught to children. Standard health messages include limiting sweets and other non-nutritive foods for optimal nutritional and dental health. Using candy as a reward sends a conflicting message.



**When children are enticed to learn or manage their behavior with the use of candy or other treats:**

- They learn to focus on the rewards as the best part of learning or managing behavior. They see learning and managing behavior as "special" and not standard expectations of the school environment;
- They are more focused on external rewards rather than internal rewards (i.e. they move away from the concept that "learning makes me feel proud" to "learning gets me candy.");
- They learn to value candy and treats above other foods, even though they are non-nutritive, and contribute to tooth decay;
- They become confused by the use of "candy as reward", when the health messages in the classroom recommend limiting use of candy and other sweets for both nutritional and dental health.
- When children associate treats as rewards, they may expect candy to be part of every type of achievement. This encourages a lifetime habit of self-rewarding with treats, and sets children up for future dental and medical problems.



**References:**  
 Kohn, Alfie. "Punished by Rewards". (Houghton Mifflin.)  
 Satter, Eilyn, RD, ACSW. "How to Get Your Kid to Eat, But Not Too Much" (Bull Publishing.)  
 For more information, please contact Grand Forks Public Health (787-8127 or 8128) or Child Nutrition Program (746-2436 or 746-2294.)



## Teacher Packet: Nutrition Policy Practices 6175

# creative FUNDRAISING

**Selling non-nutritive foods for school fundraising is not recommended.**

## here's why:



- Selling candy and pop works against the School Nutrition Policy #6175 that strives to link the school environment with health messages in the classroom.
- Selling door-to-door poses safety risks for children.
- Selling door-to-door is often awkward for students and community members. (Community members feel obligated to buy when they prefer not to, and students feel uncomfortable asking.)
- Fundraising is a time consuming effort for students and leaders.
- Fundraising requires students to spend time selling when they could be studying.
- Fundraising training takes up class time during the school day. Entire class periods, and sometimes entire days, are spent "training" the perspective "employees" that result in a profit for the companies. Children are placed under time-crunches in an effort to be the top seller to get the top prize (CD players, DVD players, etc.)

## IDEAS FOR RAISING MONEY WITHOUT SELLING PRODUCTS FOR OTHER COMPANIES:

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• ask local business or community members/groups to donate items or theme gift baskets for a school raffle or silent auction.</li> <li>• Elephant auction (people donate weird stuff for auction)</li> <li>• Teacher/student auctions: auction off goods, services, and talents.</li> <li>• Bakeless bake sales (people pay to not have to bake)</li> <li>• Brick sales (sell bricks for new building with engraved donor names)</li> <li>• Trash pick-up events.</li> </ul> | <ul style="list-style-type: none"> <li>• Farmer's market (students sell fresh vegetables from home gardens)</li> <li>• Hold a school rummage or clothing sale</li> <li>• Plant sales (have families donate plants from their home gardens)</li> <li>• Singing telegrams for holidays</li> <li>• Town calendars</li> <li>• Walk-a-thons</li> <li>• Emergency car kits sales</li> <li>• Lawn raking services</li> </ul> | <ul style="list-style-type: none"> <li>• Fresh fruit sales for classroom snacking</li> <li>• First aid kits sales</li> <li>• Student planner sales (sell school event planners that list all event dates, games, holidays, national tests, dances, etc.)</li> <li>• Raffles</li> <li>• Volunteer to do odd jobs for individuals and businesses. The money raised goes to the school.</li> </ul> |
|---|---|---|





## Classroom Snack Guidelines

## Healthy Snack Policy Made Easy!

By Bev Benda-Moe, LRD

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3

Teachers: are you looking for a healthy classroom snack policy that:

- is easy for parents and children to understand
- is hassle-free
- improves children's nutritional status and
- teaches good nutrition habits for a lifetime?

If so, here it is: **"Our classroom snack policy is this: fruits and vegetables only."**

Teachers who adopt this policy find that it not only promotes healthy eating, it eliminates the confusion of what constitutes a "healthy snack." Too many people believe that fruit roll ups are fruit and cheese puffs are dairy foods! Since few children meet the goal of 5 fruits and vegetables a day, this policy helps them to increase their consumption of foods that are high in vitamins, minerals, and fiber, while getting them into a "fruit and veggie" snack habit. Because produce isn't high in calories, it helps children to be hungrier for a hearty lunch. They appreciate nutritious food as they've developed a taste for it!

Several teachers have noted that the students exhibit a more positive view of snacking with fruits and veggies when it becomes the "norm." One teacher commented, "The children quickly expand their horizons by trying different fruits and veggies. They are more aware of what they eat and how it affects their health. As teachers, we're convinced that we've seen an increase in children's' ability to focus in the classroom. Maybe we see that better because we are eating more fruits and vegetables, too!"

The policy also reduces the disparity of some students having more expensive or larger snacks than others. According to one teacher, "When everyone brings in the same type of snack, all kids are on equal ground." It helps with self-control, too, when children aren't distracted by a wide variety of packaged snacks. Custodians like the policy, too, because there are less wrappers and crumbs to clean up.

What do children bring most often to school? Common are: apples, oranges, bananas, baby carrots, celery, grapes, and strawberries, but the sky is the limit! Classes can turn snack time into science as they learn about different varieties of fruits and vegetables.

This policy has the power to spread into the home lives of children. Those who get into the habit of eating fruits and veggies at school often get "hooked" on the same at home! Children

## Classroom Snack Guidelines

like going shopping with their parents to pick out “snacks for the week” and enjoy educating their own families. While some people think fruits and vegetables are too costly, this isn’t true. Junk food costs more than fruits and vegetables, and provides little nutritional value. If shoppers buy what is in season, it costs less, and tastes best!

We encourage entire schools to adopt this policy to create continuity between grade levels. If a child has the same snack guideline year after year, it is more likely to become a lifelong habit. So there you go... an easy and nutritious classroom snack guideline that has lifetime health effects!

This article is brought to you by \_\_\_\_\_. If your school would like a staff in-service on adopting a “fruits and veggie” snack policy, or a student introduction to the policy, please contact \_\_\_\_\_.



## Letter to Parents on Snack Guidelines

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4

## Letter to Parents on Snack Guidelines

Dear Parents:

We have a new classroom snack guideline: “fruits and veggies only!”

**A fruits and vegetables classroom snack guideline is a great idea!** Why? Most children do not get enough fruits and vegetables on a daily basis. Research has shown that 5 fruits and vegetables a day are the minimum required for good health, and years down the road, they can help reduce heart disease and cancer. Fruits and vegetables are loaded with vitamins and minerals, are low in fat, sugar, and salt, and high in fiber. We call them “the original fast food!”

Fruits and vegetables give you the best “bang for your buck.” No other snack food provides as much nutrition as a piece of fruit or a vegetable! (Most processed snack foods, even if they are advertised as healthy, are too high in salt, sugar, fat, and calories.) Most kids consume too much “junk food” elsewhere! If you buy fruits and vegetables in season, you will find that they taste great and cost little! Best of all, this fruit and vegetable snack guideline can help your child get into a fruit and veggie snack habit for a lifetime! You may even find your child encouraging you to eat 5 a Day!

Other teachers who have adopted a fruit and veggie snack guideline have found that it is easy for parents and children to understand. **Here are some easy ideas for sending snacks to school:**

|                       |               |                               |
|-----------------------|---------------|-------------------------------|
| apples                | orange slices | mango slices                  |
| nectarines or peaches | baby carrots  | celery sticks w/peanut butter |
| grapes                | bananas       | cucumber slices w/Ranch Dip   |
| pineapple chunks      | melon chunks  | Clementines (baby oranges)    |

Please take the time to discuss the new snack guideline with your child. Your child has been given a Dole 5 A Day Kids’ Cookbook—it is full of great recipes for better health. Our motto is “5 A Day Gives You Power to Play!” I encourage you to take your child to the produce department when you go grocery shopping to let your child pick out “snacks for the week.”

If you have any questions, feel free to contact me at the school!

Your child’s teacher,



## 5 A Day Gives You Power to Play!

### Skit: Introducing the Fruits and Veggie Classroom Snack Policy to students:

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5

**Bev:** Hi! My name is Bev Benda-Moe and I'm a dietitian from GF Public Health. Has anyone seen my co-worker, Melanie? She was supposed to be here today to help me!

Oh there she is! Melanie, I've been waiting for you! Where have you been?

**Melanie:** Here I am! Oh, I'm so sorry I'm late.... (excuses...) And to make matters worse, I'm starving! I didn't have breakfast, I was thinking about stopping for some fast food; does anyone know where I can find some fast food and fast?!

**Students:** (name fast food places)

**Bev:** I have a better idea. How about the original fast food, Melanie?

**Melanie:** What do you mean "original fast food?"

**Bev:** Here I'll show you. How about one of these for a quick snack? (Pulls fruit and veg snacks out of purse.) Look how fast I can set them up and you'll see why we call them the original fast food!

**Melanie:** So, what's so great about fruits and vegetables?

(For older students: hold up cards for older students to read with these bullets:)

(For younger students: read bullets)

**Bev:** Students can you help me out to tell Melanie about fruits and vegetables?

**Students:**

- They taste great!
- They have carbohydrates, which give us energy and power to play.
- They are low in fat, sugar and salt.
- They're loaded with vitamins and minerals, which help our bodies work best.
- They have fiber, which helps us with digestion.
- They give us more for our money. Compare:
  - Fruit roll-ups: high in sugar, low in vitamins and minerals, sticky for the teeth
  - Pop Tarts: high in sugar and calories (make us less hungry for lunch)
  - Chips: high in fat, salt, calories and low in vitamins and minerals
  - Pop: high in sugar (10 tsp.) with no vitamins and minerals

**Melanie:** Wow! I didn't know about this!

**Bev:** It's easy for people to forget about fruits and vegetables since there are so many packaged snack foods in the grocery stores! But most of those foods are too high in sugar, fat, salt and calories – plus they make us less hungry to eat a good lunch.

## 5 A Day Gives You Power to Play!

Did you hear the great news? Teachers at Ben Franklin Elementary School are going to have their students bring fruits and vegetables to school for their classroom snacks! What a great idea!

**Melanie:** But what if I don't like fruits and vegetables?

**Bev:** There are so many choices, I'm sure we'll find something you like! You have to explore the world of fruits and veggies! We have fruit and veggie trays here for students to do some taste testing. There are so many kinds of fruits and veggies, you don't have to like all of them, but I'm sure you'll find some that you like best! Those are the ones you can bring to school!

Each student will get a 5 a Day Cookbook and a letter to take home to your parents. Please share these with your families. 5 A Day makes everyone healthier!

**Melanie:** All this talk about fruits and vegetables makes me hungry! Let's dig in!

**OKAY!**

(The end.)

## **5 A Day Gives You Power to Play!**

### **What is fast food?**

It is food that is quick and easy to eat, tastes delicious, and gives you energy!

### **Do you know what the original fast food is?**

It's fruits and vegetables!

### **To prove it, look how fast I can find and set up this great snack!**

(Pull fruits and vegetables out of purse)

### **So what is so great about fruits and vegetables?**

- They taste great!
- They have carbohydrates, which give us energy and power to play.
- They are low in fat, sugar and salt.
- They're loaded with vitamins and minerals which help our bodies work best.
- They have fiber, which helps us with digestion.
- They give us more for our money. Compare:
  - Fruit roll-ups: high in sugar, low in vitamins and minerals, sticky for the teeth
  - Pop Tarts: high in sugar and calories (make us less hungry for lunch)
  - Chips: high in fat, salt, calories and low in vitamins and minerals
  - Pop: high in sugar (10 tsp.) with no vitamins and minerals

What is the best snack?

Fruits and vegetables!

### **5 A Day Gives You Power to Play!**

Here are some ideas for you to bring to school for snack time:

(Share fruits and vegetables list on parent letter. Show pictures of fruits and vegetables.

Play the cassette tape of the rap song for 5 A Day.)

(If there is a classroom refrigerator, the teacher can opt to keep a bag of baby carrots for kids who forget snacks or who forget and bring high-sugar snacks.)

Hand out Dole 5 A Day Kids' cookbooks and parent letters. Ask children to share information with parents.

*For more information on this presentation, please contact Grand Forks Public Health, 787-8127.*

## 5 A Day Gives You Power to Play!

### 5 A Day Gives You Power to Play!

#### Materials:

- \_\_\_\_\_ Rubber food models of fruits and vegetables
- \_\_\_\_\_ Sample packages of Pop Tarts, chips, pop, fruit snacks, etc.
- \_\_\_\_\_ 5 A Day Jammin' tape
- \_\_\_\_\_ Fruit and vegetables for kids to sample: banana halves, nectarines, grapes, pineapple, apples, orange slices, mangoes, baby carrots
- \_\_\_\_\_ Napkins
- \_\_\_\_\_ Paper plates
- \_\_\_\_\_ Forks

#### Placards:

1. They have Carbohydrates for energy!
2. They are loaded with vitamins & minerals!
3. They give you more for your money!
4. They have fiber that helps with digestion!
5. They are low in fat, sugar & salt!
6. They taste great!

Teachers will provide: Dole 5 A Day cookbooks  
Parent letter

Optional: 5 A Day handout (what is a serving?)  
5 A Day poster (5 A Day Gives you power to play!)

## 5 A Day Gives You Power to Play!

September 23, 2002

Dear Parents:

Today I was in your child's classroom presenting "**5 A Day Gives You Power to play**". This is the kickoff to the new "fruits and vegetables" classroom snack policy.

**A fruits and vegetables classroom snack policy is a great idea!** Why? Most children do not get enough fruits and vegetables on a daily basis. Research has shown that 5 fruits and vegetables a day are the minimum required for good health, and years down the road, they can help reduce heart disease and cancer. Fruits and vegetables are loaded with vitamins and minerals, are low in fat, sugar, and salt, and high in fiber. We call them "the original fast food!"

Fruits and vegetables give you the best "bang for your buck." No other snack food provides as much nutrition as a piece of fruit or a vegetable! (Most processed snack foods, even if they are advertised as healthy, are too high in salt, sugar, fat, and calories.) And most kids get plenty of "junk food" elsewhere!

Best of all, this fruit and vegetable snack policy can help your child get into a fruit and veggie snack habit for a lifetime! You may even find your child encouraging you to eat 5 a Day!

Other teachers who have adopted a fruit and veggie snack policy have found that it is easy for parents and children to understand, and it promotes optimal health. **Here are some easy ideas for sending snacks to school:**

|                        |               |                                    |
|------------------------|---------------|------------------------------------|
| apples                 | orange slices | mango slices                       |
| nectarine/peach slices | baby carrots  | celery sticks with peanut butter   |
| grapes                 | bananas       | cucumber slices with Hidden Valley |

Please read through the materials I sent home with your child, including the 5 A Day Cookbook. I encourage you to take your child to the produce department when you go grocery shopping to let your child pick out "snacks for the week."

If you have any questions, feel free to contact me at 787-8127 or Mr. T!

Sincerely,

Grand Forks Public Health





### Mercedes Independent School District, Mercedes, Texas

- 5,000 total students in the southern tip of Texas
- 90 percent of students eligible for free and reduced-price school meals

#### For more information:

Donna Fryar, RD, SFNS, Assistant Director, Child Nutrition Services

[DFryar@misdtx.net](mailto:DFryar@misdtx.net)

Mercedes Independent School District

Post Office Box 419

Mercedes, Texas 78570

Phone: 956-514-2037





## Student Nutrition/Wellness Plan

DOCUMENT  
1

### Mercedes Independent School District Student Nutrition/Wellness Plan

Mercedes ISD  
Administrative Policy  
Effective June 8, 2004

#### Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating and physical activity as a valuable part of daily life. The Mercedes Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

#### Component 1: A Commitment to Nutrition and Physical Activity

- A. The Mercedes Independent School District Board of Trustees shall appoint a School Health Advisory Committee (SHAC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.

#### Component 2: Quality School Meals

- A. The Mercedes Independent School District will offer breakfast, lunch, and after school snack programs and will participate in a district-wide universal feeding program providing meals at no charge to all students. Students and staff are highly encouraged to promote and participate in these programs.
- B. School foodservice staff that is properly qualified according to current professional standards and regularly participates in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation.

## Student Nutrition/Wellness Plan

- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- F. School personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

### Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See Attachment A.
- B. Students in possession of foods or beverages of minimal nutritional value will be asked to surrender such items to school staff members, who in turn will follow campus procedures as to disposal or return of them. See Attachment B.
- C. No foods or beverages other than those provided through the school food service department may be made available to elementary school students at anytime. Foods and beverages other than those provided through the school food service department may not be available to junior high students until the end of the regular school day, and may not be available to high school students until the end of the last lunch period. See Attachment A for serving size restrictions.
- D. School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at meal time due to misbehavior in the classroom.
- E. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- F. Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers. For example, barbecue plate sales after school hours would be acceptable. The sale of candy as a fund-raiser is prohibited.

### Component 4: Pleasant Eating Experiences

- A. Facility design will be given priority in renovations and new construction.
- B. Drinking fountains will be available for students to get water at meals and throughout the day.
- C. A short snack-free recess for elementary campuses is encouraged to be scheduled sometime before lunch so that children will come to lunch less distracted and ready to eat.
- D. School personnel will assist all students in developing the healthy practice of washing hands before eating.
- E. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- F. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.

## Student Nutrition/Wellness Plan

- G. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- H. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- I. Creative, innovative methods will be used to keep noise levels appropriate.

### Component 5: Nutrition Education

- A. Mercedes Independent School District will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. Schools will link nutrition education activities with the coordinated school health program.
- B. Students in pre-kindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
- D. Mercedes ISD campuses will participate in USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions that involve students, parents, and the community. The school nutrition team responsible for these activities will be composed of Child Nutrition Services staff, Student Services staff, school nurses, health teachers, and physical education coaches.

### Component 6: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student need in planning for a healthy school nutrition environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher in-services, etc.
- E. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment, such as local newspaper and television stations.

## Student Nutrition/Wellness Plan

### Component 7: Implementation

- A. The SHAC shall be composed of parents and school district staff. Each campus principal shall select three parents and one staff member, such as teacher, nurse, counselor, CNS manager, or administrator to represent the campus. Permanent members of the committee shall include the Student Services Coordinator, Athletic Director, and the Food Service Director.
- B. The SHAC members from each campus will conduct a review of their respective campuses in the Fall semester of each year to identify areas for improvement. These groups will report their finding to the campus principal and develop with him/her a plan of action for improvement.
- C. The SHAC will assign campus groups, excluding classroom teachers, to do peer reviews of another campus in the Spring semester of each year.
- D. The SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Superintendent any revisions to the Student Nutrition/Wellness Plan it deems necessary.
- E. The SHAC, via the Food Service Director, will report quarterly to the Superintendent the progress of the committee and the status of compliance by the campuses.

## Student Nutrition/Wellness Plan

### Attachment A

#### Mercedes Independent School District Student Nutrition/Wellness Plan Guidelines for Food and Beverages Offered to Students at School & School Functions

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion size and nutrition standards.

| <b>Food Items:</b>  | <b>Elementary Schools</b>   | <b>Middle Schools</b> | <b>High Schools</b> |
|---|---|-----------------------|---------------------|
| Chips (regular)   | 1 oz.   | 1 oz.                 | 1.25 oz.            |
| Baked Chips,<br>Crackers, popcorn,<br>Trail mix, seeds,<br>Dried fruit, jerky,<br>Pretzels. | 1.5 oz.   | 1.5 oz.               | 1.5 oz.             |
| Cookies/cereal bars   | 2 oz.   | 2 oz.                 | 2 oz.               |
| Baked Goods<br>(Pastry/muffin)  | 3 oz.   | 3 oz.                 | 3 oz.               |
| Frozen Desserts,<br>Ice cream   | 3 oz.   | 3 oz.                 | 4 oz.               |
| Yogurt  | 8 oz.   | 8 oz.                 | 8 oz.               |
| Whole Milk  | 8 oz.   | 8 oz.                 | 8 oz.               |
| Reduced fat milk  | 8 oz.   | 16 oz.                | 16 oz.              |
| Beverages other than<br>Milk or FMNV (water exempt)   | 12 oz.  | 12 oz.                | 12 oz.              |
| Fruit Drinks/slushes<br>(50% juice minimum)   | 6 oz.   | 12 oz.                | 12 oz.              |
| All other food/beverages  | No more than 9 grams of fat per package. (except nuts & seeds)<br>and no more than 35% by weight or 15 grams per serving of added<br>sugar. |                       |                     |



## Student Nutrition/Wellness Plan

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

Raw vegetable sticks/slices with low-fat dressing or yogurt dip  
Fresh fruit and 100% fruit juices  
Frozen fruit juice pops  
Dried fruits (raisins, banana chips, etc.)  
Trail Mix (dried fruits and nuts)  
Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)  
Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)  
Party Mix (variety of cereals, nuts, pretzels, etc.)  
Low-sodium crackers  
Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)  
Low-fat muffins, granola bars, and cookies  
Angel food and sponge cakes  
Flavored yogurt & fruit parfaits  
Jello and low-fat pudding cups  
Low-fat ice creams, frozen yogurts, sherbets  
Low-fat and skim milk products  
Pure ice cold water

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (soft drinks, tea, & coffee)  
High sugar content candies and desserts  
High fat foods (fried foods like french fries, fatty meats, most cheeses, buttery popcorn)  
High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional value (See Attachment B) as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

### **\* - Approved Times for the Availability of Foods and Beverages Other than School Meal**

Elementary Schools – no access any time

Junior High Schools – after the end of the regular school day

High Schools – after the end of the last lunch period

## Student Nutrition/Wellness Plan

### Attachment B

#### **Mercedes Independent School District Student Nutrition/Wellness Plan Foods of Minimal Nutritional Value**

Students may not be in possession of any of the foods or beverages listed below at school except during times approved by this policy.\*

- Soda Water – any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated on Attachment A.

Due to their high sodium and fat content, traditional popcorn and pickles may be sold only one day per month. Low-fat popcorn would be acceptable for sale more often.

Any of the above items that are found in the possession of any student during unapproved times will be collected.

#### **\* - Approved Times for the Availability of Foods of Minimal Nutritional Value**

Elementary Schools – no access any time

Junior High Schools – after the end of the regular school day

High Schools – after the end of the last lunch period

#### **Exemption:**

Three days will be exempt from the inaccessibility of the Foods of Minimal Nutritional Value listed above. These items may not be made available during meal times in the areas where school meals are being served and/or consumed. The designated days will be:

For Grades Pre-K – 4<sup>th</sup> Grade:

- \* The last day before Christmas Holidays
- \* The last day of school before Easter Holidays
- \* The last day of school

For Grades 5<sup>th</sup> – 12<sup>th</sup> Grades:

- \* The last day before Christmas Holidays
- \* Valentines Day or the Friday before if it falls on a weekend
- \* The last day of school



### Old Orchard Beach School Department, Old Orchard Beach, Maine

- 1,200 students, grades K-12, small coastal town in southern Maine
- 28 percent of students eligible for free and reduced-price school meals

#### For more information:

Jackie Tselikis, R.N., School Health Coordinator

[jackiet@oobschools.org](mailto:jackiet@oobschools.org)

Old Orchard Beach High School

E. Emerson Cummings Boulevard

Old Orchard Beach, Maine 04064

Phone: (207) 934-4461 ext. 18





## Vending Machine Policy

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### VENDING MACHINE POLICY

The Old Orchard Beach school department believes that the health of our children is of utmost importance to the future of our society. Therefore, we wish to improve the health of our school children by promoting healthy food and beverage choices by replacing non-nutritious foods and beverages with more nutritious choices in school vending machines.

Bottled water and other items that meet the five percent or more nutrition value rule recommended for school vending by CDC will be allowed in student accessible school vending machines. Vending machines will not be operational for student use during school hours.

Allowable beverages are:

- Fruit juice and vegetable juices
- Low fat milk
- Water and nutri-water
- Fortified sports drinks

Allowable snacks are:

- Fresh fruit (e.g. apples and oranges)
- Fresh vegetables (e.g. carrots)
- Low-fat crackers and cookies, such as fig bars and ginger snaps
- Pretzels
- Bread products (e.g. bread sticks, rolls, bagels, and pita bread)
- Ready-to-eat, low-sugar cereals (6g sugar or less per 100g cereal)
- Granola bars made with unsaturated fat
- Low-fat or non-fat yogurt
- Snack mixes of cereal and dried fruit with a small amount of nuts and seeds (low-sugar cereal)
- Raisins and other dried fruit (No sugar added)
- Peanut butter and low-fat crackers

**\*\*Note:** Schools that participate in the national school lunch program must meet the criteria for foods of minimum nutritional value. Foods of minimal nutritional value - (a) in the case of artificially sweetened foods, a food which provides less than 5percent of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving; (b) in the case of all other foods, a food which provides less than 5percent of the RDI for each of eight specified nutrients per



## Vending Machine Policy

100 calories and less than 5 percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.

Authority: 20MRSA Section 6602(5).

### School Union #106, Calais, Maine

- 842 total students (K-12) in northern Maine
- 50.5 percent of students eligible for free and reduced-price school meals

### For more information:

Heather Henry, School Health Coordinator

*pokylake@localnet.com*

School Union #106

24 Pine Tree Shore

Alexander, Maine 04694

Phone: 207-454-7787





## Vending Policy

### School Union #106 Vending Policy

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#### I. Purpose of the Policy

To improve the health of our children by promoting healthy food and beverage choices by replacing non-nutritious foods and beverages with more nutritious choices in vending machines.

#### II. Rationale

“When children are taught in the classroom about good nutrition and the value of healthy food choices but are surrounded by vending machines, snack bars, school stores, and a la carte sales offering low nutrient density options, they receive the message that good nutrition is merely an academic exercise that is not supported by the school administration and is therefore not important to their health or education.” (Foods Sold in Competition with USDA School Meal Programs. U.S. Dept. of Agriculture 2001.)

The health of our children is of utmost importance to the future of our society. As great progress has been made toward understanding and treating many diseases, society is also recognizing the importance of establishing preventive health habits early in life in order to reduce the risks of developing diet related diseases. Many chronic diseases including heart disease, diabetes, osteoporosis, and cancer, are related to lifestyle risk factors including poor nutrition and physical inactivity.

According to the U.S. Surgeon General, overweight and obesity are at epidemic proportions. The prevalence of overweight among youth ages 6-17 years in the U.S. has more than doubled in the past 30 years; most of the increase has occurred since the late 1970s. Overweight children and adolescents are much more likely to develop Type 2 diabetes and to become overweight adults, with increased risk for developing heart disease and stroke, gallbladder disease, arthritis, and endometrial, breast, prostate and colon cancers. Left unabated, the Surgeon General states, overweight and obesity may soon cause as much preventable disease and death as cigarette smoking.

As stated in Oral Health America: A Report of the U.S. Surgeon General, tooth decay continues to be the single most common chronic childhood disease. The connection between tooth decay and the consumption of foods high in sugar has long been known. Untreated oral diseases can interrupt a child's normal development and learning. Early tooth loss caused by

## Vending Policy

dental decay can result in failure to thrive, impaired speech development, absence from school, inability to concentrate in school, and a low self-esteem. Poor oral health has been related to decreased school performance, poor social relationships, and less success later in life. Children experiencing pain are distracted and unable to concentrate on schoolwork. Oral health is integral to children's overall health and well-being.

According to the Center for Science in the Public Interest, as teens have doubled or tripled their consumption of soft drinks, they cut their consumption of milk, an important source of calcium, by more than 40percent. Few teens consume the recommended amount of calcium. Getting enough calcium in the diet during childhood, adolescence, and young adulthood, is essential to reduce the risk for osteoporosis later in life. This is particularly important for females.

While many people believe that addressing nutrition related problems is a personal responsibility, they are only partially correct. It is also a community responsibility and schools have been identified as key settings to both teach and model responsible health behavior. In the October 2001 "Call to Action to Prevent and Decrease Overweight and Obesity," the Surgeon General of the United States specifically recommends that schools adopt policies ensuring that school environments contribute to eating patterns consistent with the Dietary Guidelines for Americans 2000. While often schools struggle to raise needed funds, financial considerations should be secondary to the health and well-being of our children.

### **III. Definitions (adapted from U.S. Food and Drug Administration (FDA)/Nutrition Labeling and Education Act of 1990 (NLEA)**

- Juice is defined as 100 percent fruit/vegetable juice and that information must be included on the label
- Low-fat items is defined as 3 grams or less of fat per serving
- Low-saturated fat is defined as 1 gram or less of saturated fat per serving
- Healthy food is defined as follows:
  - o Must be low in fat (3 gram or less per serving) and low in saturated fat (1 gram or less per serving) and contain limited amounts of cholesterol (60 mg or less per serving) and sodium (cannot exceed 360 mg per serving).
  - o Foods that are not raw fruits or vegetables must provide at least 10 percent of the daily value of one or more of the following nutrients per serving: vitamin A, vitamin C, iron, calcium, protein, and fiber. Exempt from this "10-percent" rule are certain raw, canned, and frozen fruits and vegetables and certain cereal-grain products.
- Water – should not contain sugar or added caffeine or other ingredients

## Vending Policy

- Low-sugar cereal – [defined by Women, Infants and Children's Special Supplemental Food Program (WIC) and Child and Adult Care Food Program (CACFP) as 6 grams of sugar or less per 100 grams of cereal.]
- Foods of minimal nutritional value – (a) in the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving; (b) in the case of all other foods, a food which provides less than 5 percent of the RDI for each of eight specified nutrients per 100 calories and less than 5 percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.  
Authority: 20MRSA Section 6602(5)

\*\* Note: Schools that participate in the national school lunch program must meet the criteria for foods of minimum nutritional value.

### IV. Vending Machine Policy

In all schools within the district, only items recommended for school vending machines by the Centers for Disease Control and Prevention (CDC), and that meet or exceed the five percent minimum nutritional value rule (see Section III.), and water shall be sold in any school vending machine at any time of the day or evening. If items other than those on the CDC recommended list are to be sold, they must first be approved by *(identify school personnel/committee assigned to this task)* and meet the definition of a healthy food.

Allowable vending machine items include:

#### Beverages

- Fruit juice and vegetable juice (100 percent)
- Low-fat (one percent) or skim milk
- Water

#### Snacks

- Canned fruit (*packed in 100percent juice/No sugar added*)
- Fresh fruit (e.g. apples and oranges)
- Fresh vegetables (e.g. carrots)
- Low-fat crackers and cookies, such as fig bars and ginger snaps
- Pretzels
- Bread products (e.g. bread sticks, rolls, bagels, and pita bread)
- Ready-to-eat, low-sugar cereals (*6g sugar or less per 100g cereal*)
- Granola bars made with unsaturated fat



## Vending Policy

- Low-fat or non-fat yogurt
- Snack mixes of cereal and dried fruit with a small amount of nuts and seeds\* (low-sugar cereal)
- Raisins and other dried fruit\* (*No sugar added*)
- Peanut butter and low-fat crackers\*\*

\* Some schools might not want to offer these items because these foods can contribute to tooth decay.

\*\* Some schools might not want to offer peanut butter; although it is low in saturated fatty acids, peanut butter is high in total fat.

### Optional Sections

#### Soda "Pouring Rights" Contracts

The school shall not enter into a contract with any soda company that requires items to be sold in vending machines other than those from the Vending Machine Policy, Section IV.

#### Food Sold During Fundraising Activities

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are sold. These venues include fundraising, fundraising events, concession stands at sporting and other events, school stores, and a la carte meal items. The following recommendations are made to promote healthy choices for children related to fundraising activities supported by the school.

- Offer only non-food items as the items that raise funds such as books, gift-wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school, include food and beverage choices from the Vending Machine Policy, Section IV.
- Whenever food and beverages are offered in celebration or support of school fundraising activities, include food and beverage choices from the Vending Machine Policy, Section IV.

#### Advertising

Except as permitted in subsection (d), it shall be unlawful for any public school in this district, or any other entity or person acting on behalf of any public school in this district to:

- Enter into a contract that grants exclusive advertising of any product or service throughout the district to a person, business, or corporation;
- Enter into a contract or permit a school within the district to enter into a contract for products or services that requires the dissemination of advertising to pupils, including logos on facilities or

## Vending Policy

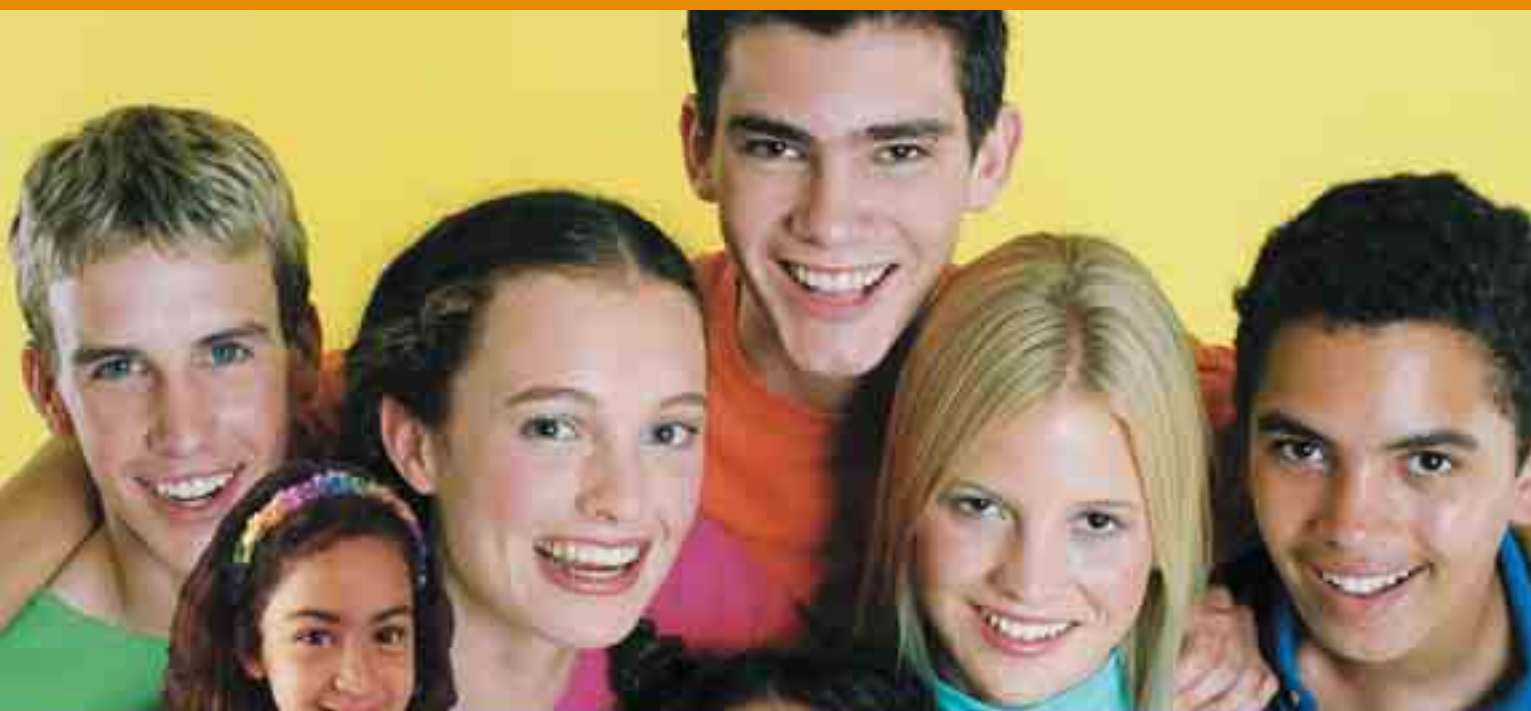
informational equipment such as a scoreboard or banner with an educational message, or allow any person, corporation or business to gather or obtain information from students for the purposes of market research.

- Contracts entered into prior to the operative date of this policy may not be renewed if they conflict with this policy.
- Nothing in this policy shall affect the ability of any public school in this district, or any other entity or person acting on behalf of any public school in this district to:
  - (1) public advertising in any school newspaper, other school periodical, web pages, or yearbook,
  - (2) distribute advertising or market research as part of curriculum on advertising, marketing, media literacy; or,
  - (3) post signs indicating the public's appreciation for financial or other support from any person, business, or corporation for the educational program in any school district.

The term "advertising" means the commercial use, by any person, company, business, or corporation, of any media including, but not limited to, newspaper or other printed material or flyer or circular, radio, television, video or any other electronic technology, outdoor sign, or billboard in order to transmit a message with information:

- offering any good or service for sale, or
- for the purpose of causing or inducing any other person to purchase any good or service, or
- that is directed toward increasing the general demand for any good or service





## APPROACH 2

### INFLUENCE FOOD AND BEVERAGE CONTRACTS

- Fairfax County Public Schools, Fairfax, Virginia
- Fayette County Public Schools,  
Lexington, Kentucky
- Richland One School District, Columbia,  
South Carolina
- Vista Unified School District,  
Oceanside, California



**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES



### Fairfax County Public Schools, Fairfax, Virginia

- 166,000 students in a diverse district near Washington, DC
- 19 percent of students eligible for free and reduced-price school meals

#### For more information:

Penny McConnell, MS, RD, SFNS, Director, Food and Nutrition Services

*Penny.McConnell@fcps.edu*

Fairfax County Schools, Energy Zone Center

Food and Nutrition Services

6840 Industrial Boulevard

Springfield, Virginia 22151

Phone: 703-813-4800

*www.fcps.edu/fs/food*







**Mission, Vision and Statement of Nutrition Integrity**

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**Mission, Vision and Statement of Nutrition Integrity  
Fairfax County Schools, Food and Nutrition Services**

**Energy Zone Center, [www.fcps.edu/fs/food/about\\_us/#intro](http://www.fcps.edu/fs/food/about_us/#intro)**

**INTRODUCTION**

The food service program, as an extension of the educational programs of the schools, is operated under the federally funded National School Lunch Act and Child Nutrition Act. The federal laws regulating the food service programs are administered by the United States Department of Agriculture through the regional office and implemented within the Commonwealth of Virginia by the State Department of Education.

The program's objective is to improve the health of students by providing a variety of palatable, high-quality, safe, nutritious foods that students will enjoy eating at a price affordable to them. The menus are planned by Registered Dietitians and the school cafeteria serves as the nutrition laboratory in the schools.

**VISION**

The Office of Food and Nutrition Services, Fairfax County Public Schools, will assist in developing excellence in each and every student. In an atmosphere that values diversity and human resources, we will be the best Food and Nutrition Services program in the nation by providing students food and nutrition knowledge, skills, and values they will need for a healthy body in an ever-changing global society.

**MISSION**

We will provide nutritious meals that reflect current research and meet the recommended dietary allowances for school-age children. We will provide nutrition education in the classroom with the school cafeteria serving as the nutrition laboratory. We will serve as a nutrition education resource to the community.

## Mission, Vision and Statement of Nutrition Integrity

### **NUTRITION INTEGRITY**

- Every student will have the opportunity to choose nutritious foods that will prepare students to learn.
- Our nutrition standard will be based on Dietary Guidelines for Americans and the Food Guide Pyramid.
- Nutrition values of meals will be evaluated over a period of days rather than judged on a single meal or food item.
- Student preferences and input from monthly customer report cards and student tastes parties will be considered in menu planning. Since foods must be eaten to provide nutrients, menu changes will be gradual to assure acceptance.
- Student meals will contain adequate calories and a variety of foods to support growth, development, and healthy weight.
- Purchasing practices will ensure the use of high quality ingredients and prepared products to maximize acceptance. Food and Nutrition Services professionals will continue to work with industry to develop these foods.
- Foods will be prepared in ways that ensure a balance between optimal nutrition quality and student acceptance.
- Foods offered to students in addition to meals will be of optimal nutrition quality as stated in the code of Virginia.
- Nutrition Education will be an integral part of the curriculum from preschool through twelfth grade. The school cafeteria will serve as a laboratory for applying knowledge and skills taught in the classroom by food service personnel.
- In-service and professional development opportunities will be provided for school food and nutrition managers and staff and other school-based instructional personnel. These experiences will be sponsored by professional organizations and Nutrition Education and Training activities.

### Fayette County Public Schools, Lexington, Kentucky

- 32,000 students in Kentucky's second-largest city near the center of the state
- 38.6 percent of students eligible for free and reduced-price school meals

#### For more information:

Anita Courtney, MS, RD, Director of Health Promotion

*anitah.courtney@ky.gov*

Phone: 859-288-2350

Carolyn Dennis, MS, RD, Health Promotion Manager

*CarolynL.Dennis@ky.gov*

Phone: 859-288-2485

Lexington Fayette County Health Department

650 Newtown Pike

Lexington, Kentucky 40508-1197





• Baked Lays • Sunchips • Chex-Mix • Trail Mix •

Want a Snack?


I can actually buy a snack before practice that won't make me sick.

These snacks are awesome!

You can eat healthier and cheaper, too!

Try one of the healthier options in your school vending machines.

**They're cheaper, too!**

 Check out the snacks with the hearts by them in the vending machines and one of the healthier drinks listed.

**The Power of Choice**

• Apple Juice • Orange Juice • Water • Pretzels •

Sunflower Seeds • Fig Newtown's • Snackwell Cookies • Granola Bars

Welch's Fruit Snack • Nutrigrain Bars • Nutrigrain Yogurt Bars



WATER • GATORADE • CHEWY GRANOLA BAR • ANIMAL CRACKERS • NUTRIGRAN YOGURT BARS • COLETTIE • FRECHES • PEPPERIES • 100% APPLE JUICE • FROSTED APPLE SAUCE • NATURAL VEGGIE GRANOLA BARS • RICE CRISPIES • POPARTS • BAREB DORITOS • CHEESE NIPS AIR CRISPS • CHEEZ WIX • CHEEZ IT PARTY MIX • RICE KRISPIES • POPARTS

**You Have the Power to Choose**



**Healthier snacks are now available in your school vending machines**

**They're cheaper!**

**The Power of Choice**

### **Richland One School District, Columbia, South Carolina**

- 26,000 students in South Carolina's capital city
- 62 percent of students eligible for free and reduced-price school meals

#### **For more information:**

Imogene F. Clarke, Director, Student Nutrition Services

*iclarke@richlandone.org*

Richland School District One

201 Park Street

Columbia, South Carolina 29201

Phone: 803-231-6953







## Student Nutrition Policy

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### **RICHLAND ONE STUDENT NUTRITION POLICY** [www.richlandone.org/departments/student\\_nutrition/policy.htm](http://www.richlandone.org/departments/student_nutrition/policy.htm)

#### **HEALTHY AND NUTRITIOUS SCHOOL ENVIRONMENT**

**Code EFJ Issued 05/22/01**

**Purpose:** To establish the Board's vision and the basic structure for the sale of all foods and beverages to students.

The sale of all food and beverage to students during the school day shall be under the control of the superintendent or his/her designee. The district supports nutrition and nutrition education as an integral part of a quality education. This policy seeks to establish a safe, healthy, and nutritious school environment where students will have opportunities to learn and practice making healthy food choices. Good nutrition is imperative to peak academic performance for students and for long-term health.

#### **Administrative Rule**

#### **HEALTHY AND NUTRITIOUS SCHOOL ENVIRONMENT**

**Code EFJ-R Issued 05/22/01**

Food and beverages served and sold at schools must meet Dietary Guidelines for Americans (DGA) and protect the health and safety of students.

The district will prohibit the sale of foods of minimum nutritional value in vending machines, snack bars, school stores, concession stands, and a la carte offerings in the food service program which students will have access to during the school day. Elementary schools are prohibited from having vending machines, which students can access. Food of minimum nutritional value consists of:

- No chewing gum, flavored ice bars, and candy bars shall be sold or served during the school day.
- "Other foods" may contain no more than 40 percent, by weight, of sugar or other artificial sweeteners.

## Student Nutrition Policy

- a. Other foods will be defined as foods other than those served as part of the school meal, including snacks from the vending machines, canteen sales, a la carte sales, foods sold during school hours for fund- raising purposes, and food for special functions. Other foods will not include those items brought to school by individual students for their own consumption.
  - b. Foods must be in compliance with the Dietary Guidelines for fats and must contain 8 grams of fat or less per one ounce serving.
- Student access to the sale and service of carbonated beverages will be prohibited.
  - All beverage and food items must have nutrition specs submitted to student nutrition services for review and final approval before being served/sold.
  - Beverages offered must contain 20 percent or more of real fruit or vegetable juices to be served/sold.
  - Beverages will be defined as any juice or juice product - this will include descriptions such as fruit drink, vegetable drink, fruit nectar, fruit soda, fruit potion, or any like names.
  - Water will be accessible to all students. Water may be bottled drinking water, flavored water, sparkling water, natural spring water, or the like.
  - Sports drinks may be sold/served at school provided they contain no more than 40 percent, by volume of sugar.

Student Nutrition Services reserves the right to refuse service of any food or beverage item regardless of compliance of the policy guidelines. Student Nutrition Services also reserves the right to limit quantities and exercise portion control on any food/beverage item offered at school.

Schools and organizations planning fundraisers are encouraged to consider a variety of alternative items for sale, including but not limited to, foods approved by Student Nutrition Services, vegetables, gift wraps, flowers, and clothing with the school logo.

Food of minimal nutritional value shall be prohibited for sale in all vending machines, concession stands, snack bars, clubs, and or class fundraisers which students will have access to during the school day. Student Nutrition Services will make available a list of foods appropriate for purchasing for vending machines and other sales which students will have access to during the school day.

## Student Nutrition Policy

### Student Nutrition Services

#### For General Questions

Imogene F. Clarke 253-5731 [iclarke@richlandone.org](mailto:iclarke@richlandone.org)

Garnett Davis-Shepard 253-5732 [gdavis-shepard@richlandone.org](mailto:gdavis-shepard@richlandone.org)

#### For Diet and Nutrition Questions

Misha Lawyer, MS, RD 253-5734 [mlawyer@richlandone.org](mailto:mlawyer@richlandone.org)

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### Definitions:

**Nutrition Education** - Sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.

**Dietary Guidelines for Americans (DGA)** - Set of recommendations established by the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce disease risks.

**Food of Minimal Nutritional Value** - Food that provide less than five percent of the U.S. recommended daily allowance per serving of protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron.

**School Day** - The school day is defined as the normal arrival time as approved by the board including the academic day until students are dismissed at the end of the school day as approved by the board.

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### Examples of Foods Low in Saturated Fat (not all inclusive)

- Canned Fruit
- Fresh Fruit (e.g. apples, oranges)
- Fresh Vegetables (e.g. carrots)
- Fruit juice and vegetable juice
- Low-fat crackers and cookies, such as fig bars and gingersnaps
- Pretzels

## Student Nutrition Policy

- Bread products (e.g. bread sticks, roll, bagel, and pita bread)
- Ready-to-eat low-sugar cereals
- Granola bars made with unsaturated fat
- Low-fat or non-fat yogurt
- Snack mixes of cereal and dried fruit with nuts and seeds
- Raisins and other dried fruit
- Peanut butter and low-fat crackers
- Ice cream products
- Pop Corn
- Chips
- Water

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### **Suggested/Acceptable Snacks for Cafeterias and Canteens:**

- Crackers
- Toastchee
- Peanut Butter & Honey
- Nip Cheese
- Toasty
- Malt
- Cheese on Wheat
- Cream Cheese on Captain Wafers
- Reduced Fat Toastchee
- Nekot
- Grilled Cheese on Captain Wafers
- Smokehouse Cheddar
- Smores on Nekot

### **Pastry/Snacks**

- Chocolate Moon Pies
- Farley's Strawberry Fruit Snacks
- Farley's Cherry Fruit Snacks
- Farley's Mixed Berries Snacks
- Kellogg's Nutrigrain Bars (Apple, Blueberry, & Strawberry)
- General Mills Oat & Honey Granola Bars
- Quaker Oats Chewy Granola (Butterfinger, Baby Ruth, & Nestle Crunch)

## Student Nutrition Policy

- Snackwell's Chocolate Crème Sandwich Crackers
- Snackwell's Vanilla Crème Sandwich Crackers
- Famous Amos Lowfat Ginger Snaps
- Famous Amos Lowfat Lemon Snaps
- Fat Free Fig Newtons
- Gardetto Reduced Fat Snack-Ems
- Gardetto Low Fat Mustard Flavor Pretzel Mix
- Austin Zoo Animal Crackers
- Kellogg's Rice Krispies Treat Squares
- Kar Nut Nut Trail Mix
- Kar Nut Nut 'N Yogurt Mix
- Kellogg's Nutrigrain Twist (Strawberry & Crème, Apple Cinnamon & Brown Sugar)
- Combo's Pretzels

### **Bagels**

- Otis Spunkmeyer Plain
- Otis Spunkmeyer Cinnamon & Raisin

### **Chips**

- Baked Lays Ruffles Potato Chips
- Baked Lays Sour Cream & Onion Potato Chips
- Baked Lays BBQ Potato Chips
- Baked Lays Regular Potato Chips
- WOW Lays Regular Potato Chips
- WOW Lays Doritos Nacho Cheese Tortilla
- Baked Bugles
- Mac's Pork Rinds
- Rold Gold Fat Free Pretzel Twists
- Regular Doritos Nacho Cheese Tortilla
- Lays Smartfood Cheese Popcorn

## Student Nutrition Policy

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### **Student Nutrition Services**

201 Park Street  
Columbia, SC 29201  
(803) 231-6953  
Fax: (803) 231-6962  
*www.richlandone.org*  
Revised 8/03

Robert B. Chestnut, Senior Associate for Management Services  
Imogene F. Clarke, Director of Student Nutrition Services



### Vista Unified School District, Oceanside, California

- 27,000 students on the southern California coast, near San Diego
- 66 percent of students eligible for free and reduced-price school meals

#### For more information:

Enid Hohn, Director of Child Nutrition Services

[ehohn@vusd.k12.ca.us](mailto:ehohn@vusd.k12.ca.us)

Vista Unified School District

4680 North Avenue

Oceanside, California 92056

Phone: 760-726-2170 ext. 2217





## Vending Partnerships

### VENDING PARTNERSHIPS

By Enid Hohn R.D.  
760-726-2170, ext. 2217  
ehohn@vusd.k12.ca.us

DOCUMENT  
1

For copies of a vending presentation, go to:

<http://www.vusd.k12.ca.us/cns/healthyvending.htm> or

<http://www.vusd.k12.ca.us/cns/powerpoint/vendingharvard.ppt>

#### Equipment:

Dixie Narco  
Rowe Merchandisers  
Automatic Products  
Icon Enclosures  
Vend Miser (Electricity Saver)

#### Trade Publications:

Vending Market Watch  
National Automatic Merchandising Asso.  
AM Vending Publications

#### Vending Companies:

Compass Group  
Restaurant Management Companies  
Food and Beverage Vending  
American Vending Distributors  
Take A Break Vending Service Southern Ca.

#### California Legislation:

2001-2002 SB 19 author Escutia  
2003-2004 SB 677 author Ortiz  
2003-2004 SB 65 author Torlakson

#### Healthy Snacks:

|                            |      |
|----------------------------|------|
| Quaker Rice Cakes          | .65  |
| Quaker Chewy Granola       | .45  |
| Wheat Thins                | .55  |
| Cheese Nips                | .55  |
| Pretzels                   | .50  |
| Nature Valley Granola Bars | .50  |
| Nutri-Grain Granola Bars   | .55  |
| Beef Jerky                 | 1.25 |
| Pop Tarts                  | .65  |
| Chex Mix                   | .55  |

#### Healthy Foods and Beverages:

|                                       |      |
|---------------------------------------|------|
| Bagel with cream cheese               | 1.00 |
| Shaker Salad                          | 1.50 |
| Fresh cut up fruit                    | 1.50 |
| Fresh veggie pack w/Ranch Dressing    | 1.25 |
| Tuna Packs                            | 1.50 |
| Yogurt with granola                   | .75  |
| muffins                               | .65  |
| Quaker Breakfast Bars                 | .65  |
| Cereal w/milk                         | 1.50 |
| 16 oz. Milk, 2%, Choc. and Strawberry | 1.00 |

**Vending Partnerships****Healthy Snacks: (cont)**

|                 |     |
|-----------------|-----|
| Corn Nuts       | .65 |
| Fig Newtons     | .60 |
| Apricots Dried  | .25 |
| Craisins        | .40 |
| Peanuts         | .35 |
| Sunflower Seeds | .35 |

**Healthy Foods and Beverages: (cont)**

|                          |      |
|--------------------------|------|
| 100 % fruit juice        | 1.00 |
| Hansen's Smoothies       | 1.00 |
| Propel Fitness Water     | 1.00 |
| Dasani or Aquafina Water | 1.00 |
| Sports Drinks            | 1.25 |



## APPROACH 3

### MAKE MORE HEALTHFUL FOODS AND BEVERAGES AVAILABLE

- Aptos Middle School, San Francisco, California
- Cortland Enlarged City School District, Cortland, New York
- Ronan School District #30, Ronan, Montana
- Massachusetts Action For Healthy Kids

**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES



## Aptos Middle School, San Francisco, California

- 860 to 900 students in San Francisco's most racially diverse middle school
- 36.5 percent of students eligible for free and reduced-price school meals

### For more information:

Dana Woldow, Parent and Chair, Aptos Student Nutrition Committee

*nestwife@owlbaby.com*

Phone: 415-664-1278







Healthy School Nutrition and Physical Exercise Policy

DOCUMENT  
1

**Healthy School Nutrition and Physical Exercise Policy  
San Francisco Unified School District**

Adopted, as Amended, by the Board of Education at its Regular Meeting of January 14, 2003

Subject: Resolution No. 211-12A8

**WHEREAS:** The Board of Education of the San Francisco Unified School District is committed to the health and well-being of all students of the City and the District; and

**WHEREAS:** Being overweight and physically unfit has become a major health problem for children throughout the country, a problem that is of grave concern to the Surgeon General, health professionals, parents, policymakers, and children themselves; and

**WHEREAS:** Many concerned San Franciscans have testified to both the Board of Education and the Board of Supervisors about the high incidence of the problem in our City, and the Board of Supervisors is currently considering action about childhood obesity and physical fitness; and

**WHEREAS:** The Board is interested in providing our students with the most healthy and appealing food choices possible, and in diminishing the dependence of schools and school-related organizations on selling products of questionable nutritional value; and

**WHEREAS:** The Board of Education in 1999 passed the *Commercial-Free Schools Act*, which put in place the policy environment for decreased consumption of unhealthy snacks and beverages as well as reduced commercialism in the schools; and

**WHEREAS:** Whereas the problem of obesity is further exacerbated by students today having far fewer opportunities for physical exercise than students in decades past due to cutbacks in funding for physical education and intramural sports, and time spent getting physical exercise.

**THEREFORE BE IT RESOLVED:** That a School Nutrition and Physical Fitness Advisory Committee will be formed by the Superintendent to gather information on this issue and bring recommendations to the administration and the Board of Education on possible actions to begin to address the issues of childhood obesity, physical fitness, and related health concerns; and

## Healthy School Nutrition and Physical Exercise Policy

**BE IT FURTHER RESOLVED:** That the administration and the committee will develop a plan to improve the nutritional quality of breakfast, lunches, snacks, and beverages served in our schools, as well as plan to phase out the sale of sodas and unhealthy snacks by the beginning of the 2003-2004 school year, including suggestions for replacing revenues currently secured through the sale of these items; and

**FURTHER BE IT RESOLVED:** That the administration and the committee will also develop a plan to expand and improve opportunities for physical activity in our schools; and

**BE IT FURTHER RESOLVED:** That the committee will work with the Board of Supervisors, city departments, youth groups, students and parents and others to develop recommended strategies, and coordinate its recommendations with related strategies being developed throughout the City on such things as access to appropriate health care, potential funding sources, community education, and outreach; and

**FURTHER BE IT RESOLVED:** That representatives from the Student Advisory Council and other youth groups be involved in the committee; and

**BE IT FURTHER RESOLVED:** That periodic reports will be made to the Board of Education during the spring of 2003 and beyond, as needed.

11/12/02

1/14/03

## Cortland Enlarged City School District, Cortland, New York

- 2,859 students (K-12) in central New York State, south of Syracuse
- 38 percent of students eligible for free and reduced-price school meals

### For more information:

Jeanette Dippo, Health Education and Wellness Coordinator

[jdippo@cortlandschools.org](mailto:jdippo@cortlandschools.org)

Cortland Enlarged City School District

8 Valley View Drive

Cortland, New York 13045

Phone: 607-758-4100 ext. 1387





## Nutrition Policy

DOCUMENT  
1

### CORTLAND CITY SCHOOL DISTRICT

2001 5563  
Business Operations

### **SUBJECT: NUTRITION POLICY**

**One of the most important ways in which the Cortland Enlarged City School District can actively help children perform better as students is to provide them with the nutrition, the knowledge and the skills necessary for the healthy growth and development of their minds and bodies. Nutrition education involves both an educational and an implementation process and takes place within the total school environment.**

The Board of Education recognizes that:

1. Good nutrition is key to the optimal growth and development of children;
2. Good nutrition plays a highly significant role, in both short and long-term effects, in the status of children's health;
3. There is a demonstrated relationship between children's nutritional practices and their behavior;
4. Good nutrition positively influences academic, physical, social, and athletic performance;
5. Learning nutrition values and behaviors at an early age makes it easier for individuals to make nutritional decisions that can lead to positive health outcomes throughout one's lifetime;
6. Children can be taught healthy nutrition within their classrooms and healthy nutritional values by examples set within the total school environment. This school environment includes, but is not limited to, structured/regulated food service programs, informal classroom food programs such as snacks and parties, use of food in the classroom as a motivational tool, vending machine food distribution, food available at school sponsored events, and use of foods as fund raisers within the school; and
7. While the child food service programs have a fiscal component, they are basically nutrition programs aimed at helping children learn.

The Cortland Enlarged City School District desires to provide nutrition integrity in its schools and their activities. Nutrition integrity is a guaranteed level of performance that assures that school sponsored foods:

- meet recommended dietary allowances and dietary guidelines,
- meet federal and state standards/regulations, and
- provide for the development of lifelong, healthy eating habits.

Therefore, as of June 26, 2001, the Cortland Enlarged City School District Board of Education designates that all district efforts and activities with nutritional components provide nutritional conditions which are optimum for student learning, growth and development, and which promote a healthy lifestyle.

## Nutrition Policy

**The Board of Education Directs the Superintendent and/or his/her Designee to:**

1. Develop and disseminate key messages emphasizing healthy nutritional values, moderation and balance in food choices, and the importance of regular physical activity for health promotion and disease prevention;
2. Provide food and nutrition education for all students as part of a Comprehensive School Health Education and Wellness Program. This program will include an emphasis on the development of attitudes and the behavioral and decision making skills necessary for students to eat well and to cope with potential obstacles to eating well;
3. Provide a school environment that promotes the opportunity for and reinforcement of healthful eating and physical activity;
4. Provide education for school food service workers and other staff regarding:
  - food selection, preparation, handling, and serving;
  - nutrition and food habits that support food safety, and ensure that nutritional conditions are optimum for learning, growing, developing, and leading a healthy lifestyle;
5. Ensure that school meals meet, as a minimum, the applicable requirements of federal and state standards/regulations;
6. Promote increased participation in school based nutrition programs through:
  - consideration of food flavor and taste;
  - attention to food presentation and dining environment;
  - limiting the availability within the school of competitive foods with lesser nutritional value;
  - elimination of perceived and actual barriers to students' enrollment in food subsidy programs (free and reduced);
7. Involve parents and the community in nutrition efforts and activities through media communication and solicitation of volunteer expertise;
8. Include school-based screening, counseling and referral for nutrition related issues/problems;
9. Develop recommended procedures for assisting with the implementation of this policy;
10. Monitor progress toward nutritional goals and evaluate the effect of nutrition programs and services;
11. Convey clearly and consistently to all concerned that all activities involving food and/or nutrition be consistent with the guidelines set forth in this policy.

**ADOPTED BY THE BOARD OF EDUCATION at its JUNE 26, 2001 MEETING**

## Health Report Card

DOCUMENT  
2**HEALTH REPORT CARD****August 18, 2003****Dear Principals,**

A folder with a copy of your 2003 Mariner Needs Assessment Report is being sent to you through the interschool mail. The SUCC grad students that worked with your Healthy School Teams gave me some disks containing many of the things in your folder, but not everything. Upon review, if you would find it helpful to have any of the items in your report electronically, please contact me. I will check your disk for it and, if it is available, e-mail it to you.

You, your Healthy School Teams and other staff are to be commended for the very significant improvement made over the past 3 years. The 2000 and 2003 Mariner Grids for your respective buildings are in the paper copy of your report being sent to you. Your respective electronic copies of the grids will be sent to you as separate e-mails. Over the past 3 years, every school's goal has been to improve on its own score in comparison to its original assessment. Indeed, every single one of our district's six schools did just that! Every building started at a different point, but every one met the goal of improving on its own score, which is why the district score improved likewise.

Attached to this message, you will find both the 2000 and 2003 district-wide Mariner grids for your perusal. District-wide we improved in every single component! You also will find two companion graphs attached that illustrate the wonderful strides made in the past three years since the first assessment. The areas in which we were doing well originally did not have as much room for growth, but those areas that challenged us witnessed some amazing strides. What is important to note is that, while we focused on those challenges, we did not let the stronger areas backslide! As a district, we performed better in each and every one of the 8 components of our Comprehensive School Health and Wellness Program, while likewise improving our efforts in each and every one of the 6 risk behavior prevention areas. Please refer to comparison charts below.



## Health Report Card

**Comparison of 2000-2003 District CSHW Component Scores**

[Ranked from most (1) to least % of change (8).]

| COMPONENT                                 | 2000 SCORE | 2003 SCORE | CHANGE      | RANK     |
|---|------------|------------|-------------|----------|
| Healthy School & Community Environment    | 83         | 89         | + 7%        | 7        |
| Health Services                           | 81         | 86         | + 6%        | 8        |
| Skills-Based Health Instruction           | 81         | 90         | +11%        | 6        |
| School Food Services                      | 56         | 71         | +27%        | 2        |
| Physical Education                        | 72         | 86         | +19%        | 4        |
| Counseling, Psychological & Soc. Services | 72         | 86         | +19%        | 4        |
| Staff Health & Wellness Promotion         | 52         | 86         | +65%        | 1        |
| Family, Business & Community Involvement  | 70         | 84         | +20%        | 3        |
| <b>Over-all Score</b>                     | <b>72</b>  | <b>84</b>  | <b>+17%</b> | <b>5</b> |

**Comparison of 2000-2003 Risk Behavior Prevention Scores**

[Ranked from most (1) to least % of change (6).]

| RISK BEHAVIOR PREVENTION COMPONENT            | 2000 SCORE | 2003 SCORE | CHANGE      | RANK     |
|---|------------|------------|-------------|----------|
| Promoting Emotional & Social Health           | 83         | 91         | +10%        | 6        |
| Improving Nutritional Choices                 | 51         | 70         | +37%        | 1        |
| Promoting Physical Fitness and Wellness       | 71         | 88         | +24%        | 3        |
| Enhancing Family Living & Healthy Sexuality   | 70         | 84         | +20%        | 4        |
| Avoiding Intentional & Unintentional Injuries | 83         | 91         | +10%        | 6        |
| Avoiding Alcohol, Tobacco & Other Drugs       | 59         | 80         | +36%        | 2        |
| <b>Over-all Score</b>                         | <b>72</b>  | <b>86</b>  | <b>+19%</b> | <b>5</b> |

**Health Report Card**

One of the recommendations mentioned repetitively in the various building reports was the suggestion to continue to improve parental involvement. In an effort to do this at the district level as well, in addition to your staff representative to the CSHW Team, we would welcome a parent representative from each building. The CSHW Team meets the second Thursday of each month in the Jr/Sr High LMC from 3:30-5:00 P.M. Please invite a parent. Our first meeting is on September 11.

Your support has been critical to achieving outstanding gains for our students and staff. On behalf of the district CSHW Team, please convey congratulations to your Healthy School Teams and your staff for your outstanding achievement!



## Improving School Foods and Beverages

6-8-04

### CSHW and PTAG Position Paper

Adapted from "School Foods Tool Kit"  
Center for Science in the Public Interest (CSPI)

#### **Rationale:**

Whereas, the Cortland Enlarged City School District has a strong interest and obligation in promoting the health of children, which leads to better attendance, improved behavior, lower incidence of illness, and increased attention, creativity, and academic achievement, the following information is presented to support the need for recommended changes:

- (1) Childhood obesity has reached epidemic levels in New York State and throughout the nation. Recent studies have shown that approximately 15 percent of American children are obese and the rate has doubled over the past two decades.
- (2) Overweight and obese children are at higher risk for long-term health problems, including cardiovascular disease, stroke, hypertension, high blood pressure, gallbladder disease, asthma, type 2 diabetes, and certain cancers. Discrimination, psychological stress, poor body image, and low self-esteem also often affect the lives of overweight youth. Obese children are twice as likely as non-obese children to become obese adults.
- (3) Approximately two-thirds of all deaths in our state result from four chronic diseases: heart disease, cancer, stroke, and diabetes. Health experts agree that one of the most effective ways to prevent those chronic diseases is to establish policies and programs that encourage children and adolescents to develop healthy eating and physical activity habits they can maintain throughout their lives.
- (4) A child who is physically healthy is more likely to be academically motivated, alert, and successful. Healthy eating also plays an important role in learning and cognitive development. Poor diet has been found to adversely influence the ability to learn and to decrease motivation and attentiveness.
- (5) The school environment plays an influential role in the foods children eat nearly every day. While the United States Department of Agriculture (USDA) regulates the nutrient content of meals sold under its reimbursable meal programs, similar standards do not exist for "competitive foods" that are sold outside the USDA meal programs. Competitive foods are often high in added sugar, sodium, or saturated and trans fat.
- (6) The state's support of school food services is inadequate. The State Department of Education lacks the resources to provide a great deal of technical assistance. In order to generate revenue, many schools sell or allow vendors to sell competitive foods on campus.
- (7) Only 2% of children meet the five main recommendations for a healthy diet from the Food Guide Pyramid. Only 30% of children consume the recommended number of servings of milk each day and only 14% eat the recommended amount of fruit.

## Improving School Foods and Beverages

- (8) Soft drink consumption has doubled over the last 30 years. Children's calorie intake has increased since 1989 by an average of 80 to 230 extra calories per day (depending on age). According to the USDA, the increases are largely driven by increased intakes of foods and beverages high in added sugars (especially sodas, fruit drinks, cookies and other sweet baked goods).
- (9) The availability of competitive foods and beverages in schools undercuts participation in national school meal programs and undermines health and nutrition education provided to students.
- (10) There are healthy, revenue-generating alternatives to soft drinks that can be sold on District campuses.
- (11) Selling low-nutrition foods in schools sends children the message that good nutrition is not important, when what they eat is, in fact, critical to their long-term health and well being.

### **Goals:**

The Cortland Enlarged City School District approved its nutrition policy on June 26, 2001. With this policy in mind, the District's Comprehensive School Health and Wellness Team has reviewed the nutritional recommendations put forth by the Center for Science in the Public Interest (CSPI). The Team has studied patterns observed in school districts across America who are implementing similar policies and in legislation being passed in almost half the states at this time. As a result, the following goals for the District's nutrition efforts are recommended:

1. Set improved nutrition standards for foods and beverages sold outside of school meals.
2. Reduce the availability in schools of foods and beverages of low or minimal nutritional value (soda, chips, candy, etc.). [This includes those sold a la carte, through vending machines, snack bars, school stores, fundraisers, concession stands and other venues on school property or at school sponsored events.]
3. Improve the nutritional quality, choices and "kid-appeal" of school meals.

### **Suggestions:**

To assist in accomplishing these goals, the following suggestions are put forth:

1. Applaud school food service staff for meeting the USDA's nutrition standards for school meals.
2. Applaud our school district for giving children enough time to eat (the USDA recommends a minimum of 20 minutes for breakfast and 30 minutes for lunch) and for offering recess before lunch.
3. Applaud schools for ensuring that pupils engage in healthful levels of vigorous physical activity and enforce existing physical education requirements.
4. Applaud schools for ensuring that pupils receive meaningful, effective nutrition education.
5. Promote and serve more whole grains and fruits and vegetables.

## Improving School Foods and Beverages

6. Reduce children's intake of saturated fat by making 1% or fat-free milk the standard for milks sold in our schools.
7. Eliminate the sale and availability of soft drinks, fruit "drinks" and "ades" (Fruitopia, Snapple, etc.), high sugar sports drinks, and other sugary drinks.
8. Strengthen nutrition education in our schools by sending consistent messages outside the classroom.
9. Replace fundraisers that sell candy or other foods of minimal nutritional value with healthy alternatives. (See attached ideas.)
10. Avoid entering into any exclusive contracts, as for soft drinks, that encourage the promotion or greater availability of low-nutrition beverages. Keep brand-name fast food contracts out of school cafeterias.
11. Encourage staff, parents and students to pack healthy lunches, when they are brought to school.
12. Reinforce the nutrition policy by offering healthy foods and beverages at school functions, school parties, and staff events.
13. Establish a system to ensure that no pupil is hungry and that a healthy and nutritious breakfast, lunch, and after-school snack for those staying after school hours is available to every pupil at every school so that pupils are prepared to learn to their fullest potential.
14. Increase availability of fruits and vegetables and other foods high in micro-nutrients and fiber, and low in sodium, added sugars, cholesterol, and saturated and trans fat in all school-related food sites.
15. Ensure to the maximum extent possible that the food served is fresh.
16. Encourage eligible pupils to participate in the school lunch program by removing any barriers to participation.
17. Integrate nutrition and physical activity into the overall school curriculum.
18. Ensure regular professional development for food services staff.
19. Work with suppliers to ensure healthy snacks are offered in vending machines and a la carte.
20. Develop a financing plan to implement these recommendations relying on state & federal funds, private sector partnerships, other resources, and healthy fund-raising activities.
21. Approve and implement healthy nutrition standards for foods and beverages sold outside of the USDA School Meal Programs.



## Nutrition Standards

DOCUMENT  
4**Recommended Nutrition Standards for Foods and Beverages  
Sold Outside of the USDA School Meal Programs  
(Vending, A la Carte, Fundraisers, etc.)**

For support of the rationale for these standards, please see the District Nutrition policy and CCPHA's (California Center for Public Health Advocacy) *Competitive Food Standards Recommendations* at [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org).

To take the lead in Cortland County and New York State in helping to improve children's diets, it is recommended that the CESCD set the following nutrition standards for all foods and beverages sold or served outside of the school meal programs:

**It is recommended that the following beverages may be sold or served at schools:**

- 100% fruit or vegetable juices that do not contain added sweeteners.
- Water and seltzer, including flavored waters that contain sucralose, as opposed to aspartame, etc.
- 1% and fat-free milk including, but not limited to, chocolate milk, soy milk, rice milk, and other similar dairy or non-dairy calcium-fortified milks such as E-Moo, RPM (Refreshing Power Milk), etc.
- Allow water bottles for students as proper hydration improves brain functioning.

**It is recommended that the following beverages be replaced with healthier items and may not be sold or served to students at schools:**

- Soda pop, punches, slushies, cappuccinos, and caffeinated and sugared iced teas and coffees.
- Sports drinks or electrolyte replacement beverages and vitamin waters that contain more than 42 grams of added sweetener per 20 ounce serving (more than 35% of its weight from sugar).
- Drinks containing caffeine, excluding low-fat or fat-free chocolate milk (less than 10 mg. per serving).

**It is recommended that any snack, sweet, or side dish sold or served on school sites outside of the federal school meal programs shall meet all of the following standards:**

- Have 30 percent or less of its total calories from fat or 7 grams or less.
- Have 10 percent or less of its total fat calories from saturated plus trans fat or 2 grams or less.
- Have 360 milligrams or less of sodium per serving.
- Have 35 percent or less of its weight from sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy products (or 15 grams).



## Nutrition Standards

- Have 5% or more of recommended daily value of any one or more of essential nutrients such as Vitamin A, Vitamin C, Calcium, Iron, Protein, Vitamin E, Vitamin K, Folate, Iodine, Magnesium, Zinc, Copper, Phosphorous, Manganese, Vitamin B<sub>1</sub>, Vitamin B<sub>12</sub>, Vitamin B<sub>6</sub>, Biotin, Niacin, Pantothenic Acid, Riboflavin, Selenium, Chromium, Molybdenum.
- Limit number of snacks to a maximum of 5 at the elementary level and 25 at high school and maximum portion sizes to:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
  - Two ounces for cookies or cereal bars.
  - Three ounces for bakery items, including, but not limited to, pastries and muffins.
  - Three fluid ounces for frozen desserts, including, but not limited to, ice cream.
  - Eight ounces for non-frozen yogurt.
  - Twelve ounces for beverages, excluding water.
  - Entree items and side dishes, including, but not limited to, french fries and onion rings, shall be no larger than the portions of those foods served as part of the federal school meal programs.

**It is recommended that fruits and vegetables shall be offered for sale at any location on the school site where other foods are sold.**

- A list of examples of foods and beverages that meet these standards that could be sold a la carte and out of vending machines is attached.

**It is recommended that healthy and creative financing and fundraising ideas be implemented to boost revenues needed.**

- Use the attached Creative Financing and Fun Fundraising lists ideas to boost revenue without harming children's health, developed by the Shasta County Public Health Department in California or visit:  
[www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf](http://www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf).

**It is recommended that a summary of these recommendations be publicized.**

- Publicize a summary of these recommendations and school district policies on the district web site and by posting the summary in public view within all school cafeterias and distributing it to parents annually.
- Designate a person in each building to monitor the need for and expressed desire for programs for healthy eating, especially those aimed at weight management and disordered eating for students and staff (Weight Watchers, KidShape, etc.).

## Healthier Snack Options

DOCUMENT  
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### Options for Healthier School Snacks

(Vending, A la Carte, Fund-raising, etc.)

This list is not exclusive. Other beverages and snacks may meet the nutritional standards for foods sold in school vending machines.

\*Adapted from list of beverages approved for sale within the Los Angeles Unified Schools District and list of snacks that meet the standards set by California's SB19. Both lists are available at: [www.nojunkfood.org](http://www.nojunkfood.org).

Companies regularly change their ingredients, recipes and formulations. Set a schedule to periodically check labels of products to make certain they still meet the nutrition requirements.

### **Beverages – (100% juices, waters, 1% or skim milks)**

- After the Fall Spritzers: Black Cherry, Concord Grape, Raspberry, Tangerine
- Aquafina Water
- Arrowhead Sparkling Mountain Spring Water with Fruit Essence
- Arrowhead Water
- Campbell's Tomato Juice
- Dasani Water
- Dole Pineapple Juice
- Edensoy Soy Milk: Chocolate and Vanilla
- Juicy Juice: Apple, Berry, Grape, Punch
- Langer's Juice: Mixed Berry, Apple
- Martinelli's Sparkling Cider
- Milk: 1% and fat-free, unflavored and flavored (chocolate)
- Minute Maid Orange Juice and 100% Juice "Blends": Orange Cranberry, Orange Passion, Orange Strawberry Banana, Orange Tangerine
- Minute Maid Disney Hundred Acre Wood 100% Juice: Apple Strawberry, Apple Grape, Apple Raspberry Peach, Apple Cherry Banana
- Minute Maid Juices to go, orange, orange blend, apple, white grapefruit
- Minute Maid Juice Boxes – all varieties
- Treetop Juice – apple, grape
- Motts Apple Juice: Natural Style
- Pellegrino Sparkling Water
- Perrier Sparkling Water
- Silk Soy Milk: Chocolate and Vanilla
- The Switch Pure Sparkling Juice: Apricot Peach, Cranberry Ginger, Watermelon
- Strawberry, Fruit Berry, Orange Tangerine, Citrus Blend, Lemonade
- Tropicana Juice: Apple and Grape
- V8, 100% Vegetable Juice
- Veryfine Fruit Juice: Grape, White Grapefruit, Apple, and Orange
- Vitasoy Chocolate Milk

## Healthier Snack Options

- Welch's Grape Juice
- Mac Farm's RPM – Refreshing Power Milk
- E-Moo – strawberry, orange, chocolate
- Milk Chugs – various flavors of milk
- Adirondack Spring Water- fruit flavored – Natural strawberry, raspberry, orange, lime
- Fruit 2O
- Fruit2O Plus
- Low/no-fat drinkable yogurts

**Snacks/A la Carte Items – Limit packaging to single serving size (1 serving) with 30% or less of fat (7 grams or less), 10% or less of saturated/trans fat (2 grams or less), 35% or less of weight from sugars (15 grams), 360 mg. or less of sodium. Also be a good source (5% or more) of at least one other nutrient or fiber.**

- Add veggie burgers, veggie wraps, pita pocket, vegetarian chili and tacos, hearty homemade soups, pasta primavera
- Add vegetarian entree to the menu such as veggie burger. Investigate buying veggies from local farmers or wholesale farm markets.
- Advant Edge – complete nutrition energy bar – Cran Apple Crisp  
EAS, Inc.  
555 Corporate Circle  
Golden, CO 80401  
[www.eas.com](http://www.eas.com)
- Animal crackers
- Baked chips or crackers
- Breakfast & cereal bars/cereal mixes
- Barbara's Granola Bars: Cinnamon Raisin, Oats and Honey, Carob Chip
- Barbara's Multigrain Cereal Bar: Cherry, Strawberry, Apple Cinnamon, Blueberry, Raspberry, Triple Berry
- Barbara's Snackimals: Chocolate Chip
- General Mills Chex Mix: All varieties
- General Mills Milk and Cereal Bars – Cheerios
- Chick peas for "grab & go" salads, chef salads
- Cliff Bar: Apricot, Black Cherry Almond, Carrot Cake, Chocolate Chip, Cool Mint Chocolate, Cranberry Apple, Cherry, Crunch Peanut Butter, Lemon Poppyseed, Peanut, Toffee Buzz, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème, and Chocolate Brownie
- Dannon Light & Fit Non-Fat Yogurt: Blackberry Pie, Blueberry, Cherry Vanilla, Lemon Chiffon, Orange Mango, Peach, Raspberry, Strawberry, Strawberry Banana, Strawberry Kiwi, Vanilla, White Chocolate, Raspberry
- Dannon Light and Fit Non-Fat Creamy Yogurt: Banana Cream, Blueberry, French Vanilla, Key Lime, Peach, Raspberry, Strawberry

## Healthier Snack Options

- Dole Fruit Bowls: Tropical Fruit, Pineapple, Mixed Fruit, Diced Peaches
- Dried fruit
- Encourage parents to serve healthy meals and support same in school
- Envirokidz Crispy Rice Bar: Chocolate, Peanut Butter, Rice Berry
- Fresh reduced-fat, and sugar baked cookies on certain days – oatmeal raisin, gingersnaps
- Fresh Fruit – cherries, grapes, berries, melon balls/wedges, unsweetened applesauce, fruit kabobs, fruit with dipping sauce
- Fresh Vegetables – cut up broccoli, grape tomatoes baby carrots, celery sticks & hummus dip.
- Frito Lay Baked Doritos: Nacho Cheesier
- Frito Lay Baked Lays: Potato Crisps, KC Masterpiece BBQ, Sour Cream and Onion
- Frito Lay Baked Ruffles: Potato Crisps, Cheddar and Sour Cream
- Frito Lay Baked Tostitos: White Corn Tortilla Chips, Bite Size Tortilla Chips
- Frito Lay Rold Gold: Classic Sticks, Classic Tiny Twists, Classic Honey Mustard Tiny Twists, Classic Cheddar Cheese Tiny Twists, Honey Wheat Braided Twists Pretzels
- Frunola Energy Bars
- General Mills Chex Mix: All varieties
- General Mills Milk and Cereal Bars – Cheerios
- Gogurt
- Grab-and-Go Salads
- Gradually replace unhealthy with healthy foods
- Gradually switch to higher fiber breads
- Health Valley Cobbler: Apple, Blueberry, and Strawberry
- Health Valley Solar Bars: Berry Peanut Butter and Chocolate
- Health Valley Strawberry Cobbler
- Install a no and low fat milk vending machine – 1% or less
- Invite registered dietitian/nutritionist to work with food services and CSHW Team
- Introduce new entree's before eliminating old
- "Jazz Up" the names of foods on the menus offer "a daily special"
- Jambalaya
- Kellogg's Nutri-Grain Cereal Bar: Apple Cinnamon, Blueberry, Mixed Berry, Raspberry, Strawberry
- Kellogg's Nutri-Grain Twists: Apple Cobbler, Strawberry Cheesecake
- Kettle Krisps, Low-Fat: BBQ and Low-Salt
- Kettle Valley 100% Fruit Bars: Wildberry, Raspberry, Strawberry, Sour Apple, Tropical, Watermelon, Grape
- Kirkland Low-Fat Yogurt
- Kirkland's Trail Mix
- Lightly or unsalted pretzels
- Limit choices of a la carte items
- Low-fat & low sugar pudding cups
- Low or non-fat cheese sticks/string cheese/cream cheese spread
- Low or non-fat cottage cheese and fruit canned in own juices
- Luna Bars: Peanut Butter and Jelly, Sesame Raisin Crunch

## Healthier Snack Options

- Make veggies exciting through plays, posters & tasting. Fruit and veggie costumes in elementary schools.
- Mott's Applesauce Individual Cups: Natural, Original
- Natural peanut butter
- Nature Valley Crunch Granola Bars: Cinnamon, Oats 'N Honey, Peanut Butter
- Nature Valley Chewy Trail Mix Bars: Fruit and Nut
- Natural Value Fruit Leathers: Apricot, Peach, Raspberry, Strawberry
- Newman's Own Salted Rounds Pretzels
- Nuts - all varieties
- Offer family/student food tasting opportunities – taste new items and provide feedback.
- Offer "Grab and Go" Chef's Salad
- Offer Smoothie Bar- run by Student Council, RSVP, etc. Made from fresh fruit and skim milk on Wednesday
- Wellness (Strawberry, raspberry, banana, pineapple – fresh or frozen
- Days (\$1.25) RSVP
- Packaged canned and fresh fruit in clear plastic containers like in grocery stores to increase sales.
- Pasta marinara
- Pita Snax: Lightly Salted, Garlic, Cheddar Cheese, Dill Ranch, Chili and Lime, Cinnamon
- Post daily updated menu with nutritional values in nutrition display cases
- Reduced fat and reduced sugar cookies/crackers
- Restaurant atmosphere-background music-centerpieces
- Review and implement taste testing of nutrition survey data on foods students would like offered.
- Robert's American Gourmet: Plundered Booty, Potato Flyers with Balsamic Vinegar and Sea Salt, Potato Flyers with Pesto and Parmesan
- Rice cakes
- Salsa for baked chips
- Set up a Deli Station with lean high quality cold cuts & low fat cheeses, fresh veggies, whole grain breads. Offer low fat subs like "Subway" advertises or deli style sandwiches.
- Snyder's of Hanover: Homestyle, Thin Pretzels, Mini Pretzels, Butter Snaps
- Sunflower seeds
- Trail mix
- Tumaro's Krispy Crunchy Puffs: Tangy BBQ, Natural Corn, Ranch and Herb, and Cheddar
- Use A.M. video announcements to promote new foods of "special" of the day.
- Use packaging like restaurants & supermarkets. Change salad packaging to a cup to resemble a McDonald's Salad "McShaper" to increase sales.
- Whole grain bagels/cereal bars/pita bread

## Competitive Food Standards Recommendations

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6

## SCHOOL NUTRITION CONSENSUS PANEL

## Competitive Food Standards Recommendations

| GRADE LEVEL   | ISSUE                       | RECOMMENDATION   | RATIONALE   | EXAMPLES OF WHAT WOULD BE IN & WHAT WOULD BE OUT   |
|---|-----------------------------|--|---|--|
| <b>ELEMENTARY SCHOOLS</b><br><br>(Schools that have grade 6 or lower) | <b>ALL COMPETITIVE FOOD</b> | Eliminate sale of all foods sold outside the school meal program during the school day. Individual items sold during morning/afternoon breaks must meet the standards described below for secondary schools. | Young children should not have the opportunity to make unhealthy choices at school;<br><br>The school environment should model healthy choices. | <b>Out:</b> All individual foods sales, except fruits and vegetables, 100% fruit juice, low fat/nonfat milk during the lunch period<br><br><b>In:</b> Healthy options during nutrition break |
|   |                             |  |   |  |
| <b>SECONDARY SCHOOLS</b>  | <b>BEVERAGES</b>            | <b>Allow sale of:</b><br>Beverages that contain at 100% fruit juice with no added sweeteners   | Fruits and vegetables contain necessary nutrients   | <b>In:</b> Fruit juices, Knudsen spritzer  |
|   |                             | Water  | Water is an essential nutrient and a healthy choice   | <b>In:</b> Bottled water   |
|   |                             | Low fat/nonfat milk  | Availability promotes calcium consumption without contributing unnecessary calories from fat.   | <b>In:</b> Low fat and nonfat milk and chocolate milk.   |
|   |                             | <b>Eliminate sale of:</b><br>Soft drinks, high sugar sports drinks, punch, ice tea, coffee, and other drinks containing less than 100% real fruit juice  | Eliminates beverages with little nutritional value and others that replace more healthful alternatives  | <b>Out:</b> Coke, Pepsi, Fruitopia, Sunny Delight, Snapple, Gatorade   |
|   |                             | Beverages that contain caffeine (except chocolate milk)  | Schools should not promote the consumption habit-forming substances   | <b>Out:</b> Coffee, teas, cappuccino   |

## Competitive Food Standards Recommendations

## SCHOOL NUTRITION CONSENSUS PANEL

## Competitive Food Standards Recommendations

| GRADE LEVEL       | ISSUE                        | RECOMMENDATION  | RATIONALE   | EXAMPLES OF WHAT WOULD BE IN & WHAT WOULD BE OUT   |
|-------------------|------------------------------|---|---|--|
| SECONDARY SCHOOLS | SNACKS, SWEETS, SIDE DISHES  | <b>Portion size:</b><br>See attached chart  | Larger serving sizes can lead to over-consumption   | Out: All large size portions   |
|                   |                              | <b>Fat:</b><br>No more than 30% of total calories from fat  | High fat foods add unnecessary calories to the diet   | <b>In:</b> Baked potato chips, pretzels, some popcorn, some granola bars, some baked French fries  |
|                   |                              | <b>Saturated Fat:</b><br>No more than 10% of calories from saturated fat                          | Foods that are high in saturated fat increase the risk of coronary heart disease by raising blood cholesterol                     | <b>Out:</b> Regular potato chips, fried french fries, some granola bars, Crispy Kreme donuts   |
|                   | ENTRÉE ITEMS AND SIDE DISHES | <b>Sugar:</b><br>No more than 35% by weight (except fresh, dried or canned fruits and vegetables) | Eliminate foods (1) that are high in calories and low in nutrients, and (2) that promote development of dental caries             | <b>In:</b> Some granola bars, trail mix, animal crackers, Devil's food cookies, Jell-O, fat free fudge bar, frozen fruit bar<br><b>Out:</b> Some granola bars, some cookies, all candy |
|                   |                              | <b>Portion size:</b><br>No larger than portion served as part of school lunch                     | Extra large size portions add unnecessary calories, including calories from fat and saturated fat                                 | <b>In:</b> Reasonable portions of pizza, hamburgers, burritos, chili dogs, chicken nuggets<br><b>Out:</b> All oversized portions   |
|                   | FRUITS AND VEGETABLES        | Requires the availability of quality fruits and vegetables any place competitive foods are sold   | Fruits and vegetables provide needed nutrients without adding low nutrient dense calories. Students must have healthy food option | <b>In:</b> All fruits and vegetables: fresh, cooked, dried, and canned without additional sweeteners   |



## Competitive Food Standards Recommendations

| <b>SCHOOL NUTRITION CONSENSUS PANEL</b>       |                |
|---|----------------|
| <b>Recommended Portion Limits</b>             |                |
| <b>Snacks and Sweets</b>                      | <b>1.25 oz</b> |
| Chips, crackers, popcorn, cereal              |                |
| Trail mix, nuts, seeds, dried fruit           |                |
| Jerky   |                |
| <b>Cookies/cereal bars</b>                    | <b>2 oz</b>    |
| <b>Bakery items</b> (e.g., pastries, muffins) | <b>3 oz</b>    |
| <b>Frozen desserts, ice cream</b>             | <b>3 oz</b>    |
| <b>Yogurt</b>                                 | <b>8 oz</b>    |
| <b>Beverages</b> (no limit on water)          | <b>12 oz</b>   |

| Fat           | 7 grams or less        | 30% of its total cal. from fat       |
|---------------|------------------------|--------------------------------------|
| Saturated Fat | 2 grams or less        | 10% of total cal. from sat/trans fat |
| Sugar         | 15 grams or less       | 35% of its weight from sugar         |
| Sodium        | 360 milligrams or less | 360 milligrams or less               |



## Ronan School District #30, Ronan, Montana

- 1,352 students on the Flathead Indian Reservation
- 64 percent of students eligible for free and reduced-price school meals

### For more information:

Marsha Wartick, Food Service Supervisor

[marsha.wartick@ronank12.edu](mailto:marsha.wartick@ronank12.edu)

Ronan School District #30

421 Andrew St. NW

Ronan, Montana 59864

Phone: 406-676-3390 ext. 3602





More Ronan fruit  
and vegetable  
choices.







**Make More Healthful Foods and Beverages Available**

## **Massachusetts Action for Healthy Kids**

### **For More Information:**

[www.actionforhealthykids.org/AFHK/team\\_center/team\\_select.php](http://www.actionforhealthykids.org/AFHK/team_center/team_select.php)

Katie Millett, Co-Chair

[kmillet@doe.mass.edu](mailto:kmillet@doe.mass.edu)





A La Carte Food & Beverage Standards

DOCUMENT  
1

**Massachusetts  
A La Carte  
Food & Beverage  
Standards to  
Promote a  
Healthier School  
Environment**

Massachusetts



## A La Carte Food & Beverage Standards

### Action for Healthy Kids

**Action for Healthy Kids (AFHK)** is a nationwide initiative dedicated to creating healthy school environments by advancing sound nutrition and physical activity practices in schools across the country. This effort represents a response to our nation's epidemic of overweight and undernourished children and adolescents. AFHK is an outgrowth of the 2002 Healthy Schools Summit, for which Mrs. Laura Bush served as honorary chair, and former Surgeon General David Satcher, MD, PhD was chair of the Summit and served as chair of AFHK in 2003. Bill Potts-Datema, MS from Harvard School of Public Health is chair of AFHK in 2004.

AFHK is composed of 51 state teams and a national coordinating and resource group. Guidance is provided by more than 40 national education, fitness, health and nutrition organizations and government agencies. AFHK operates under the umbrella of "Healthy Schools, Inc.," a non-profit, non-member organization established to further the goals of the Healthy Schools Summit.

**Getting Involved:** You can help bring about change in your state by adding your expertise to this vital effort. Visit the AFHK website to learn more about how to get involved, and to submit a State Team application. You also can sign up for initiative updates, access relevant articles and resources, and browse the AFHK database of "What's Working?" model programs.

For more information, visit <http://www.ActionForHealthyKids.org>.

### Massachusetts



## A La Carte Food & Beverage Standards



### Massachusetts Action for Healthy Kids (Mass AFHK) Mission and Goals

**Mission:** Mass AFHK is dedicated to improving children's nutrition and physical activity in schools by collaborating with diverse stakeholders in advocating, promoting and implementing state initiatives to enhance the school health environment, so children can learn and participate in positive lifestyle behaviors.

**Goals:**

- Ensure that healthy snacks and foods are provided in vending machines, school stores and other venues within the school's control.
- Adopt policies ensuring that all foods and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.
- Provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to adopt healthy eating habits.
- Provide adequate co-curricular physical activity programs, including fully inclusive intramural programs and physical activity clubs.

Massachusetts



## A La Carte Food & Beverage Standards

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Massachusetts





## A La Carte Food & Beverage Standards

### **Introduction to Massachusetts A La Carte Food & Beverage Standards to Promote a Healthier School Environment**

While the federal government has established nutrition standards for school breakfast and lunch, there are no effective standards for competitive foods. Competitive foods are those foods and beverages sold a la carte, in vending machines, in school stores or as part of school fundraisers that compete with the USDA's National School Lunch Program (NSLP) or School Breakfast Program (SBP).

Typically, competitive foods are relatively low in nutrient density and high in fat, added sugar and calories. Over the past few decades, school foodservice and other school organizations have increased the availability of these competitive foods. Unfortunately, there has also been an increase in childhood overweight and obesity; the prevalence has almost tripled in the past 3 decades. According to the 2001 Massachusetts Youth Risk Behavior Survey, approximately one in four 9th - 12th graders are either at risk or already overweight.

When children replace school meals with these less nutritious competitive foods, they are at risk for inadequate nutrient intake and excess calorie intake. When competitive foods are purchased in addition to the school meal, there is the risk of over-consumption that may contribute to overweight and obesity. Furthermore, competitive foods contribute to the misconception that participation in the school meals program is restricted to low-income students.

**Massachusetts**



## A La Carte Food & Beverage Standards



Schools play an important role in promoting and supporting children in the development of healthy eating habits. It is time to provide solid guidelines to help ensure the health of our youth. The following guidelines are recommended when schools participate in a la carte/competitive food sales:

- Schools should provide students with healthy foods consistent with recommendations from the Dietary Guidelines for Americans.
- Schools should reinforce healthy messages by teaching healthy eating habits in the classroom.
- If schools participate in fundraising involving food, the fundraiser should support a healthy school environment and be free from solicitation of foods that do not meet the specifications of the Dietary Guidelines for Americans.
- A healthy diet can include all foods, as long as snacks, desserts, side dishes, and entrees are appropriately portioned. Competitive foods should not take the place of a nutritionally balanced meal.
- The school environment should be a place where students can learn to make healthy choices. Intense marketing aimed at children that promotes consumption of foods of low nutritional quality (high calorie/high saturated and/or trans fat) should be eliminated throughout the school environment.
- Schools should promote health and nutrition messages consistent with those taught by parents, teachers, nurses and nutritionists.

Schools have the additional incentive to promote a healthy school environment because a healthy, well-nourished student will be ready to learn.



## A La Carte Food & Beverage Standards

### A La Carte Food & Beverage Standards to Promote a Healthier School Environment

All schools are encouraged to serve reimbursable meals. The following recommendations apply to any a la carte items offered for sale anywhere on the school campus during the school day.

#### **Explanation of Terms:**

School Day - The school day begins with the arrival of the first student at school and ends after the last scheduled instructional period.

Portion Size - Schools are encouraged to gradually reduce portion sizes offered in all areas from vending to a la carte to sporting events. It is crucial that food service personnel, children and their parents are educated on USDA standard portion sizes (see ready reference).

A La Carte Food Sales - The sale involving any food or beverage that students purchase in addition to or in place of the USDA reimbursable school breakfast or lunch. This would be from sources such as vending machines, a la carte lines or kiosks, school stores or snack bars located anywhere on the entire school campus, including in the cafeteria and at athletic events. Sometimes referred to as competitive foods - competing with USDA school meals.

Foods of High Nutritional Value - Foods of high nutritional value will naturally have a significant amount (greater than 10% of RDA) of at least one of the following: calcium, vitamin C, vitamin A, iron or fiber. These foods include complex carbohydrates and/or lean protein sources that are low in total fat and saturated fat. Water is a nutrient on its own that should be included as an essential part of a healthy diet.

These recommendations may be phased in over a two-year period. Changes should be phased in after a formal vacation or school break. An example of phasing in the recommendations is under the competitive beverages section.

**Massachusetts**





## A La Carte Food & Beverage Standards

### Elementary School Guidelines (K-5) A La Carte or Competitive Foods

#### Recommendation

- Eliminate, during the school day, foods that are sold outside of the school meals program that do not meet a la carte standards. The school day begins with the arrival of the first child at school and ends after the last scheduled instructional period.
- If the school offers a morning or afternoon break/snack, individual items sold should meet the standards for a la carte foods. The school snack or break should occur at least 1.5 hours before the lunch meal.

#### Rationale

- The school environment should model a healthy lifestyle from the cafeteria to the classroom.
- Children should be given the opportunity to learn healthy eating practices during young ages without being influenced by unhealthy food options.



## Secondary School Guidelines A La Carte or Competitive Foods

### Recommendation

- Foods offered during the school day should meet USDA standards and the a la carte standards in this guide. Foods that do not meet these standards should not be available anywhere on the school campus until the end of the last scheduled instructional period.
- Automatic timers on vending machines may be used to meet the above recommendation.
- At least 50% of a la carte items offered must provide high nutritional value (for example, skim and 1% milk, 100% fruit juice; fresh, frozen, canned and dried fruits and vegetables (with no added sugar), nuts, seeds and nut butters, etc.). The remaining 50% still must meet a la carte standards in this document.
- It is recommended that changes are phased in after a formal vacation or school break period.

### Rationale

- Encourages children to select more healthful options for breakfast and lunch, allowing them to increase their consumption of high nutritional value foods.
- Encourages schools to start a school breakfast program.
- Reinforces the message of healthy eating. Encourages busy students (with the choice) to make more healthful selections on the run.
- Increases the availability of appealing nutritious foods and beverages while minimizing the availability of their high-calorie/low-nutrient counterparts.
- Ensures that foods sold on school campuses are not contributing to the current epidemic of childhood overweight and obesity.
- Phased in over a period of time, students/customers may be less likely to resist new changes.

## Secondary School Guidelines Competitive Beverages

### Recommendation

#### 100% Fruit/Vegetable Juice and Juice Beverages/Drinks:

100% fruit/vegetable juice will be the only juice allowed, after phasing in the following guidelines over the next two years:<sup>a</sup>

- Phase I: Eliminate the sale of juice beverages providing less than 25% real fruit/vegetable juice
- Phase II: Eliminate the sale of juice beverages providing less than 75% real fruit/vegetable juice
- Phase III: Only 100% fruit/vegetable juice will be sold as a juice beverage

<sup>a</sup>Each phase consists of a 6-month time period or break in school schedule. Depending on the products available, some items may be introduced at a more accelerated rate.

### Rationale

- The Dietary Guidelines for Americans recommends choosing beverages and foods that moderate the intake of sugars.
- Encourages the choice of a healthy beverage that is more nutritious.
- The American Academy of Pediatrics (AAP), recommends no more than 4-6 oz. per day of 100% fruit juice for children 1-6 years old and no more than 8-12 oz. per day of 100% fruit juice for children 7 to 18 years old.

## A La Carte Food & Beverage Standards

### Secondary School Guidelines Competitive Beverages

#### Recommendation

##### Soft Drinks and Sports Drinks

- Phase out the sale of soft drinks and sports drinks anywhere on the school campus from the beginning of the school day to the end of the last instructional period.
- Phase in healthier options like water or flavored water without added sugar, artificial sweeteners or caffeine.
- Phase in juice (as in page 6), low-fat milk and flavored milk.
- Work with vending suppliers to transition to healthier vending choices.
- Strive to offer beverage portions in sizes no larger than 12 oz. (except water and milk).
- Transition to smaller portion sizes, as products become available.

#### Rationale

- Many soft and sports drinks are high in calories. Some are fortified with unnecessary and potentially harmful additives that children do not need at any time. They should not be allowed on the school campus at any time.
- Sports drinks are only recommended for times of vigorous physical activity that last 60-90 minutes (Nancy Clark's Sports Nutrition Guidebook, Third Edition).
- Diet drinks, while not a source of calories, should be excluded, as they may displace consumption of healthier beverages.
- Potential health problems associated with high intake of sweetened drinks are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with an attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion (American Academy of Pediatrics Policy Statement on Soft Drinks in Schools, January 2004).



## Secondary School Guidelines Grains

### Recommendation

Total Fat: No more than 30% of total calories from fat or 7 grams maximum per serving.

Saturated Fat and Trans Fat: No more than 10% of total calories from saturated and/or trans fat or 2 grams maximum per serving.

Total Carbohydrate: No more than 30 grams of total carbohydrate per serving (includes natural and added sugar).

Portion Size - strive for a small portion of no more than:

Chips, crackers, popcorn = 1.25 oz.

Cookies, cereal bars = 2 oz.

Bakery items (e.g., pastries, muffins) = 3 oz.

### Rationale

- The Dietary Guidelines for Americans encourage consumption of a variety of grains daily, especially whole grains.
- Whole grains will have at least 1 gram of fiber per serving.
- A moderate fiber food will have 2-4 grams of fiber per serving (AAP).
- A high fiber food will have >5 grams of fiber per serving (AAP).

---

Trans fatty acids are found in food products in the form of hydrogenated and partially hydrogenated oils. They tend to raise total blood cholesterol and LDL cholesterol similar to saturated fats; therefore, these should be limited in the diet.

Note: Trans fatty acids may be listed as **Trans Fat** on food labels.

## A La Carte Food & Beverage Standards

### Secondary School Guidelines Fruits and Vegetables

#### Recommendation

- Make "quality" fruits and vegetables available at any place a la carte foods are sold. For example, dried fruit in vending, fresh fruit like pineapple slices or melon cubes and fresh vegetables like baby carrots in a la carte lines and school stores.
- Quality = fruits and vegetables that are fresh, frozen, dried or canned without added fat, sugar, or excessive sodium. Serve quality fruits and vegetables instead of fruit leather and French fries.

Total Fat: No more than 30% of total calories from fat or 7 grams maximum per serving. Phase out fryers over the next two years.

Saturated Fat and Trans Fat: No more than 10% of total calories from saturated and/or trans fat or 2 grams maximum per serving.

Total Carbohydrate: No more than 30 grams of total carbohydrate per serving (includes natural and added sugar).

Portion Size: Strive to meet USDA portions: 1/2 cup minimum.

#### Rationale

- The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily - current recommendations are 5-9 servings per day.
- As suggested by the Dietary Guidelines and the National Cancer Institute's 5 A Day Program, fruits and vegetables provide essential vitamins and minerals, fiber and other substances that may protect against many chronic diseases.

### Secondary School Guidelines Juice

#### Recommendations

- 100% fruit and/or vegetable juice will be the only juice or juice-type beverage that is allowed on the school campus (see competitive beverage guidelines).

Portion Size: Strive to serve no more than 12 oz.

#### Rationale

- Eliminates the sale of fruit juice drinks, which provide little nutritional value and usually replace more healthful options.

## A La Carte Food &amp; Beverage Standards

### Secondary School Guidelines

#### Dairy: Milk, Yogurt and Cheese

##### Recommendation

- Serve low-fat dairy products (skim and 1% milk, low-fat yogurt, and low-fat cheeses) and phase out whole milk over several months.
- An 8-12 oz. serving of milk is the ultimate goal for serving sizes, ideally in a variety of low-fat flavors in plastic, resealable containers.

##### Maximum Portion Size:

Yogurt – 8 oz.                      Milk – 16 oz.

Ice cream – 3 oz.                  Cheese – 2 oz.

**Total Fat:** No more than 30% of total calories from fat or 7 grams maximum per serving.

**Saturated Fat and Trans Fat:** No more than 10% of total calories from saturated and/or trans fat or 2 grams maximum per serving.

**Total Carbohydrate:** No more than 32 grams total carbohydrate per 8 oz. serving for skim and 1% flavored milks (4g/oz. of total carbohydrate includes added sugar and natural milk sugar, lactose).

##### Rationale

- Low calcium intake is one of the most significant nutrient deficiencies identified in Healthy People 2010. Milk and milk products are high in nutritional value and provide calcium, protein and vitamin D for bone growth and development.
- The American Academy of Pediatrics (AAP) Policy Statement on Calcium Requirements of Infants, Children and Adolescents recognizes children's low calcium intake. The AAP urges pediatricians to recommend the daily consumption of milk, cheese and yogurt and other calcium-rich foods for children to help build bone mass in all growing children and adolescents.

## A La Carte Food & Beverage Standards

### Secondary School Guidelines Meat, Beans and Nuts

#### Recommendation

Total Fat: No more than 30% of total calories from fat or 7 grams maximum per serving, with the exception of nuts, seeds and non-hydrogenated nut butters served with the portion guidelines below.

Saturated Fat and Trans Fat: No more than 10% of total calories from saturated and/or trans fat or 2 grams maximum per serving.

Portion Size: Entrée items or other protein sources – no larger than the maximum requirements for age/grade groups under the USDA meal pattern.

- Trail mix, nuts, seeds and jerky – no larger than 1.25 oz.
- Non-hydrogenated nut butters – no more than 4 Tbsp.

#### Rationale

- Meats, beans and nuts offer protein and other valuable nutrients such as zinc, iron and B vitamins.
- Protein supplies amino acids that build, repair and maintain body tissues.
- Non-hydrogenated nut butters like all-natural peanut butter or almond butter will have no trans fats and minimal saturated fat and will provide healthy unsaturated fats.



## A La Carte Food & Beverage Standards

### Reference List for A La Carte Food & Beverage Standards to Promote a Healthier School Environment

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## APPROACH 4

**ADOPT MARKETING TECHNIQUES  
TO PROMOTE HEALTHFUL CHOICES**

- South Windsor Schools, South Windsor, Connecticut

**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES





### South Windsor Schools, South Windsor, Connecticut

- 5,500 students (7 schools K-12) in a suburban area of Hartford, Connecticut
- 4.3 percent of students eligible for free and reduced-price school meals

#### For more information:

Mary Ann Lopez, SFNS, Director of Food Service  
[malopez@swindsor.k12.ct.us](mailto:malopez@swindsor.k12.ct.us)  
South Windsor Schools, Food Services  
1737 Main Street  
South Windsor, Connecticut 06074  
Phone: 860-291-1231

### Old Orchard Beach Schools Old Orchard Beach, Maine

- 1,200 students, grades K-12, serving lunch
- 28 percent of students eligible for free and reduced-price school meals

#### For more information:

Jackie Tselikis, RN, School Health  
[jtselikis@lms.oob.k12.me.us](mailto:jtselikis@lms.oob.k12.me.us)  
Loranger Middle School  
148 Saco Avenue  
Old Orchard Beach, Maine 04064  
Phone: 207-934-4848







## Flyer

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## We go on Field Trips Too!

Anytime your child goes on a field trip, s/he can bring a school lunch along! Many students use their POS account daily or are qualified for meals everyday and are entitled to a meal even when traveling with their class. Our policy has always been to provide a lunch each and every day to our students. This includes field trip days!

If a trip is being planned in your child's classroom, please notify your teacher that you are interested in a bag lunch from food services **at least two days prior to the event**. Bag lunches can be purchased with a ticket or cash.

Typical choices for these bag lunches vary according to menu and manager discretion but may include:

Peanut Butter and Jelly on Wheat or White Bread OR  
Deli meat and cheese on Roll with lettuce and tomato OR  
Yogurt with Cereal (Yogurt may be frozen) and fruit  
All include Carrot and celery sticks, Fresh Fruit, snack pretzels and Milk\*

\*To keep milk wholesome, we will freeze it the night before. Our tests indicate that it will melt by lunch time into a slushy consistency.

The manager of the kitchen will make the menu available for any given field trip date when she is notified of the field trip. **Special dietary needs can be addressed with notification.**  
**Contact the food service manager.**





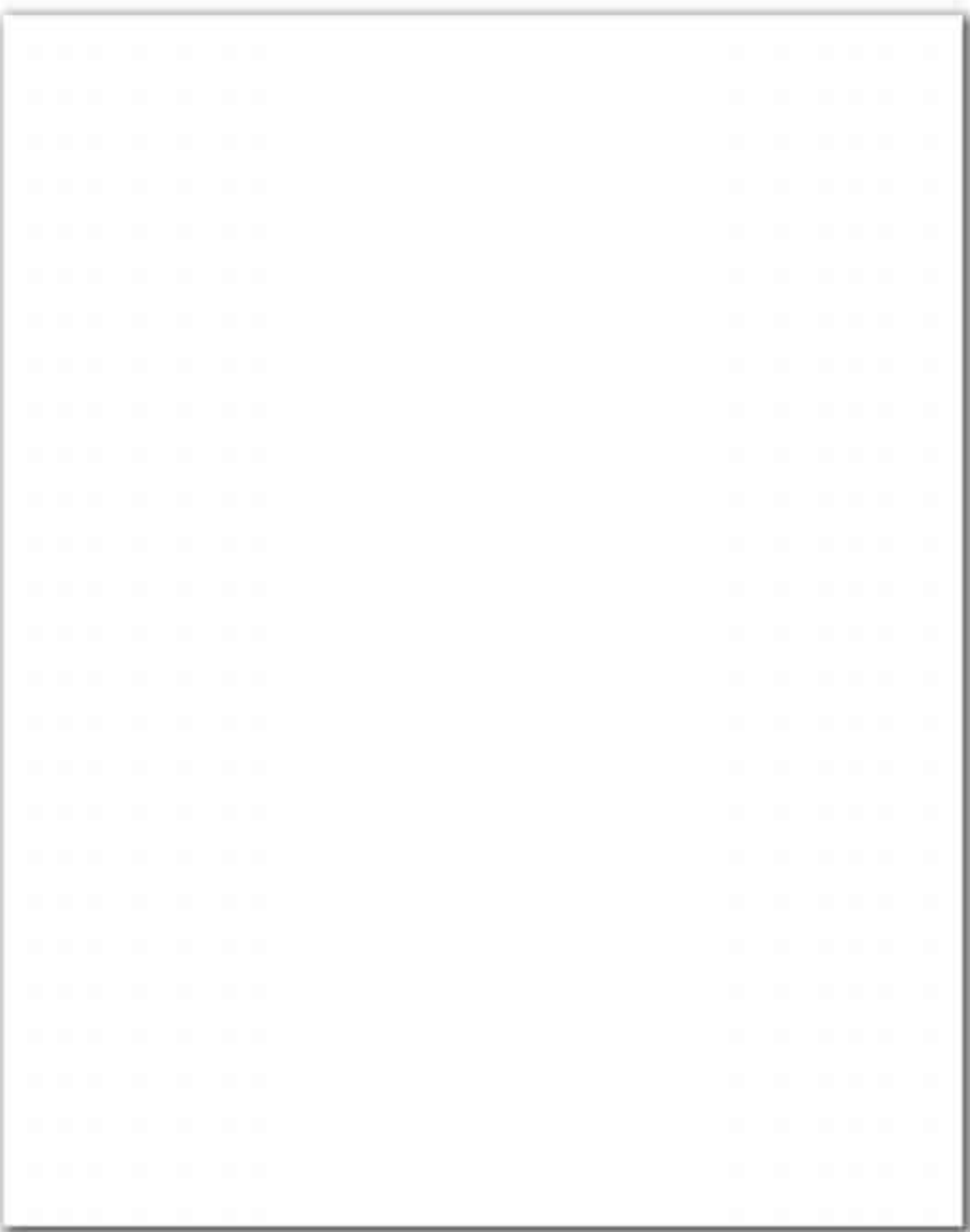


# APPROACH 5

## LIMIT STUDENT ACCESS TO COMPETITIVE FOODS

- Nash-Rocky Mount Schools, Nash County,  
North Carolina

**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES



### **Nash-Rocky Mount Schools, Nash County, North Carolina**

- 18,190 total students in eastern North Carolina
- 55 percent of students eligible for free and reduced-price school meals

#### **For more information:**

Patty Green, Child Nutrition Supervisor

[pmgreen@nrms.k12.nc.us](mailto:pmgreen@nrms.k12.nc.us)

Nash-Rocky Mount Schools

P.O. Box 1260

Rocky Mount, North Carolina 27802

Phone: 252-446-2931





Winner's Circle Healthy Dining Program

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Winner's Circle Healthy Dining Program<sup>sm</sup>

**Nutrition Criteria**

**For a meal:**

- ☆ Minimum of 2 servings of fruits/vegetables  
**AND**
- ☆ Minimum of 1 serving of grains or beans **OR**
- ☆ Minimum of 245 mg calcium

*And meal must have:*

- ☆ Maximum 30% of calories from fat
- ☆ Maximum 1500 mg of sodium per meal

**For a snack:**

- ☆ Minimum 120 mg calcium for 4 oz servings  
**OR**
- ☆ Minimum 150 mg calcium for 6 oz servings  
**OR**
- ☆ Minimum 245 mg calcium for 8 oz servings  
**OR**
- ☆ Maximum 35% sugar by weight

*And each item must have:*

- ☆ Maximum 30% of calories from fat
- ☆ Maximum 480 mg sodium
- ☆ (SCHOOLS ONLY) Maximum 2 servings per individual package

**For a single item or side dish:**

- ☆ Minimum of 1 serving of grains or beans **OR**
- ☆ Minimum of 1 serving of fruits/vegetables  
**OR**
- ☆ Minimum of 245 mg of calcium

*And each item must have:*

- ☆ Maximum 30% of calories from fat
- ☆ Maximum 1000 mg sodium

**\*Weights:**

1 ounce=28.35 grams  
1 pound=453.59 grams  
1 gram=0.035 ounces  
100 grams=3.5 ounces  
1000 grams=2.2 pounds  
1 kilogram=35 ounces  
1 kilogram=2.2 pounds



## Winner's Circle Healthy Dining Program

### Snacks Qualified for Winner's Circle

| Item   | Serving Size (weight) | Kcal   | Fat (g)              | Sodium (mg) | Sugars (g)          | Calcium (mg) |
|--|-----------------------|--------|----------------------|-------------|---------------------|--------------|
| Advantage Edge Bar                               | 57 g                  | 220    | 4.5 (18 percent)     | 210         | 18 (32 percent)     | 0            |
| Austin Zoo Animal Crackers                       | 30 g                  | 130    | 2 (15 percent)       | 95          | 7 (23 percent)      | 0            |
| Baked Lays KC Masterpiece Barbeque Potato Crisps | 1 oz                  | 120    | 3 (22 percent)       | 210         | 2 (7 percent)       | 0            |
| Baked Lays Original Potato Chips                 | 28 g                  | 110    | 1.5 (12 percent)     | 150         | 2 (7 percent)       | 0            |
| Baked Lays Sour Cream and Onion Potato Chips     | 28 g                  | 120    | 3 (23 percent)       | 210         | 3 (11 percent)      | 0            |
| Baked Nacho Cheese Doritos                       | 28 g                  | 120    | 3 (23 percent)       | 220         | 1 (4 percent)       | 0            |
| Barnum's Animal Crackers                         | 30 g                  | 130    | 4 (28 percent)       | 150         | 8 (27 percent)      | 0            |
| Big Top Animal Crackers                          | 1 oz                  | 110    | 3 (25 percent)       | 80          | 6 (21 percent)      | 0            |
| Bottled Water                                    | 8 fl oz               | 0      | 0 (0 percent)        | 0           | 0 (0 percent)       | 0            |
| Chex Mix (ALL FLAVORS)                           | 30 g                  | 130    | 4 (28 percent)       | 410         | 2 (7 percent)       | 0            |
| Chex Morning Mix                                 | 32 g                  | 130    | 3.5 (24 percent)     | 190         | 8-9 (25-28 percent) | 0            |
| Cliff Bar  | 68 g                  | 230    | 4.5 (17 percent)     | 140         | 20 (29 percent)     | 0            |
| Columbo Yogurt Cherry Vanilla Light Fat Free     | 8 oz                  | 120    | 0 (0 percent)        | 110         | 15 (7 percent)      | 350          |
| Cookie Monster Cookies                           | 30 g                  | 140    | 4.5 (29 percent)     | 150         | 8 (27 percent)      | 0            |
| Dannon Yogurt (ALL FLAVORS)                      | 6 oz                  | 90-170 | 0-2.5 (0-17 percent) | 95-120      | 13 (8 percent)      | 150 mg       |
| DelMonte Canned Fruit                            | 124 g                 | 60     | 0 (0 percent)        | 10          | 14 (11 percent)     | 0            |
| DelMonte Lite Diced Peaches in Extra Light Syrup | 4 oz                  | 50     | 0 (0 percent)        | 10          | 12 (10 percent)     | 0            |
| DelMonte Lite Mixed Fruit                        | 4 oz                  | 50     | 0 (0 percent)        | 10          | 12 (10 percent)     | 0            |
| Dole Fruit Bowl, Pineapple                       | 113 g                 | 60     | 0 (0 percent)        | 10          | 14 (21 percent)     | 0            |
| Famous Amos Gingersnaps                          | 24 g                  | 100    | 1                    | 95          | 8 (33 percent)      | 0            |
| Fig Newtons                                      | 57 g                  | 200    | 4 (18 percent)       | 200         | 12 (21 percent)     | 0            |
| General Mills Cheerios Cereal                    | 1 oz                  | 110    | 2 (16 percent)       | 280         | 1 (4 percent)       | 0            |
| Guiltless Gourmet Corn Chips                     | 28 g                  | 110    | 2 (14 percent)       | 160         | 0 (0 percent)       | 0            |
| Kashi TLC Crackers                               | 30 g                  | 130    | 3 (30 percent)       | 200         | 5 (17 percent)      | 0            |
| Keebler Animal Cookies                           | 56 g                  | 260    | 8 (27 percent)       | 290         | 15 (27 percent)     | 0            |
| Keebler Chocolate Graham Crackers                | 31 g                  | 140    | 4 (25 percent)       | 105         | 9 (29 percent)      | 0            |

## Winner's Circle Healthy Dining Program

| Item   | Serving Size (weight) | Kcal | Fat (g)                 | Sodium (mg) | Sugars (g)            | Calcium (mg) |
|--|-----------------------|------|-------------------------|-------------|-----------------------|--------------|
| Keebler Cinnamon Graham Crackers                             | 30 g                  | 130  | 3 (19 percent)          | 140         | 9 (30 percent)        | 0            |
| Keebler Fat Free Zesta                                       | 16 g                  | 60   | 0 (0 percent)           | 250         | 0 (0 percent)         | 0            |
| Keebler Honey Graham Crackers                                | 31 g                  | 140  | 4 (29 percent)          | 140         | 7 (23 percent)        | 0            |
| Keebler Iced Animal Cookies                                  | 32 g                  | 130  | 3 (23 percent)          | 110         | 9 (28 percent)        | 0            |
| Keebler Original Graham Crackers                             | 29 g                  | 130  | 3.5 (23 percent)        | 150         | 7 (24 percent)        | 0            |
| Keebler Reduced Fat Wheatables                               | 31 g                  | 140  | 4 (25 percent)          | 220         | 4 (13 percent)        | 0            |
| Kellogg's All-Bran Cereal Original                           | 1.1 oz                | 80   | 1 (11 percent)          | 80          | 6 (19 percent)        | 150          |
| Kellogg's Corn Flakes  | 21 g                  | 80   | 0 (0 percent)           | 150         | 3 (14 percent)        | 0            |
| Kellogg's Low Fat Granola Cereal                             | 49 g                  | 190  | 3 (14 percent)          | 120         | 14 (29 percent)       | 20           |
| Kellogg's Mini Shredded Wheat Cereal Frosted                 | 51 g                  | 180  | 1 (5 percent)           | 5           | 10 (20 percent)       | 0            |
| Kellogg's Puffed Wheat Cereal                                | 11 g                  | 40   | 0 (0 percent)           | 0           | 0 (0 percent)         | 0            |
| Kellogg's Raisin Bran Cereal                                 | 2.1 oz                | 190  | 1.5 (7 percent)         | 350         | 19 (32 percent)       | 20           |
| Kellogg's Rice Krispy Cereal                                 | 33 g                  | 120  | 0 (0 percent)           | 320         | 3 (9 percent)         | 0            |
| Kellogg's Special K  | 21 g                  | 70   | 0 (0 percent)           | 150         | 3 (14 percent)        | 0            |
| Lance Saltine Crackers                                       | 11 g                  | 50   | 1.5 (27 percent)        | 105         | 0 (0 percent)         | 0            |
| Luna Bars (ALL FLAVORS EXCEPT ORANGE BLISS AND KEY LIME PIE) | 48 g                  | 180  | 2.5-4.5 (13-22 percent) | 50-190      | 13-15 (23-31 percent) | 0            |
| Nabisco Original Premium Saltine Crackers                    | 18 g                  | 84   | 2.4 (26 percent)        | 264         | 0 (0 percent)         | 0            |
| Nabisco Teddy Graham Cookie Cinnamon                         | 30 g                  | 130  | 4 (28 percent)          | 150         | 8 (27 percent)        | 100          |
| Nature Valley Granola Bars                                   | 42 g                  | 180  | 6 (30 percent)          | 160         | 11 (26 percent)       | 0            |
| Nature Valley Trail Mix Bars – Fruit and Nut                 | 35 g                  | 140  | 4 (28 percent)          | 95          | 12 (34 percent)       | 0            |
| Newman's Own Pretzel Sticks                                  | 30 g                  | 110  | 1 (9 percent)           | 350         | 1 (3 percent)         | 0            |
| Nutri-Grain Bars (ALL FLAVORS)                               | 37 g                  | 140  | 3 (19 percent)          | 110         | 13 (35 percent)       | 0            |
| Orville Redenbacher Smart Pop                                | 38 g                  | 110  | 2 (18 percent)          | 360         | 0 (0 percent)         | 0            |
| Pepperidge Farm Pretzel Goldfish                             | 30 g                  | 120  | 2.5 (21 percent)        | 430         | 0 (0 percent)         | 0            |
| Pop Secret 94percent Fat Free Popcorn                        | 39 g                  | 110  | 2 (16 percent)          | 380         | 0 (0 percent)         | 0            |
| Pop Tarts – Chocolate Chip and Cinnamon                      | 52 g                  | 210  | 6 (29 percent)          | 190         | 14-18 (27-35 percent) | 0            |
| Pop Tarts – Fruit  | 52 g                  | 200  | 4.5 (20 percent)        | 170         | 16 (14 percent)       | 0            |
| Power Bar – Chocolate  | 65 g                  | 230  | 2 (9 percent)           | 75          | 16 (25 percent)       | 0            |

## Winner's Circle Healthy Dining Program

| Item                                    | Serving Size (weight) | Kcal    | Fat (g)                         | Sodium (mg) | Sugars (g)               | Calcium (mg) |
|---|-----------------------|---------|---------------------------------|-------------|--------------------------|--------------|
| Power Bar – Harvest                     | 65 g                  | 240     | 4 (15 percent)                  | 80          | 18 (27 percent)          | 0            |
| Power Bar – Peanut Butter               | 65 g                  | 240     | 3.5 (13 percent)                | 120         | 16 (25 percent)          | 0            |
| Pretzels (GENERIC)                      | 30 g                  | 120     | 0.5 (4 percent)                 | 400         | 0 (0 percent)            | 0            |
| Pretzel Sticks (GENERIC)                | 30 g                  | 120     | 1 (8 percent)                   | 400         | 0 (0 percent)            | 0            |
| Pringles – Fat Free                     | 28 g                  | 70      | 0 (0 percent)                   | 160         | 0 (0 percent)            | 0            |
| Protein Plus                            | 85 g                  | 320     | 9 (25 percent)                  | 75          | 0 (0 percent)            | 0            |
| Quaker Chewy Bars (ALL FLAVORS)         | 56 g                  | 120     | 4 (30 percent)                  | 70          | 19-20<br>(34-35 percent) | 0            |
| Quaker Crispums                         | 33 g                  | 150     | 5 (30 percent)                  | 125         | 7 (21 percent)           | 0            |
| Quaker Oatmeal Express                  | 54 g                  | 200     | 2.5 (25 percent)                | 320         | 19 (35 percent)          | 0            |
| Raisins                                 | 43 g                  | 140     | 0 (0 percent)                   | 10          | 0 (0 percent)            | 0            |
| Rice Krispies Treats                    | 37 g                  | 160     | 3.5 (20 percent)                | 170         | 13 (35 percent)          | 0            |
| Rold Gold Classic Tiny Twists Pretzels  | 1 oz                  | 110     | 1 (8 percent)                   | 420         | 0 (0 percent)            | 0            |
| Ruffles Wow! Potato Chips (ALL FLAVORS) | 28 g                  | 70      | 0 (0 percent)                   | 200-230     | 0-1<br>(0-4 percent)     | 0            |
| Snackin' Grahams                        | 42 g                  | 170     | 4 (21 percent)                  | 250         | 13 (31 percent)          | 0            |
| Snyder's Mini Pretzels                  | 30 g                  | 110     | 0 (0 percent)                   | 250         | 0 (0 percent)            | 0            |
| Stonyfield Farms Lowfat Yogurt          | 6 oz                  | 90-190  | 1.5                             | 95-140      | 22 (13 percent)          | 300          |
| Sunsweet Prunes                         | 40 g                  | 90      | (8-17 percent)<br>0 (0 percent) | 5           | 12 (30 percent)          | 0            |
| Teddy Graham Cinnamon Crackers          | 30 g                  | 130     | 4 (28 percent)                  | 150         | 8 (27 percent)           | 0            |
| Texas Cinnamon Sweet Roll, Freshley     | 113 g                 | 370     | 7 (17 percent)                  | 410         | 34 (30 percent)          | 0            |
| Thomas English Muffin Original          | 57 g                  | 120     | 1 (8 percent)                   | 200         | 1 (2 percent)            | 80           |
| Tickles Snack Mix                       | 26 g                  | 100     | 2.5 (25 percent)                | 250         | 3 (12 percent)           | 0            |
| Tostito's Baked Tortilla Chips          | 28 g                  | 110     | 1 (8 percent)                   | 200         | 0 (0 percent)            | 0            |
| Utz Pretzels                            | 28 g                  | 100     | 0 (0 percent)                   | 480         | 1 (4 percent)            | 0            |
| Welch's Grape Juice                     | 10 oz                 | 170     | 0 (0 percent)                   | 25          | 43 (15 percent)          | 0            |
| Welch's Grapefruit Juice 100 percent    | 10 oz                 | 130     | 0 (0 percent)                   | 25          | 30 (11 percent)          | 20           |
| Yoplait Yogurt (ALL FLAVORS)            | 6 oz                  | 100-190 | 0-3<br>(0-13 percent)           | 85-95       | 27 (16 percent)          | 200          |

\*No juice drinks less than 100 percent juice qualify as a Winner's Circle Snack

## Winner's Circle Healthy Dining Program

| Item  | Serving Size (weight) | Kcal    | Fat (g)             | Sodium (mg) | Sugars (g)         | Calcium (mg) |
|---|-----------------------|---------|---------------------|-------------|--------------------|--------------|
| Act II Butter Popcorn                                     |                       | 160     | 10 (56 percent)     | 360         |                    |              |
| Archway RF Gingersnaps                                    | 32 g                  | 140     | 3.5 (25 percent)    | 140         | 12 (37.5 percent)  | 0            |
| Bagels Assorted Flavors<br>(used USDA SR 15)              | 100 g                 | 275     | 1.6 (5 percent)     | 534         | 0 (0 percent)      | 74           |
| Breyer's Yogurt   | 8 oz                  | 120     | 0 (0 percent)       | 105         | 15 (7 percent)     | 200 mg       |
| Cinnamon Toast Crunch Cereal Bars                         | 45 g                  | 180     | 4 (20 percent)      | 160         | 19 (42 percent)    | 0            |
| Cheddar Sportz  |                       | 210     | 9 (39 percent)      | 370         |                    |              |
| Cheez-It  |                       | 290     | 16 (50 percent)     | 450         |                    |              |
| Combos Nacho Cheese Pretzel                               | 1.8 oz                | 240     | 8 (30 percent)      | 580         | 8 (16 percent)     | 0            |
| Grandma's Homestyle Oatmeal<br>Raising Big Cookie         | 39 g                  | 180     | 6 (30 percent)      | 240         | 15 (38 percent)    | 0            |
| General Mills Cinnamon Toast<br>Crunch Milk 'n Cereal Bar | 1.6 oz                | 180     | 4 (20 percent)      | 160         | 19 (42 percent)    | 0            |
| General Mills Honey Nut Cheerios<br>Milk 'n Cereal Bar    | 1.4 oz                | 160     | 4 (22 percent)      | 150         | 16 (40 percent)    | 0            |
| Kashi GoLEAN Bars (ALL FLAVORS)                           | 78 g                  | 280-290 | 4-5 (16-17 percent) | 85-290      | 33 (39-42 percent) | 0            |
| Keebler Club Crackers                                     |                       | 70      | 3 (39 percent)      | 160         |                    |              |
| Keebler Low Fat Cinnamon Graham<br>Crackers               | 28 g                  | 110     | 1.5 (9 percent)     | 135         | 10 (36 percent)    | 0            |
| Goldfish Cheddar Crackers                                 |                       | 140     | 6 (39 percent)      | 230         |                    |              |
| Kellogg Rice Krispies Treat Bar                           | 22 g                  | 90      | 2 (20 percent)      | 100         | 8 (37 percent)     | 0            |
| Kraft Easy Macaroni                                       |                       | 250     | 7 (30 percent)      | 570         |                    | 0            |
| Kudos Chocolate Chip Bars                                 |                       | 130     | 5 (35 percent)      | 85          |                    |              |
| Lance Sandwich Crackers (ALL<br>FLAVORS)                  |                       |         |                     |             |                    |              |
| Little Debbie's Crispy Bar                                | 47 g                  | 190     | 4.5 (21 percent)    | 220         | 18 (38 percent)    | 0            |
| Nabisco RF Vanilla Wagers                                 | 29 g                  | 120     | 2 (17 percent)      | 110         | 12 (41 percent)    | 0            |
| Nature Valley Yogurt Bars                                 | 35 g                  | 140     | 3.5 (21 percent)    | 130         | 13 (37 percent)    | 0            |
| Original Wheat Thins                                      |                       | 150     | 6 (36 percent)      | 270         |                    |              |
| Orville Redenbacher Movie Theater<br>Butter               |                       | 160     | 12 (68 percent)     | 360         |                    |              |
| Pirate's Booty Cheddar Popcorn                            |                       | 128     | 5 (35 percent)      | 150         |                    |              |
| Pop Secret Kettle Corn Popcorn                            |                       | 190     | 13 (62 percent)     | 160         |                    |              |
| Pringles Reduced Fat<br>(ALL FLAVORS)                     |                       |         |                     |             |                    |              |

## Winner's Circle Healthy Dining Program

| Item  | Serving Size (weight) | Kcal | Fat (g)          | Sodium (mg) | Sugars (g)        | Calcium (mg) |
|---|-----------------------|------|------------------|-------------|-------------------|--------------|
| Quaker Fruit and Oatmeal Bites                      | 37 g                  | 140  | 2.5 (16 percent) | 120         | 14 (37 percent)   | 0            |
| Quaker Fruit Bar Apple/Crisp                        | 37 g                  | 130  | 3 (21 percent)   | 90          | 15 (41 percent)   | 200          |
| Quaker Strawberry Bars                              | 37 g                  | 130  | 2.5 (17 percent) | 120         | 15 (41 percent)   | 200          |
| Quaker Trail Mix Bars                               | 35 g                  | 150  | 5 (30 percent)   | 55          | 13 (37 percent)   | 0            |
| Ragu Express (Traditional Tomato)                   |                       | 190  | 2.5 (12 percent) | 490         |                   | 0            |
| RAZ Snack Mix (Original)                            |                       | 150  | 6 (36 percent)   | 410         |                   |              |
| Ritz Bitz Cheese Crackers                           |                       | 230  | 14 (55 percent)  | 410         |                   |              |
| Ritz Bitz Peanut Butter Crackers                    |                       | 190  | 9 (43 percent)   | 370         |                   |              |
| Rold Gold Original Snack Mix                        |                       | 160  | 6 (45 percent)   | 300         |                   |              |
| Rold Gold Pretzels                                  | 28 g                  | 110  | 1 (0 percent)    | 560         | 0 (0 percent)     | 0            |
| Rold Gold Snack Mix Colossal Cheddar                |                       | 160  | 8 (45 percent)   | 260         |                   |              |
| Smartfood White Cheddar Popcorn                     |                       | 160  | 10 (56 percent)  | 320         |                   |              |
| Snackwells Vanilla Crème Cookies                    | 48 g                  | 210  | 5                | 240         | 18 (37.5 percent) | 0            |
| Starburst Candy                                     | 2.07 oz               | 240  | 5 (19 percent)   | 0           | 34 (58 percent)   | 0            |
| Triscuit  |                       | 140  | 5 (32 percent)   | 230         |                   |              |
| Welch's Fruit Snacks – Strawberry/Grape/Mixed Fruit | 25 g                  | 70   | 0 (0 percent)    | 15          | 13 (52 percent)   | 0            |
| Wise Popcorn  |                       | 160  | 11 (62 percent)  | 400         |                   |              |

### NOTE:

In order for a school system to use the Winner's Circle name and logo (owned by NC Prevention Partners), it needs to participate in training provided by Prevention Partners and pay an annual fee. For more information, contact:

- Kim Shovelin, MPH, RD; National Winner's Circle Manager  
Phone: 252-749-4646 [kim@ncpreventionpartners.org](mailto:kim@ncpreventionpartners.org)
- Meg Molloy, DrPH, MPH, RD; Executive Director  
Phone: 919-966-8213 [meg@ncpreventionpartners.org](mailto:meg@ncpreventionpartners.org)



## APPROACH 6

### USE FUNDRAISING ACTIVITIES AND REWARDS THAT SUPPORT STUDENT HEALTH

- Fayette County Public Schools,  
Lexington, Kentucky
- Shasta County Public Health, California  
Department of Health Services, California Project  
LEAN, Contract #01-15285

**MAKING IT  
HAPPEN!**  
SCHOOL NUTRITION  
SUCCESS STORIES





### Fayette County Public Schools, Lexington, Kentucky

- 32,000 students in Kentucky's second-largest city near the center of the State
- 38.6 percent of students eligible for free and reduced-price school meals

#### For more information:

Anita Courtney, MS, RD, Director of Health Promotion  
[anitah.courtney@ky.us](mailto:anitah.courtney@ky.us)  
Phone: 859-288-2350

Carolyn Dennis, MS, RD, Health Promotion Manager  
[CarolynL.Dennis@ky.us](mailto:CarolynL.Dennis@ky.us)  
Phone: 859-288-2485  
Lexington Fayette County Health Department  
650 Newtown Pike  
Lexington, Kentucky 40508-1197

### Old Orchard Beach School Old Orchard Beach, Maine

- 1,200 students, grades K-12, small
- 28 percent of students eligible for

#### For more information:

Jackie Tselikis, RN, School Health  
[jtselikis@lms.oob.k12.me.us](mailto:jtselikis@lms.oob.k12.me.us)  
Loranger Middle School  
148 Saco Avenue  
Old Orchard Beach, Maine 04064  
Phone: 207-934-4848



## Alternatives to Using Food as Rewards

DOCUMENT  
1

### ALTERNATIVES TO FOOD REWARDS



- ☀ 88 % of KY schools use food as rewards for good behavior and academic performance.
- ☀ Pizza, candy, soft drinks and ice cream are the most common food rewards used in KY schools.

#### Advantages of Using Food as Rewards in Classrooms

- ✓ Easy
- ✓ Inexpensive
- ✓ Can bring about short-term behavior change

#### Disadvantages of Using Food as Rewards in Classrooms

- Classroom learning about nutrition will remain strictly theoretical if schools regularly model unhealthy behaviors.
- Foods commonly used as rewards can contribute to health problems for children: obesity, diabetes, hypertension and cavities. These diseases are increasing rapidly among KY children.
- Rewarding students with food can interfere with children learning to eat in response to hunger and satiety cues.
- Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards (Birch and Fisher 1994). In other words, we may be teaching children to prefer unhealthy foods.
- Schools are institutions designed to model appropriate behaviors to children. May contribute to "disordered eating" in future.

## Alternatives to Using Food as Rewards

### Kentucky Teachers' Suggestions for Alternatives to Food Rewards

#### Elementary School Students



- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher
- Play favorite game
- Stickers
- Fun video
- Extra recess
- School supplies
- Trip to treasure box filled with non-food items
- Paperback book
- Show-and-tell
- Teacher reads special book to class
- Bank system: earn play money to be used for privileges
- Teacher performs special skill: cart wheel, guitar playing

#### Middle School Students

- Sit with friends
- Listen to music while working at desk
- 5 minute chat break at end of class
- Reduced homework
- Extra credit
- Fun video
- Computer time
- Assemblies
- Field trips
- Eat lunch outside, or have class outside



#### High School Students

- Extra credit
- Fun video
- Reduced homework
- Coupons to video stores, music stores, movies (donated)
- Drawings for donated prizes among students who meet certain grades standards
- A few minutes of "free choice" time at end of class period



#### Food for Thought

"Rewards can be abused and overused. Too often students come to expect something in return for behavior or good grades when in reality they should do the behavior for its intrinsic value."

*— Middle School Teacher in Fayette County*

Lexington-Fayette County Health Department  
650 Newtown Pike Lexington, KY 40508  
Phone: 859-252-2371

Website: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)





## Shasta County Public Health, California Department of Health Services, California Project LEAN, Contract #01-15285

### ● Creative Financing and Fun Fundraising

### For more information:

Shasta County Public Health  
California Department of Health Services  
California Project LEAN, Contract #01-15285  
Phone: 530-245-6843





## Creative Financing and Fundraising

DOCUMENT  
1

# Creative Financing & Fun Fundraising

Alternatives to Selling Candy

For Schools, Sports, &

### Things to Do

### Things that involve the Community

- |  |  |  |   |
|--|--|--|---|
| <ul style="list-style-type: none"> <li>• gift wrapping</li> <li>• fun runs</li> <li>• walk-a-thons</li> <li>• bike-a-thons</li> <li>• jump-rope-athons</li> <li>• rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)</li> <li>• car wash (pre-sell tickets as gifts)</li> <li>• singing telegrams</li> <li>• talent shows</li> <li>• read-a-thons</li> <li>• spelling bee</li> <li>• science fairs</li> <li>• carnivals (halloween, Easter)</li> <li>• dances (kids, father/daughter, family, Sadie Hawkins)</li> <li>• workshops/classes</li> <li>• festivals</li> <li>• recycling cans/bottles/paper</li> <li>• golf tournament</li> </ul> | <ul style="list-style-type: none"> <li>• bowling night/bowl-a-thon</li> <li>• skate night/skate-a-thon</li> <li>• auction (teacher does something for kids)</li> <li>• raffles (teachers do a silly activity)</li> <li>• magic show</li> <li>• family/glamour portraits</li> <li>• treasure hunt/scavenger hunt</li> <li>• tennis/horseshoe competition</li> <li>• penny wars (pennies+1 point, nickels+5, quarters+25, team w/most points wins)</li> <li>• raffle (movie passes, theme bags)</li> </ul> | <ul style="list-style-type: none"> <li>• rent-a-teen helper</li> <li>• auction</li> <li>• workshop/class</li> <li>• conference</li> <li>• treasure hunt/scavenger hunt</li> <li>• craft sales</li> </ul> | <ul style="list-style-type: none"> <li>• tennis/horseshoe pitching competition</li> <li>• golf tournament</li> <li>• recycling cans/bottles/paper</li> <li>• festivals</li> </ul> |
|--|--|--|---|

### Resource Ideas\*

\*Not Endorsements

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <a href="http://istone.yahoo.com">http://istone.yahoo.com</a></li> <li>• <a href="http://ashleys-outlet.com">http://ashleys-outlet.com</a></li> <li>• <a href="http://www.creativelearning.cc">www.creativelearning.cc</a></li> <li>• <a href="http://www.fundraiser.html">www.fundraiser.html</a></li> <li>• <a href="http://Nudayfundraising.com">Nudayfundraising.com</a></li> <li>• <a href="http://www.123fundraising.com">www.123fundraising.com</a></li> <li>• <a href="http://QSP-1-800-667-2536">QSP 1-800-667-2536</a></li> <li>• <a href="http://www.qsp.ca/index2.html">www.qsp.ca/index2.html</a></li> <li>• <a href="http://www.westernfund.com">www.westernfund.com</a></li> <li>• <a href="http://www.currentfun.com">www.currentfun.com</a></li> <li>• Dulco Printing</li> <li>• (209) 266-8245</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="http://www.treasurebooksandgifts.com">www.treasurebooksandgifts.com</a></li> <li>• <a href="http://www.fundraisingdepot.com">www.fundraisingdepot.com</a></li> <li>• <a href="http://www.boonewayfarms.com">www.boonewayfarms.com</a></li> <li>• <a href="http://www.common-threads.com">www.common-threads.com</a></li> <li>• <a href="http://www.giftfriends.com">www.giftfriends.com</a></li> <li>• <a href="http://www.partnersforkids.com">www.partnersforkids.com</a></li> <li>• <a href="http://www.fundraisingbatteries.com">www.fundraisingbatteries.com</a></li> <li>• <a href="http://www.vistamark.com/schools/index">www.vistamark.com/schools/index</a></li> <li>• <a href="http://www.brickstonegraphics.com">www.brickstonegraphics.com</a></li> <li>• <a href="http://www.zoodog.com/tattoos">www.zoodog.com/tattoos</a></li> </ul> |
|--|--|



Please contact Shasta County Public Health (530-245-6843) with questions.  
California Department of Health Services, California Project LEAN, Contract #01-15285



## Creative Financing and Fundraising

# \$ Creative Financing & Fun Fundraising

Alternatives to Selling Candy

For Schools, Sports, &

### Things You Can Sell

- candles
- greeting cards
- gift wrap, boxes, and bags
- magazine subscriptions
- gift items
- coupon books
- holiday wreaths
- gift certificates
- flowers, bulbs, poinsettias
- cookbooks
- balloon bouquets
- house decorations
- T-shirts, sweatshirts
- books, calendars
- buttons, pins
- air fresheners
- scratch-off cards
- customized stickers
- football seats
- kissing on the cheek booth
- hugging booth
- plants
- elephant rides
- pet treats/toys/ accessories

- tupperware
- Christmas ornaments
- school spirit gear
- first aid kits
- crafts
- emergency kits for cars
- batteries
- brick/stone/tile
- memorials
- temporary/henna tattoos
- pocket calendars
- raffle donations
- stuffed animals
- coffee cups, mugs
- rent a special parking space
- foot warmers
- spirit/seasonal flags
- bumper stickers
- souvenir cups
- license plates or holders w/school logo
- giant coloring books
- scarves
- megaphones
- gift baskets
- hats
- jewelry

- Valentine flowers
- school art drawings
- Christmas trees
- yearbook covers
- mistletoe
- student directories
- yearbook graffiti
- monograms
- newspaper space, ads
- stationary
- stadium pillows
- school frisbees
- sell/rent wishes
- garage sale
- bath accessories
- music, videos, CDs



The greatest pleasure in life is doing what people say you cannot do.

### Healthy Food Items

- fruit smoothies
- frozen bananas
- trail mix
- fruit & nut baskets
- lunch box auctions
- fruit & yogurt parfaits

### Things that Support Academics

- read-a-thon
- science fair
- spelling bee

### Things that Promote the School

- cookbook made by school (parents, teachers, kids)
- T-shirt/sweatshirt sales
- bumper stickers & decals
- school logo air fresheners
- scratch off cards
- calendars



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California Department of Health Services, California Project LEAN, Contract #01-15285





## How to Share Your Making It Happen Success Story

We would like to learn how your group is making it happen and improving school nutrition environments!

1. Which of the following approaches did you use (please check all that apply):

- ☐ Establish nutrition standards for competitive foods
- ☐ Influence food and beverage contracts
- ☐ Make more healthful foods and beverages available
- ☐ Adopt marketing techniques to promote healthful choices
- ☐ Limit student access to competitive foods
- ☐ Use fundraising activities and rewards that support student health

2. At what level did you make changes in foods and beverages?

- ☐ School level
- ☐ District level

2a. If change was at the school level:

How many students are in the school? \_\_\_\_\_ number of students

What percentage of students in the school are eligible for free or reduced-price meals?

\_\_\_\_\_ percentage of students

2b. If change was at the district level:

How many students are in the district? \_\_\_\_\_ number of students

What percentage of students in the district are eligible for free or reduced-price meals?

\_\_\_\_\_ percentage of students

3. Summarize the key changes made in foods and beverages.

4. Describe how and why you made changes in foods and beverages.

5. List key factors that led to your success.

6. Summarize future plans.

7. Please share words of wisdom from your experience that could benefit others as they undertake change.

8. What is the name and contact information of someone who can answer follow-up questions, if needed?

**Thank you for your participation!**

Please send your completed form to: Mary L. McKenna; DASH, NCCDPHP, CDC;  
4770 Buford Highway, NE, MS K-12; Atlanta, GA 30341-3717. Fax: 770-488-5771  
E-mail: [mmckenna1@cdc.gov](mailto:mmckenna1@cdc.gov)

# USER RESPONSE CARD

## ***Making It Happen!* - School Nutrition Success Stories**

Please take a few minutes to complete this form, seal it with tape, and mail it (no stamp needed). Your feedback will help us assess the usefulness of this document and revise it in the future.

### 1. Which best describes you:

- |  |   |
|--|---|
| <input type="checkbox"/> Administrator                       | <input type="checkbox"/> School Nurse                               |
| <input type="checkbox"/> Community-based health professional | <input type="checkbox"/> School Health/<br>Nutrition Council Member |
| <input type="checkbox"/> Parent                              | <input type="checkbox"/> Teacher                                    |
| <input type="checkbox"/> School foodservice professional     |   |
| <input type="checkbox"/> Other _____                         |   |

### 2. Please rate the usefulness of *Making It Happen!*:

|   | Not Useful |   |   | Very Useful |   |
|---|------------|---|---|-------------|---|
| a. Background Information   | 1          | 2 | 3 | 4           | 5 |
| b. Establish Nutrition Standards for Competitive Foods                | 1          | 2 | 3 | 4           | 5 |
| c. Influence Food and Beverage Contracts                              | 1          | 2 | 3 | 4           | 5 |
| d. Make More Healthful Foods and Beverages Available                  | 1          | 2 | 3 | 4           | 5 |
| e. Adopt Marketing Techniques to Promote Healthful Choices            | 1          | 2 | 3 | 4           | 5 |
| f. Limit Student Access to Competitive Foods                          | 1          | 2 | 3 | 4           | 5 |
| g. Use Fundraising Activities and Rewards that Support Student Health | 1          | 2 | 3 | 4           | 5 |
| h. Success Story Support Materials                                    | 1          | 2 | 3 | 4           | 5 |
| i. Overall Usefulness of <i>Making It Happen!</i>                     | 1          | 2 | 3 | 4           | 5 |

### 3. Please describe the strengths of *Making It Happen!*:

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### 4. Please make suggestions for improvement:

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**U.S. Department of Agriculture**  
Food and Nutrition Service, CND  
Alexandria, VA 22302-9943

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Alexandria, VA 22302-9943



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**User Response Card (Continued)**

5. As a result of reading *Making It Happen!*, did you take any action regarding school nutrition environments? If so, please share with us:

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6. Other comments:

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Thank You!