

**SCHOOL FOOD and NUTRITION SERVICES
OF NEW ORLEANS, INC.**

WELLNESS POLICY

(Updated 10/21/15)



— ARCHDIOCESE OF —
NEW ORLEANS

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School Food and Nutrition Services Wellness Policy

A Wellness Policy was created in accordance with the Child Nutrition and WIC Reauthorization Act of 2004. This Act required each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act or the Child Nutrition Act of 1966 to have a Wellness Policy.

Schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems, like type 2 Diabetes, that are associated with poor nutrition and physical inactivity. This law placed the responsibility of developing a school wellness policy at the local level, so the individual needs of each school can be addressed most effectively.

The Louisiana Legislative Act 331 further mandated the establishment of healthy standards for foods and beverages sold through vending, concessions or other such sales on school grounds.

Preamble

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance and education. Students should participate in sufficient physical activity and attend daily physical education classes.

Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

As of July 1, 2014, USDA Regulations required by the Healthy Hunger Free Act of 2010, required that all food and beverages made available to students during the day (outside of the school meal program) meet Smart Snack nutrition standards.

Purpose

The purpose of this policy is to assure that School Food and Nutrition Services schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Each school is encouraged to meet the nutrition requirements as outlined in *1196 Louisiana School Food Service Policy Guidance Manual*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate times for students to eat.
- Schools will promote and implement nutrition and physical education to foster lifelong habits of healthy eating and physical activity.

School Food Service Goals

Per federal and state requirements, School Food and Nutrition Services schools will implement the following goals:

Goal: Develop and implement school district policies in accordance with the state wellness policy:

- Provide school breakfast, lunch and snack (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Louisiana Department of Education.
- Provide whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Provide fresh, frozen and canned fruits and vegetables using healthy food preparation techniques and 100 percent fruit juice.
- Provide nonfat, reduced fat, low-fat, plain and/or flavored milk, nonfat, reduced fat and/or low-fat real cheese.
- Practice healthy food preparation techniques for lean meat, poultry, and fish.
- Provide school meals accessible to all students by providing breakfast and lunch to all students.
- Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (*1196 Louisiana School Food Service Policy Guidance Manual*).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the cafeteria school site.
- Follow State Board of Education policies on competitive foods and extra food sales.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity.

Goal: Develop and implement marketing strategies that are consistent with nutrition education and health promotion.

- Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;

School Goals

Schools are encouraged to implement the following goals:

Goal: Develop and implement school district policies in accordance with the state wellness policy.

- Allow adequate time for breakfast, lunch and snack (where approved and applicable).
- Provide a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits while or when eating with the students.
- Encourage serving healthy food at school parties. For instance, notices may be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students.
- Encourage nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water or items listed on the Smart Snack list) whenever foods/beverages are sold or otherwise offered.
- Encourage alternatives other than food as rewards.

Goal: Develop and implement marketing strategies that are consistent with nutrition education and health promotion.

- Promote food and beverages that meet the nutrition standards.
- Encourage the sale of healthier food items as fundraisers.

Goal: Develop and implement school-based nutrition education strategies.

- Promote and implement nutrition education that promotes lifelong healthful eating practices;
- Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant;
- Provide staff development for teachers.

Goal: Develop and implement school based physical education strategies.

- Strive toward hiring qualified health/physical education teachers to guide physical activity instruction in elementary grades as well as in middle and high school physical education classes.
- Promote and implement quality physical education programs.
- Strive to provide adequate safety policies and provisions for physical education programs.

Goal: Provide opportunities for physical activity outside of P.E.

- Encourage physical activity during recess for elementary students, intramurals programs, integration in the academic curriculum, and clubs as well as in physical education programs.
- Provide recess for all children in K-8th grade.
- Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.

Nutrition & Physical Education

The Centers for Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, food service personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health.

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

Snack Ideas for School & Classroom Parties

Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means an overall healthier life. Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, encourage combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider medical food restrictions and allergies when providing classroom snacks.

Below are the requirements for the Smart Snacks nutrition standards to consider for classroom events and all foods sold outside the school meal programs, on the school campus, at any time during the school day. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables – Buy locally when possible
- ◆ Baby carrots and other vegetables with Low-fat dip
- ◆ Yogurt
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Low-fat popcorn
- ◆ 100% fruit juice (small single-serves)
- ◆ Granola bars*
- ◆ Bagels with low-fat cream cheese
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve low-fat or fat free milk (regular or flavored)
- ◆ Bottled water (including unsweetened flavored water)

*May be allergens and/or a choking risk for some people. Please check with a health care provider.

REFER TO PENNINGTON SMART SNACK LIST

LOUISIANA GUIDE TO SMART SNACKS

<u>Snacks</u>	Applies to all foods sold outside the school meal programs, on the school campus, at any time during the school day. Effective July 1, 2014.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product <i>OR</i> -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <i>OR</i> -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; <i>OR</i> -Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).	USDA	
Calories	<150 calories per snack item	LA	
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.	USDA	
Sodium	<230 mg of sodium snack item	USDA	
Total Fat	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.	USDA and LA	
Saturated Fat	<10% of calories from saturated fat	USDA	
Trans Fat	0% trans fat	USDA	
Sugars	<30 g of sugar per serving. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt as long as they do not exceed 30 g of sugar per serving.	LA	
Entrée Exemption	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.	USDA	
Fresh Pastries	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).	LA	
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.	USDA	
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.	USDA	
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.	LA	
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, plain-may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, plain-may be sold during the school day. No restriction on portion.	USDA and LA
Milk	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12 fluid oz. portion.	USDA
Juice and Juice with additives	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12 fluid oz. portion.	USDA
Beverages	No other beverages may be sold.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain <10 calories per 8 ounces. The other 50% can be no more than: 1. A 20-ounce portion of calorie-free, flavored water; and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or <10 calories per 20 fluid ounces. 2. 12 ounce portions of beverages with <40 calories per 8 fluid ounces, or <60 calories per 12 fluid ounces. 3. If middle school and high school students are located in the same building and all students have access to the high school area, the standards for middle school must be followed.	LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA

*See USDA Guidelines for requirements of extra sale items not offered as a part of a reimbursable meal.