

REGULATIONS

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SUBJECT: WELLNESS / NUTRITION AND PHYSICAL ACTIVITY

School Nutrition & Health Committee

The Bethpage Union Free School District has established a Wellness Committee to develop and enhance the District's local Wellness Policy, making such policy recommendations for review and adoption by the Board of Education.

The District's Wellness Committee includes, but is not limited to, representative from each of the following groups:

- a) Parents;
- b) Students;
- c) The District's Food Service Management Company (FSMC);
- d) The School Board;
- e) School Administrators, and staff;
- f) Members of the public;
- g) The District's Nutritional Consultants & other Food/Health/Wellness Professionals.

The school district will work with the existing Nutrition & Health Committee to implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies and regulations. The committee also will serve as a resource to school sites for implementing those policies and regulations. The school nutrition & health committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the Food Service Management Company, members of the school board, school administrators, teachers, health professionals, and members of the public.

Nutritional Quality of Foods and Beverages Sold and Served* on Campus

(*Served is defined as food provided to students at no cost and is outside the reimbursable breakfast and lunch programs.)

School Meals

Meals served by the Child Nutrition Program will adhere to National School Lunch and Breakfast standards and the NYSED Healthy Hunger Free Kids Act of 2010 and subsequent revisions and for updates thereto; for all food sold in school as referenced in the District's Food Service Management Bid specifications, and will:

- be appealing and attractive to children;
- be served in clean, safe and pleasant settings; meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, including the current U.S. Guidelines;
- offer a variety of fruits and vegetables;
- serve only 100% fruit and vegetable juices with meals;
- fresh and frozen vegetables shall be used in place of canned;
- No canned fruits or vegetables will be used, with the exception of canned tomato products and legumes;
- serve only low-fat (1%) and fat-free milk;
- prepare food using methods that reduce the fat content. There will be no frying;
- to the extent allowable, strive to provide or integrate the use of locally grown produce within the food program;
- to the maximum extent practicable, be free of preservatives, additives or artificial colorings, including nitrates, MSG, dyes, and high fructose corn syrup;
- meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines.

Using taste testing and surveys, students and parents will engage in identifying new, healthful, and appealing food choices to be sold through the school meal programs. In addition, the Nutrition Office will share information about the nutritional content of meals and snacks with parents and students. Through the use of the Nutrikids Menu Planning Software purchase by the District, the FSMC will create lunches that reflect the caloric, fat, sodium, and fiber contents that meet the established NYSED guidelines. Information will be made available on menus, the Bethpage Union Free School District website, on cafeteria menu boards, and other point-of-purchase materials.

Offer versus Serve

Under the Food Based Menu Plan (FBMP), meals must contain one each of a vegetable, a fruit, a grain, a meat/meat alternate, and milk.

Students in grades 3 through 12 may choose three, four, or five of the components offered at lunch.

Students in grades K through 2 will be served a full and complete lunch meal which includes all five components, as understood under the Food Based Menu Plan (FBMP).

Breakfast

Due to extremely limited interest expressed at the elementary level, the District through surveys taken yearly, has determined that it will not provide SED approved Reimbursable School Breakfast Program for the elementary students. Notwithstanding, the District has approved and implemented a Reimbursable Breakfast Program at the Secondary level. Students may choose three or four of the four components offered at breakfast.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social and/or cultural stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. School district will encourage eligible families to participate in the free and reduced priced meal program.

Meal Times and Scheduling

Schools will provide students with adequate time to eat after sitting down for lunch.

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually During the School Day

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines and vending machines) will meet the nutrition standards of the Healthy Hunger Free Kids Act of 2010 and subsequent revisions and for updates thereto. All vending machines in the District are operated by the FSMC.

Beverages and Snack Foods

The District shall follow the Healthy Hunger Free Kids Act of 2010 guidelines for all foods sold in school and subsequent revisions and for updates thereto.

Healthy Snack Suggestions

All snacks are to be offered in single serving packages only. Snacks may not contain hydrogenated oils, preservatives, or artificial ingredients.

Snacks sent from Home

Snacks brought from home should make a positive contribution to children's diets and health, with an emphasis on fresh fruits and vegetables as the primary snacks and water as the primary beverage. Home baked goods and other snacks prepared at home are discouraged, but are not prohibited. It is recommended that snacks brought into the classroom be pre-packaged and contain complete ingredient lists with no nuts or nut products and comply with Smart Snacks regulations. The District's Food Service Management Company (FSMC) may be requested to

provide nut-free snacks. The decision to prohibit home baked goods and other foods prepared at home will be left to the discretion of each building principal with the support and participation of his/her building's Nutrition Subcommittee. The District, through the Nutrition Office, will disseminate a list of healthful snack items to parents and teachers.

Fundraising Activities During the School Day

The District understands that fundraising is the primary source of income for organizations such as the PTA's and other school clubs. To support children's health and school nutrition-education efforts, fundraising activities involving the sale of food to students during the school day shall comply with the Healthy Hunger Free Kids Act of 2010 and subsequent revisions and for updates thereto. The District endeavors to limit the fundraising activities involving the sale of foods sold to students for consumption during the school day. Home baked goods and other foods prepared at home are discouraged, but are not prohibited. It is recommended that foods brought in for fundraising be pre-packaged and contain complete ingredient lists with no nuts or nut products. The decision to prohibit home baked goods and other foods prepared at home will be left to the discretion of each building principal with the support and participation of his/her building's Nutrition Subcommittee. The school district will make available a list of non-food ideas for fundraising activities.

Rewards

Schools will endeavor to reduce or discourage the use of foods or beverages as rewards for academic performance or good behavior and replace where appropriate with non-food rewards. Schools will not withhold food or beverages (including food served through school meals) as a punishment. The above does not apply if in conflict with the student's Individual Education Plan (IEP).

Parties

Classroom parties should occur after lunch whenever possible. Healthy food choices should be encouraged. Water should be the primary beverage of choice. Candy of any kind is discouraged, but is not prohibited. Goody bags and holiday cards with chocolate or candy (such as on Valentine's Day) is discouraged, but is not prohibited. Elementary school end of the year parties should be on one of the three half days provided in June. Home baked goods and other foods prepared at home are discouraged, but are not prohibited. It is recommended that foods brought in for classroom parties are pre-packaged and contain complete ingredient lists with no nuts or nut products. The decision discourage, reduce and/or to prohibit home baked goods and other foods prepared at home will be left to the discretion of each building principal with the support and participation of his/her building's Nutrition Subcommittee. The Building Administration will provide a list of healthy party ideas to parents and teachers.

Birthdays

For all elementary grades (Kindergarten through 5), birthday parties with food will be permitted, with an emphasis on "healthy choices." Home baked goods and other foods prepared at home are discouraged, but are not prohibited. It is recommended that foods brought in for birthdays are pre-packaged and contain complete ingredient lists with no nuts or nut products. The District's Food Service Management Company (FSMC) may be requested to provide nut-free snacks for the birthday celebration. Candy of any kind is discouraged, but is not prohibited. Beverages such as 100% fruit/vegetable juice or water are recommended. Birthday parties should be after lunch and not significantly impact instructional time. A teacher may choose alternatives to food to recognize children's birthdays including hats, singing "Happy Birthday" and special privileges such as a "Homework Pass." The important part of birthday celebrations is the special recognition of the child. The decision to prohibit home baked goods and other foods prepared at home will be left to the discretion of each building principal with the support and participation of his/her building's Nutrition Subcommittee.

School & PTA Sponsored Events During the School Day

Schools should limit events that involve food which will be served* to students during the school day. Home baked goods and other foods prepared at home are discouraged, but are not prohibited. It is recommended that foods brought in are pre-packaged, contain complete ingredient lists with no nuts or nut products and comply with the Smart Snack regulations. The District's Food Service Management Company (FSMC) may be requested to provide nut-free snacks for the school and/or PTA sponsored events. Candy of any kind is discouraged, but is not

prohibited. Emphasis should be made on “healthy choices,” with fresh fruits and vegetables as the primary foods/snacks and water as the primary beverage.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting healthy beverage and snack choices; posters and signage that promote healthy options in meals, a la carte lines or vending machines.

Monitoring

The FSA (telephone: 516-644-4030) and FSMC Food Service Director (telephone: 516-644-4115) will ensure district-wide compliance with established nutrition and physical activity wellness policy regulations and report such compliance on a periodic basis to the Board of Education. In each school, the principal or designee will ensure compliance with those policy regulations in his/her school.

Policy Review

The district will review policy compliance, assess progress, determine areas in need of improvement, and as necessary, will revise the wellness policy.

Adopted: 12/12/11

Revised and Re-Adopted: 12/15/14