

Frequently Asked Wellness Policy and Nutrition Guidelines Questions and Answers

Downingtown Area School District For Grades Kindergarten through Grade 8

Updated January 2016

Question	Answer
<p>What is a School Wellness Policy?</p>	<p>The local Wellness Policy requirement is established by Section 204 of the Public Law 108-265, the Child Nutrition and WIC reauthorization Act of 2004. The law requires each Local Education Agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that promotes the health of students and addresses the problem of childhood obesity. The Wellness Policy must include measureable goals in the following areas:</p> <ul style="list-style-type: none"> • Goals for nutrition education • Goals for physical activity • Goals for other-school based activities designed to promote student wellness • Nutrition guidelines for all foods and beverages available on school campuses during the school day with the objectives of promoting student health and reducing childhood obesity • The goals set forth in the policy will establish regulations for a la carte foods, fundraisers, vending machines, classroom parties, and food used as rewards • A plan for monitoring progress <p><u>*** The DASD Wellness Policy Nutrition Guidelines address competitive food and beverages available to students during the school day, which is defined by USDA as the period from the midnight before, to 30 minutes after the end of the official school day.</u></p>
<p>What changes are there to the National School Lunch Program Guidelines?</p>	<p>The Healthy, Hunger Free Kids Act of 2010, authorizes funding and sets policy for the United States Department of Agriculture’s (USDA) core child nutrition programs, including the National School Lunch Program. Through this Act, the USDA is making the first major changes in school meals in 15 years to help ensure a healthier generation of children. These changes are intended to significantly benefit the long-term well-being and success of today’s students and, in turn, will support the district’s core educational mission. Highlights of the USDA Final Rule changes for the National School Lunch Program are as follows:</p> <ul style="list-style-type: none"> • Lunches offered to students must still have 5 components: Grain, Meat/Meat Alternate, Fruit, Vegetable and Fluid Milk. • Students MUST now select at least 1 fruit OR vegetable serving • There will be weekly minimum servings for fruits and vegetable, separately (Formerly fruits and vegetables were put together for required serving size.). • Vegetable selection requirements and portions sizes are increasing and there is a requirement for vegetable subgroups such as dark green, red/orange, legumes, and starchy. • All of the grains served must be whole grain. There are weekly and daily minimum limits by grade segments on portion size of grains. • There are weekly and daily minimum limits by grade segments on portion size of Meat/Meat Alternate. • All plain milk must be fat-free or 1% and flavored milk must be fat-free. • Saturated fat is limited to less than 10% of total calories, with no Trans fats permitted. • Minimum and maximum calorie limits by grade segments have been set. • Sodium limits by grade segment.

<p>Can food be brought into the classroom for student birthday parties?</p>	<p>No. If a family chooses to recognize their child's birthday with their class, they may do so with a non-food item. Teachers and parents will be provided with non-food alternative birthday party suggestions for the classroom.</p>
<p>Can food be brought in for classroom parties, holidays, and celebrations?</p>	<p><i>Classroom parties will provide the following:</i></p> <ul style="list-style-type: none"> • <i>Fresh fruits and vegetables</i> • <i>Water, 100% fruit juice or milk</i> <p><i>In addition, Food Service Departments will offer party lists/menus that include food and beverage choices that:</i></p> <ul style="list-style-type: none"> • <i>Are moderate in sodium content</i> • <i>Provide minimal to no trans fatty acids (trans fats)</i> • <i>Provide items that contain > 2 grams of fiber/serving</i> <p><i>Individual item snacks and drinks which are suggested for classroom parties include:</i></p> <p><i>These items may be purchased from the school district food service provider OR purchase comparable items from an outside food vendor.</i></p> <ul style="list-style-type: none"> • <i>Sun Chips, Garden Salsa – .875 oz.</i> • <i>Pepperidge Farm WG Goldfish – .75 oz.</i> • <i>Nabisco Teddy Bear Graham Minis – 1 oz.</i> • <i>Rold Gold Pretzels – .7 oz.</i> • <i>Kellogg's WG Rice Krispie Treats – 1.41 oz.</i> • <i>Quaker Snack Kids Mix – .875 oz.</i> • <i>Land O Lakes String Cheese, Light Low Moisture, Part skim – 1 oz.</i> • <i>Water – 8 oz.</i> • <i>100% Apple Juice – 4 oz.</i> • <i>Milk, Fat Free or 1% Low Fat White – 8 oz.</i> • <i>Oven Bakes Scoops - .875 oz.</i> • <i>Salsa Thick and Chunky</i> • <i>Fruit Snacks</i> • <i>Fruit Roll Ups</i> • <i>Raisins (small box)</i> • <i>Chex cinnamon cereal bowl</i> • <i>Rice Krispie cereal bowl</i> <p><i>In addition, the following items are ALLERGY FRIENDLY and suggested for classroom parties. Always check the food labels. Labels and ingredients do change. These items may be purchased from an outside food vendor:</i></p> <ul style="list-style-type: none"> • <i>Fresh fruits and vegetables</i> • <i>Skinny Pop Popcorn (snack size)</i> • <i>Raisins (original only) (individual snack size packages)</i> • <i>Applesauce (individual serving) – suggestions: Gogo Squeeze, Motts Natural and Musselman's Natural)</i>

	<ul style="list-style-type: none"> • <i>Fruit Snacks (Welch’s original)</i> • <i>Wegman’s Organic Fruit Twists</i> • <i>Bare Fruit Crisps (Available at most grocery stores)</i> • <i>Brother’s All Natural Fruit Crisps</i> • <i>Chex cereals – Cinnamon, Corn, Rice, Vanilla (individual servings)</i>
Can we have a pizza Party in the classroom for lunch?	Yes. In order to ensure that it meets all current nutritional, meal benefit and confidentiality guidelines for the National School Lunch Program, the pizza must be provided by the district’s current food service provider.
Can we have treats for school-wide activities such as field days?	<p>Yes, as long as the items offered still follow the “Classroom Parties/Holiday Celebrations” section of the Wellness Policy, which states that such activities will also provide the following:</p> <ul style="list-style-type: none"> • Fresh fruits and vegetables • Water, 100% fruit juice, or milk <p>You can offer popsicles as the only item if 100% fruit juice popsicles are provided</p>
Can food be used as a reward?	No, food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e. guest chef, field trip to a farm or farmers market, etc.).
Can children bring in a snack, and eat it during school?	Yes, but parents/caregivers will be encouraged to provide a healthy snack for snack time.
What types of beverages are allowed to be sold by the district (cafeteria a la carte and vending)?	<p><i>All schools may sell:</i></p> <ul style="list-style-type: none"> • Plain water (with or without carbonation) • Unflavored low fat milk • Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP • 100% fruit or vegetable juice and • 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners. <p><i>Elementary schools may sell up to 8-ounce portions, while middle schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.</i></p> <p>No carbonated beverages unless exempted by USDA.</p>
What types of products are allowed to be sold in the vending machines?	<p>Vending will not be available for elementary students. In Grades 6-8, the following standards apply to all foods offered for the period from the midnight before, to 30 minutes after the end of the official school day through vending machines:</p> <ul style="list-style-type: none"> • Foods must: <ul style="list-style-type: none"> • Be a “whole grain-rich” grain product; or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or • Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern

	<p>in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*</p> <ul style="list-style-type: none"> • Foods must also all of the following nutrient requirements: <ul style="list-style-type: none"> <u>Calorie limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 200 calories ◦ Entrée items: ≤ 350 calories <u>Sodium limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 230 mg** ◦ Entrée items: ≤ 480 mg <u>Fat limits:</u> <ul style="list-style-type: none"> ◦ Total fat: ≤35% of calories ◦ Saturated fat: < 10% of calories ◦ Trans fat: zero grams <u>Sugar limit:</u> <ul style="list-style-type: none"> ◦ ≤ 35% of weight from total sugars in foods <p>*On July 1, 2016, foods may not qualify using the 10% DV criteria. **On July 1, 2016, snack items must contain ≤ 200 mg sodium per item</p>
<p>What about school fundraisers, what type of food can be sold?</p>	<p>All food items sold as fundraisers on school property and available for sale and/or distribution for consumption during the period from the midnight before, to 30 minutes after the end of the official school day must meet the guidelines below and will be reviewed by the principal of the school. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.</p> <ul style="list-style-type: none"> • Foods must: <ul style="list-style-type: none"> • Be a “whole grain-rich” grain product; or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or • Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).* • Foods must also meet all of the following nutrient requirements: <ul style="list-style-type: none"> <u>Calorie limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 200 calories ◦ Entrée items: ≤ 350 calories <u>Sodium limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 230 mg** ◦ Entrée items: ≤ 480 mg <u>Fat limits:</u> <ul style="list-style-type: none"> ◦ Total fat: ≤35% of calories ◦ Saturated fat: < 10% of calories ◦ Trans fat: zero grams <u>Sugar limit:</u> <ul style="list-style-type: none"> ◦ ≤ 35% of weight from total sugars in foods <p>*On July 1, 2016, foods may not qualify using the 10% DV criteria. **On July 1, 2016, snack items must contain ≤ 200 mg sodium per item</p>

<p>What about the school store, what type of food can be sold?</p>	<p>The following standards apply to all foods sold in school stores for the period from the midnight before, to 30 minutes after the end of the official school day through vending machines:</p> <ul style="list-style-type: none"> • Foods must: <ul style="list-style-type: none"> • Be a “whole grain-rich” grain product; or • Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or • Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).* • Foods must also all of the following nutrient requirements: <ul style="list-style-type: none"> <u>Calorie limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 200 calories ◦ Entrée items: ≤ 350 calories <u>Sodium limits:</u> <ul style="list-style-type: none"> ◦ Snack items: ≤ 230 mg** ◦ Entrée items: ≤ 480 mg <u>Fat limits:</u> <ul style="list-style-type: none"> ◦ Total fat: ≤35% of calories ◦ Saturated fat: < 10% of calories ◦ Trans fat: zero grams <u>Sugar limit:</u> <ul style="list-style-type: none"> ◦ ≤ 35% of weight from total sugars in foods <p>*On July 1, 2016, foods may not qualify using the 10% DV criteria. **On July 1, 2016, snack items must contain ≤ 200 mg sodium per item</p>
<p>Can we use food items as part of the curriculum? (i.e. to meet standards: measuring with non-standard units, letter of the week, measuring with beans, and pumpkin seeds in fall in science).</p>	<p>Yes, food used as part of the curriculum is not prohibited. However, curriculum-based food activities must follow the following nutrition guidelines:</p> <ul style="list-style-type: none"> • Water, 100% fruit juice or milk • Are moderate in sodium content • Provide minimal to no trans fatty acids • Provide items that contain > 2 grams of fiber/serving <p>In addition, Food Service Department will offer party lists/menus that include food and beverage choices for curricular learning experiences.</p>
<p>What about students with 504 needs?</p>	<p>If the 504 addresses food consumption during the school day we are obligated to comply with the child’s 504.</p>
<p>Where can we reference the full wellness policy and nutrition guidelines?</p>	<p>The Downingtown Area School District Wellness Policy, Nutrition Guidelines, and supplementary resources related to nutrition and physical activity will be available to school personnel and parents through the building principal and on the DASD website.</p>

