

POLICY SERIES 3000 - STUDENTS**DISTRICT NUTRITION STANDARDS**

The District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Olympia School District is committed to providing an environment which promotes healthful food choices. This environment includes not only the District Child Nutrition Program but also school vending operations, student stores, fundraising sales, clubs, activities, organizations and any other foods available on campus before and during the academic day. The Olympia School District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale or distribution of beverages and food on school grounds before and during the academic day.

Hot Lunch/School Breakfast Program

- 1) The Board will ensure that an economically sustainable meal program will provide access to a nutritious lunch to every student at every school so that students are prepared to learn to their fullest potential. An economically sustainable meal program is one that is able to at least cover all of its direct operating costs. The District will also ensure that every student will have access to a healthy and nutritious breakfast and require that after school daycare programs offer a healthy nutritious snack.
- 2) The Board will ensure that the nutritional value of food served by the Olympia School District and after school child care programs significantly improve upon the USDA Guidelines.
- 3) The Board supports sustainable organic agriculture and the Farm to Cafeteria program. Therefore the Child Nutrition Supervisor shall develop and implement a plan to integrate organic food into the meals served to our students by the Olympia School District. The plan shall seek to reduce or eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods.
- 4) High sugar foods on the menu will be limited to items with high nutritional value.
- 5) Deep fat frying as a cooking method will not be used.

Beverages

- 1) All beverages sold or dispensed to students will be no more than 12 ounces, with the exception of unsweetened water.
- 2) Vending sales of pop, drinks containing less than 100% juice, sports drinks, or artificially sweetened drinks, will not be accessible to elementary and middle school students.
- 3) Vending and non-vending sales of pop, drinks containing less than 100% juice, sports drinks, or artificially sweetened drinks can be sold on school grounds at the high schools. However, by the beginning of school year 2006-07, such beverages are limited to 50% of the beverage mix. By the beginning of school year 2007-08, such beverages are limited to 20% of the beverage mix, and by the beginning of the school year 2008-09, such beverages are eliminated from the beverage mix...
- 4) Vending and non-vending sales of 100% fruit juice in 12 oz. containers or less, nonfat or 1% milk, flavored and unflavored, in 10 oz. containers or less, unsweetened water in any size container, and seltzer-fruit combinations with no added sweeteners, in 12 oz containers

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or less, can be sold prior to and throughout the instructional day at the middle and high schools.

- 5) The non-vending sale of pop, drinks containing less than 100% juice, sports drinks or artificially sweetened drinks, will not be permitted to elementary and middle school students prior to the start of the school day or throughout the academic day, but will be permitted at those special events that begin after the conclusion of the academic day.
- 6) Sales of coffee drinks using a single shot (1 oz) and two percent milk or less are allowed at the high schools.

Food

Vending sales of food will not be accessible to elementary students. Non-vended foods at elementary schools, and vended and non-vended foods at middle and high schools, must generally meet the following criteria:

- 1) Under 200 calories per unit/package, unless the item is a meal replacement bar.
- 2) Less than 10% of calories from a combination of trans/saturated fats.
- 3) Meat group/protein foods will contain no more than 60% of calories from fat. Nuts and seeds do not need to fall within a fat guideline, but should have no added saturated fats.
- 4) Yogurt and cheese products should be made with 2% or lower fat milk.
- 5) Food choices should be a good source of several nutrients, including phytonutrients (nutrients found in plant based foods).
- 6) At middle school, up to 10% of snack items may be high in fat or added sugar if they contain less than 200 calories and contain some nutrients. In high school, by the beginning of school year 2006-07 up to 50%, by the beginning of school year 2007-08 up to 20%, and by the beginning of school year 2008-09 up to 10% of snack items may be high in fat or added sugar if they contain less than 200 calories and contain some nutrients.
- 7) No foods of minimal nutrition value as defined by the USDA will be sold or dispensed to any student before school or during the academic day. "Foods of minimal nutritional value" include water ices (frozen sweetened water e.g. popsicles), chewing gum and certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).

Application

This policy applies to all food and beverages sold on school grounds before and during the course of the academic day. Schools are encouraged to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards. The Board recognized that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of this policy and held after the lunch hour whenever possible. It is also recognized that there may be rare special occasions when a school principal may allow a school group to deviate from these standards.

Use of foods as classroom rewards is not permitted, except in special situations when approved by the school principal.

Any food vending contracts will be approved by the Superintendent or his designee after review by the Child Nutrition Supervisor. This review will be to ensure that all contracts comply with this policy.

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| <i>CROSS REFERENCE</i> | <i>Board Policy 6700</i> | <i>Management Support</i> |
| <i>Legal References:</i> | <i>28A.235</i> | <i>Surplus or Donated Food Commodities for School Hot Lunch Programs</i> |
| | <i>28A.235.120</i> | <i>Lunchrooms—Establishment and Operation—Personnel for—Agreement for</i> |
| | <i>28A.235.130</i> | <i>Milk for Children at School Expense</i> |



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| <i>POLICY ADOPTED</i> | <i>May 24, 2004</i> |
| <i>REVISED</i> | <i>June 13, 2005</i> |