

**LYON COUNTY SCHOOL DISTRICT
BOARD POLICY**

JHA

CHILD NUTRITION, WELLNESS, AND HEALTHY SCHOOL ENVIRONMENT POLICY

Lyon County School District (LCSD) values student health and wellness. LCSD is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active.

This Student Wellness Policy complies with the Nevada Department of Agriculture guidelines as stated in the Nevada's School Wellness Policy and the Child Nutrition Program (CNP), and with the federal statute: Healthy, Hunger-Free Kids Act of 2010.

LCSD will adhere to this policy and all requirements as directed by USDA and the NDA. Our policy is intended to create a healthy environment for students and staff and this policy will be updated as new information is released.

Definitions:

Nevada's School Wellness Policy- statewide school wellness policy updated to meet Healthy Huger-free Kids Act of 2010 requirements, adopted July 1, 2014 affecting all National School Lunch Program sponsors across Nevada.

School Day- the period from the midnight before, to 30 minutes after the end of the official school day.

School Property/Campus- all areas of the property under the jurisdiction of the institution that are accessible to students during the school day.

Smart Snack Nutrition Standards- a part of the Healthy Hunger-free Kids Act of 2010 that provide science-based nutrition standards for all foods and beverages sold to students in school during the school day.

Policy #JHA
Adopted 06/13/06
Revised 11/24/15

CHILD NUTRITION, WELLNESS, AND HEALTHY SCHOOL ENVIRONMENT POLICY – ADMINISTRATIVE REGULATIONS

I. Nutrition Standards

- A. Nutrient and beverage standards will apply to all foods and beverages sold or given away to students during the period from midnight before, to 30 minutes after, the end of the official school day. Only approved snacks and beverages may be offered. The food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens. Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.
- B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues, including, but not limited to, student stores, vending machines, and cafeteria a-la-carte lines. This regulation also applies to fund-raising and all activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.
- C. Lists of approved foods and beverages will be updated annually by the Registered Dietitian in the Lyon County School District Food Service Department. The approved lists will be posted on the Lyon County School District Food Service Department's Web site.
- D. All food and beverage choices sold or given to students must meet all of the following nutrient standards (including any condiments):

Calories: Snack/Side Item: Less than or equal to (<) 200 calories per item as served (including condiments)

Entree: Less than or equal to (<) 350 calories per item as served (including condiments)

Sodium: Snack/Side Item: Less than or equal to (<) 230 mg per item as served (until 6/30/16)
Less than or equal to (<) 200 mg per item as served (after 7/1/16)

Sodium:	Entree:	Less than or equal to (<) 480 mg per item as served
Fat:	Total Fat:	Less than or equal to (<) 35 percent total calories from fat
	Saturated Fat:	Less than (<) 10 percent total calories from saturated fat
	Trans Fat:	Zero (0) calories from trans fat
Sugar:	Total Sugar:	Less than (<) 35 percent by weight

E. In addition to the above nutrient standards, food items must meet at least one of the following criteria:

1. Be a grain product that contains greater than (>) 50 percent whole grains by weight or have whole grains listed as the first ingredient on the food label.
2. Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods.
3. Be a combination food that contains at least one-quarter (%) cup fruit and/or vegetable.

If water is the first ingredient listed, the second ingredient must meet one of the above criteria.

F. Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the principal upon approval by the Instruction Unit.

II. Beverage Standards

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake (RDA/AI), including herbal supplements, cannot be sold or given away during the school day.

A. Allowable Beverages Include:

1. Plain water: No size limit.
2. Milk - Unflavored nonfat, unflavored low-fat, or flavored nonfat milk:

Elementary School: Less than or equal to 8 fluid ounces per serving.

Middle and High School: Less than or equal to (<) 12 fluid ounces per serving.

3. Juice - 100 percent fruit and/or vegetable juice, 100 percent juice diluted with plain water (no added sweeteners):

Elementary School: Less than or equal to (<) 8 fluid ounces per serving (recommended size is 4 to 6 fluid ounces).

Middle and High School: Less than or equal to (<)12 fluid ounces per serving (recommended size is 8 fluid ounces).

B. Other Allowable Beverages - High School Only:

1. Noncarbonated calorie-free beverages less than or equal to (<) 20 fluid ounces per serving and:

Less than (<) 5 calories per 8 fluid ounces; or
Less than or equal to (<)10 calories per 20 fluid ounces.

2. Noncarbonated lower-calorie beverages:

Less than or equal to (<) 12 fluid ounces per serving and less than or equal to (<) 60 calories. Eight (8) fluid ounce servings must be less than or equal to (<) 40 calories.

Caffeine

All foods and beverages in elementary schools and middle schools must be noncarbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g., chocolate milk). Caffeine is permitted at the high school level at the discretion of the principal.

Incentives and Rewards

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections I and II of this regulation.

Contracts

All vending and food purchasing contracts will include a statement requiring compliance with this Regulation. All vending contracts must be reviewed and approved by the school principal.

VI. Marketing

Only marketing consistent with the nutrient and beverage standards will be allowed on the school campus. This includes advertising and other promotions on the school campus during the school day (oral, written, or visual). Marketing and advertising on school property that does not currently meet the nutrient and beverage standards will be eliminated as leases, agreements, or contracts are renewed and/or items replaced.

VII. Exempt Areas

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

VIII. Revenue

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Lyon County School District Food Service Department.

IX. Fund-Raising

During the school day, all items sold to students on the school campus (all areas of the property under the jurisdiction of the school that are accessible to students) must meet the nutrient and beverage standards as specified in Sections I and II of this regulation. The school day is defined as the period from midnight before, to 30 minutes after, the end of the official school day.

X. Reimbursable Meals

Meals provided to students under the National School Lunch Program and School Breakfast Program are exempt from this regulation as they are governed by Federal Regulation (CFR 7 [II] [A] Parts 210 and 220).

XI. Special Occasions

Special celebrations, including Nevada Day, Thanksgiving, Christmas/Hanukah/Kwanza, Valentine's Day, 100th day of school, Cinco de Mayo, End of School Parties and Birthday celebrations (1x/month) will be allowed, and certain exceptions to these wellness guidelines will be made for these events. It is suggested that all foods for these special occasions be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens.

XII. Recess

Recess before lunch is recommended, but will be left to the discretion of the school administrator.

XIII. Meal Consumption

- A. Students will be allowed adequate time to eat their meals.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.
- C. All schools will designate at least 15 minutes for each student to consume the breakfast meal.
- D. All schools will designate at least 20 minutes for each student to consume the lunch meal.

XIV. Physical Activity

- A. All schools will provide the opportunity for at least 30 minutes daily for moderate to vigorous physical activity.
- B. Passing periods do not qualify as physical activity time.
- C. Teachers, school personnel, and community personnel are encouraged not to withhold opportunities for physical activity (e.g., recess, physical education), whenever possible.
- D. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

XV. Nutrition and Wellness Education

- A. Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources, will be disseminated to students through the health and physical education curricula.
- B. Nutrition and wellness information will be available on the District Website to assist students, teachers, and parents in making healthy lifestyle choices. This information will be updated annually.
- C. Nutrition and wellness information will be provided to parents through Lyon County School District publications, which are distributed throughout the school year to the homes of all Lyon County students.

XVI. Monitoring and Accountability

A. Advisory Committee

1. In compliance with the Federal and State Wellness Policies, Lyon County School District (LCSD) will utilize a diverse team of committed school and community stakeholders (LCSD School Wellness Committee) to assess the District's needs, continuously monitor and make recommendations that meet the operational realities of the District, and work toward improved health and wellness outcomes for all students.
2. This group will meet annually to update implementation procedures when needs change, goals are met, new information emerges, and the annual review is completed.

B. District Wellness Coordinator

1. The District Wellness Coordinator will facilitate the development and implementation of this regulation.
2. The District Wellness Coordinator will be responsible for reporting the status of this regulation's implementation annually.
3. The District Wellness Coordinator will be responsible for organizing and facilitating the LCSD School Wellness Committee meetings twice annually.

D. School Wellness Coordinator

1. Every principal will designate a School Wellness Coordinator at his/her school who will provide an annual status of the school's implementation of this regulation to the District Wellness Coordinator.
2. The principal will work with the School Wellness Coordinator to ensure the District's wellness goals are met.
3. The School Wellness Coordinator will promote a health and wellness lifestyle for students and staff, and will provide activities and events throughout the year to achieve this goal.

E. Recordkeeping

The District Wellness Coordinator will retain records demonstrating compliance with this regulation that includes the following documentation:

1. Compliance with advisory group requirements.
2. Triennial review of this regulation.
3. Annual progress reports for each school.
3. Compliance with public notification.
4. The Web site address for this regulation.
5. A description of each school's progress in meeting the District's wellness goals.
6. A summary of each school's events and activities.
7. The name and contact information of the designated District Wellness Coordinator.
8. Name and contact information for the School Wellness Coordinator at each school.

9. Information on how individuals and the public can get involved with the LCSD School Wellness Committee.

F. School District Wellness Regulation Goals

1. The LCSD School Wellness Committee will develop one (1) annual District goal from one of the following categories: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
2. Goals will be measured and progress reported to the NDA

