

Columbia School District Local Wellness Policy



Updated 2018

Columbia School District



Brooklyn, Michigan

The following are the result of a collaborative effort of the Coordinated School Health Team and District representatives for Columbia School District.

School Food Guidelines Mission Statement

To enable schools to provide healthy and nutritious food and beverage choices to students and staff. The venues include but are not limited to vending machines, a la carte sales, food rewards, fundraisers, school stores, school parties, and after school activities.

By promoting healthy behaviors we can all help:

- Increase students' level of alertness and ability to learn
- Reduce absences
- Improve behavior
- Teach lifelong healthy eating habits
- Prevent premature onset of chronic diseases
- Improve self image/self esteem
- Address the issue of childhood obesity

MENU

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Beverage Standards

All beverages sold or provided in the school environment will follow recommendations based on the School Nutrition Standards.

Beverages for all students are:

- Fruit or vegetable based drinks that:
 - a. Contain at least 100% real fruit juice; and
 - b. Are obtained in portions from 4 - 8 oz. for Elementary students and 8-12 oz. for Middle and High School students.
- Water without flavoring, additives, or carbonation.
- Low fat and non fat milk (in 8 oz. portions).
- Lactose –free and soy beverages are included.
- Flavored milk with no more than 28 g of total sugars per 8-12 oz portion, discouraging the use of high fructose syrup as sweetener.

High School Only:

- Lower Calorie- Maximum 40 calories per 8 fl oz. Maximum 60 calories per 12 fl oz. (Equivalent to 5 calories per fluid ounce).
- Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.
- No Calorie- Less than 5 calories per 8 fl oz. Maximum 10 calories per 20 fl oz.

**At this time, this beverage policy does not apply to after school events where parents/and other adults constitute a significant portion of the audience or are selling beverages as boosters.

Any beverage items that are available for sale or provided at school may not exceed 20-ounces.

Nutrition Standards

All food sold or provided in the school environment are based on the School Nutrition Standards and are used to make healthy recommendations.

All foods offered by the school district must meet the requirements listed below.

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient).
- 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; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:
 - No more than 35% of total calories from fat.
 - Less than 10% of total calories from saturated fat.
 - Zero trans fat (less than or equal to 0.5 gram per serving.)
 - 35% or less sugar by weight.
 - Sodium content of 200 mg or less **per portion** as packaged.
 - Limited to 200 calories or less **per portion** as packaged. (May not exceed 2.5 servings sold in one package.)

A la carte entrée items meet fat and sugar limits as listed above:

- Are National School Lunch Program menu items.
- Have a sodium content of 480 mg or less.

*Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion and may exceed standards listed above.

**200-calorie limit does not apply when used as a meal replacement; items cannot exceed calorie content of comparable NSLP entrée items.

School Stores / A La Carte /Snack Carts

All food and beverages sold in the school environment are based on the standards outlined on pages 4 and 5. Vending machine access for students is restricted. Vending machines will be accessible to students before instructional time begins, pre designated snack times, during lunch, and after the end of the instructional day.

Examples of foods that meet the nutrition standards may include but are not limited to:

Trail Mix*	Pre-packages Salads
Baked chips, pretzels	Cottage Cheese w / fruit
Low-fat crackers, animal crackers	Bagel with light cream cheese
Air-popped popcorn	Baby carrots and low-fat dip
Low-fat granola bars*	Soft Pretzels with mustard
Soy nuts	Single serve low-fat milk
Fresh Fruit	Single Serve 100% fruit juice
Fruit cups	Low-fat string cheese
Low fat yogurt	Chili
½ Turkey Sandwich	Bottled water
Chicken wraps	Low-fat and low-sodium soups
Hummus	100 Calorie Smart Pop popcorn
Pita Chips	Low fat yogurt
Yogurt covered raisins	Kellogg's Fruit Snacks
Mini Fruit Roll-ups	Rice cakes
Baked Chips	Low fat mini muffins
Graham crackers	Dried fruit/raisins
Nuts & seeds*	

Examples of beverages that meet the beverage standards:

V8 Vegetable and Fruit Juice
100% Fruit Juice
Water
1 % and non fat milk
1% Flavored Milk
Low sugar hot chocolate

To determine if a snack meets these criteria, check the Nutrition Facts Label on the package. (See page 12 for Food Label example.)

*Check with classroom teacher for allergens and/or a choking risk for some students.



Classroom Snacks and Parties

Snacks

All classroom snacks are based on the standards outlined on pages 4 and 5. Due to safety and other concerns, it is recommended all shared classroom snacks must be pre-packaged. Single serve food items that meet four of the six standards are approved. See list on the previous page for food and beverage suggestions.

Parties

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. When celebrating a birthday or holiday treat, please consider our guidelines on page 10. Think about combining student's birthday parties into one monthly event that incorporates physical activity. Here are a few ideas for school parties:

- ☒ Create a healthy party idea book. Ask school staff members and parents to send in healthy recipes and ideas for activities, games, and crafts. Compile these ideas into a book that staff members and parents can use.
- ☒ Plan a special craft that children can create. Ask parents to provide craft supplies instead of food.
- ☒ Give children extra recess time instead of a class party. For birthdays let the birthday child choose and lead an active game for everyone.
- ☒ Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- ☒ Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visit's the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.).
- ☒ The birthday child is the teacher's assistant for the day and gets to do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.

Classroom parties can include foods that are delicious, nutritious, and special. There are many varieties of fresh or pre-packaged foods available. Please refer to the list of healthy options on page 6.

Extended Day Program

Many schools participate in before-school programs and after-school programs. Whether operated by the school district or by any other entity, these programs need to follow the same healthy school procedures, practices, and directions provided throughout this document.

Fundraisers for Healthy Schools

Food and beverage items sold on the school campus for the purpose of fundraising activities should be based on the Standards outlined on page 4 & 5.

For fundraisers held outside of the school campus, the sale of healthier food and beverage items or non-food items will be encouraged, but are not required.

Food Fundraisers (recommendations):

- Bottled water with school name/logo
- Specialty shaped pastas
- Boxes of citrus fruits
- Popcorn, Cheese, Apples, Nuts

Fun and Entertainment Fundraisers:

- Dances or talent shows
- School Art Displays
- Balloons
- Singing telegrams

Suggested Items to Sell for Fundraisers:

- Jewelry
- First aid kits
- Bath accessories
- House decorations
- Holiday ornaments
- Plants, flowers, bulbs
- Greeting cards/stationary
- Stone/brick memorials
- Books, calendars, magazines
- Cookbooks

Community-Related Fundraisers:

- Customized Signs
- Family Portraits
- Holiday Gift Wrapping
- Car Washes

Activity-Related Fundraisers:

- Skate night
- Walk-a thons
- Bowling night
- Fun fairs

Show your School Spirit Fundraisers:

School name/logo for:

- Mugs/Water bottles
- Scarves
- Stadium cushions
- T-shirts/Sweatshirts/hats
- Spirit/seasonal flags
- License plate frames/bumper stickers
- Buttons/pins/magnets

Alternatives to Using Food as a Reward

Finding alternatives to food rewards is an important part of providing a healthy school environment.

The ideas below can be modified for different ages. Be creative and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

Make deliveries to office
Sit by friends
Eat lunch with teacher or principal
Have lunch or breakfast in the classroom
Stickers, pencils, bookmarks
Extra recess
Fun physical activity break
Show-and-tell
Bank system-earn play money for privileges

Middle School Students

Eat lunch outside or have class outside
Extra reading time
Extra credit
Computer time
Reduced homework or homework pass
Sit with friends
Five minutes chat break at end of class
Field trips

High School Students

Extra credit
Free passes to school events or games
Reduced homework or homework pass
Free choice time at the end of class
Donated coupons to video stores, music stores, movies,
Sit with friends.

Note to School Staff

Please remember you are the role model for our students.

The examples that you model for the students send a very powerful message. The Coordinated School Health Team asks all school staff to personally respect the guidelines outlined in this booklet when in the school environment.

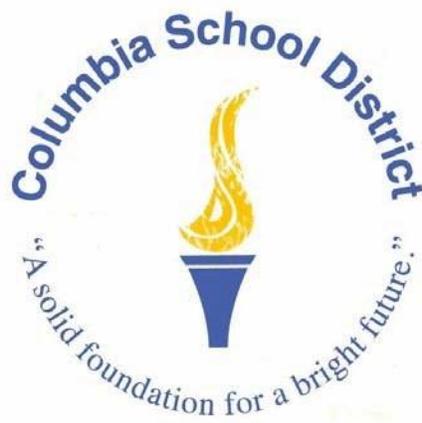
There are many ways that staff can model healthy behaviors for students:

- Bring healthy food and drink choices with you for meals and snacks.
- Do not consume food or drinks of limited nutritional value (pop, candy, chips, etc.) in front of the students, especially if they are not allowed to.
- Wash your hands frequently and encourage students to do the same.
- Talk with students about the importance of healthy eating and physical activity.
- Share your experiences and involvement with students. When they know that their teacher plays on a community softball team or participates in 5K runs, it will encourage them to get active and involved as well.
- Serve healthy food and drink choices at staff meetings, PTA meetings and other social related events. Refer to suggestions within this booklet for ideas.

For more district information on healthy eating and physical activity, please refer to the Columbia School District Wellness Policy.

If you would like additional resources on healthy lifestyle choices, please refer to www.mypyramid.gov.

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**11775 Hewitt Road
Brooklyn, Michigan
49230**