

## Shoshone Jt. School District #312

### Non-Instructional Operations WELLNESS POLICY

Shoshone Jt. School District is committed to ensure all children have adequate access to healthy food choices on scheduled school days. Use of food as rewards is discouraged and parents are encouraged to send healthy snacks for school celebrations, all classroom parties and celebrations should include some healthy options.

The goal of the district wellness policy is to improve the overall school health environment through innovative, creative, and constructive avenues. The following stakeholders will serve on the district wellness team. The child nutrition director, physical education teacher, elementary & secondary principals, kitchen manager, student representative, parent representative, the superintendent, and any interested board or community member.

The school wellness coordinator will designate one school official to ensure policy compliance. The wellness policy is reviewed annually and any revision deemed necessary will be recommended for board approval. Annual assessments include, nutrition education and physical activity, fundraising, marketing, participation, and annual events. An annual comparison of activities and efforts are identified and used as a tool for measuring progress. This procedure will provide guidance, increase wellness awareness and help enhance a healthy school environment.

Schools may only have ten smart snack exempt fundraisers a year. Any other food fundraisers sold during the school day must meet the federal "Smart Snack" regulation. To be allowable, a competitive FOOD must:

- (1) Meet all of the proposed competitive food nutrient standards
- (2) Be a grain product with at least 51% or more whole grain by weight OR have a whole grain listed as the first ingredient.
- (3) Have as the first ingredient: fruit, vegetable, dairy, or protein. If water is listed as the first ingredient, the second ingredient must be identified one of the items is ,3, or 4
- (4) Be a combination food that contains at least 1/4 cup fruit and/or vegetable
- (5) Contain 10% of the Daily Value (DV) of a nutrient of public health concern (ex. Calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion will be obsolete and unallowable for qualifying as a competitive food.

EXEMPT from all nutrient standards:

- (1) Fresh fruits & vegetables with no added ingredients
- (2) Canned and frozen fruits with no added ingredients except water, are packed in 100% juice, or extra light syrup
- (3) Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposed to maintain quality or structure of the vegetable are exempt from all nutrient standards.

Acceptable food items must have less than 35% calories from total fat and less than 10% calories from saturated fat. No food shall contain Trans fat

EXEMPT from all fat standards:

- (1) Reduced fat cheese (including part-skim mozzarella)
  - (2) Nuts and seeds and nut/see butters
  - (3) Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- \*\*Combination products are not exempt and must meet all nutrient standards.

Acceptable food items must have less than 35% of weight from total sugar as served

EXEMPT from sugar standards:

- (1) Dried whole fruits or vegetables; dried whole fruits or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners. (2) Dried whole fruits or pieces with nutritive sweeteners required for processing such as cranberries, tart cherries, and blueberries.
- (3) Products consisting of only exempt dried fruit with nuts and/or sweeteners or fats

Snack items contain less than 230 mg of sodium per item.

Snack items contain less than 200 calories per serving

Beverages sold to elementary and middle school students must be caffeine-free with exception of trace amounts of naturally occurring caffeine substances.

Approved Elementary School Beverages:

Plain water or carbonated water

8 oz low -fat or non-fat milk  
8 oz 100% fruit/vegetable juice  
8 oz 100% fruit/vegetable juice diluted with water and no added sweeteners

Approved Middle School Beverages:

Plain water or carbonated water  
12 oz low -fat or non-fat milk  
12 oz 100% fruit/vegetable juice  
12 oz 100% fruit/vegetable juice diluted with water and no added sweeteners

approved High School Beverages:

Plain water or carbonated water  
12 oz low -fat or non-fat milk  
12 oz 100% fruit/vegetable juice  
12 oz 100% fruit/vegetable juice diluted with water and no added sweeteners  
12 fl oz OTHER flavored labeled to contain less than 40 calories per 8 oz or less than 60 calories per 12 oz  
20 fl oz OTHER flavored and/or carbonated beverages with less than 5 calories per 8 oz or less than 10 calories per 20 oz

Fundraising efforts will not conflict with school breakfast or lunch meals as outlined in Federal Regulations. Food as fundraisers are at the discretion of building principals based upon State Department of Education limits.

The "Smart Food" snack calculator is available on the school website and used to identify qualifying items.

Alternative fundraising suggestions

Hat day - Pay \$1  
Pajama Day - Pay \$1  
Pencils or School Spirit Items

The wellness policy is available on the school website, district newsletters, and upon request from the district office.

Policy History: Revised on 3/8/2021