

**Florida State University Schools
Wellness Policy
2007-2008**

INTRODUCTION

Florida State University Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well being of the children enrolled. The school continuously strives to promote activities and situations, which enable students to make healthy choices which may then contribute to the total well being of the school population.

PURPOSE AND GOALS

Florida State University Schools recognize that good nutrition and physical activity are essential for students to maximize their full academic potentials, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Florida State University Schools (FSUS) have a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The schools have established a FSUS Wellness Policy Committee, which is responsible for establishing and measuring the implementation of the FSUS Wellness Policy. Committee members will work collaboratively and offer multiple perspectives to assure the FSUS Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure that the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

POLICY

1.0 Florida State University Schools Wellness Policy Committee

1.1 Mission

Florida State University Schools will maintain a FSUS Wellness Policy Committee that serves the following purposes:

- 1 Establish standards for all foods and beverages available to students on each school campus during the entire school day
- 2 Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
- 3 Develop guidance and serve as a resource to school sites for FSUS Wellness Policy implementation
- 4 Establish a plan for monitoring, measuring, and evaluating FSUS Wellness Policy implementation
- 5 Review and evaluate the FSUS Wellness policy standards and implementation
- 6 Recommend all policy related standards for final approval and report findings of policy

implementation evaluation to the Board of Education.

1.2 Membership

The FSUS Wellness Policy Committee membership at the Florida State University Schools may include the following individuals:

1. Parents
2. Students
3. School Food Service Manager
4. School Administrator
5. School Nurse
6. Physical Education/Health Education
7. Local Health Profession
8. PTSA Health and Safety Committee Chair

The Wellness Policy Committee Chairperson will be a staff member of the school who is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation, monitoring and reporting.

2.0 Nutrition Guidelines

2.1. School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Florida. Florida State University Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Solution:

All meals will meet or exceed all USDA and state nutrient standards. Lunch meals will be designed to provide 1/3 of the Recommended Dietary Allowances (RDA) appropriate for age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D. Breakfast meals provide 1/4 of the RDA's for these nutrients.

Meals will be designed to incorporate the following recommendations of the Dietary Guidelines:

No greater than 30% calories from fat and no greater than 10% calories from saturated fat

Minimize trans-fats, sodium, and cholesterol

Maximize dietary fiber

Promote whole grains, fruits and vegetables, and low fat dairy choices

Students will be encouraged to start each day with a healthy breakfast.

Solution:

The school breakfast program will incorporate nutritious menu items and utilize marketing strategies to promote breakfast participation

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

Solution:

At the secondary schools, menu planning concepts and food merchandizing programs will be used to promote healthy and balanced meal choices. A wide selection of appealing entrees, accompanied by a variety of fruits, vegetables, and low fat milk choices will be offered. Programs will clearly communicate the healthful food items included with each meal choice, and the food services staff encourages students to select these foods.

At the elementary schools, standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages, and monthly promotions will be used to encourage students to participate in the meal program and to select a complete, balanced meal.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Solution:

School foodservice employees will use food preparation techniques to provide meals that are lower in total fat, saturated fat, trans fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk shall be emphasized in menu planning.

Standardized recipes will be used to prepare food items that meet nutritional guidelines for meals.

The foodservice employees will be provided continuing education so they can improve their culinary skills, including the use of standardized recipes and attractive food presentation.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

2.2 Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

2.3 A la Carte Foods

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores and other non-food service organizations are readily available to students, parents and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

All a la carte snacks and beverages offered for sale to students during the school day must comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.” (Appendix B of 7 CFR Part 210)

A la Carte food items sold by non-food service organizations such as clubs or service groups cannot be sold in or near the cafeteria during meal service times (7:15 am to 7:45 am or 10:00 am to 1:05 pm.)

A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school is prepared to make changes to their a la carte product profile.

Snacks:

- o No more than 200 total calories per package
- o No more than 35% calories from fat
- o No more than 10% calories from saturated fat
- o No more than 480 mg sodium
- o No more than 35% sugar by weight
- o Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- o 100% fruit and vegetable juice, limited to 20 oz. portion size
- o Fat-free, 1% and 2% milk, 8-16 oz. portion size
- o Water and flavored water without added sugar, unlimited portion size
- o Caffeine free except flavored milk
- o Liquid Hydration drinks, limited to 20 oz. portions
- o Fruit drinks with a minimum of 10% Juice, limited to 20 oz.

Solution:

The School food Service personnel and service or club organizations will promote snack and beverage choices that are defined by the above parameters and merchandised on the serving line, at snack bars, in vending machines, and many more. This will include the identification of healthier choices for students.

2.4 Eating as a Positive Experience

Florida State University Schools will provide adequate lunchtime for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

Solution:

The School Food Service Personnel will endeavor to provide a facility that supports a pleasant dining experience. Food service staff will receive customer service training including strategies to serve students quickly and efficiently.

2.5 Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

Solution:

Florida State University Schools will uphold standards set forth in the USDA Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

Florida State University Schools will provide Food Safety Training to train food service staff about appropriate food handling procedures to reduce the risk of food borne illness.

3.0 Nutrition Education

3.1 Classroom

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of Florida, The Sunshine State Standards. In addition, teachers will provide students with additional activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the Sunshine State Standards.

Florida State University Schools' Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

3.2 Cafeteria

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Solution:

The School Food Service Personnel will display colorful signage that encourages students to select a complete meal, as well as posters highlighting good nutrition and physical activity messages that are consistent with lessons taught in the classroom. Monthly topics about nutrition, physical activity, and wellness will be posted or available for students and parents to take home.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Solution:

The School Food Service Personnel will identify complete meals that meet precise nutrition parameters that exceed the USDA guidelines. Balanced Choices meals will be prominently identified on menu and serving line signage.

Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items.

Solution:

Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified on menu signs and serving lines and in vending machines. Balanced Choices snack and beverage signage will be placed at eye-level as a strategy to encourage students to choose these items.

4.0 Physical Activity

4.1 Physical Activity during the School Day

Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

Florida State University Schools will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families' opportunities to participate in physical activities. These activities will involve students from Kindergarten through 12th grade.

4.2 Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

4.3 Physical Education Classes

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4.4 Creating a Positive Environment for Physical Activity

Florida State University Schools will promote a positive environment for physical activity by providing a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Recess will be provided for elementary students.

5.0 Other School Based Activities to Promote Student Wellness

5.1 Food Sold for Fundraising Activities

The schools will review fundraising activities and encourage activities that promote healthy food choices.

5.2 Healthy Classroom Parties and Celebrations

Florida State University Schools recognize that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the school.

6.0 District Faculty, Staff and Food Service Staff Role in a Healthy School Environment

6.1 Professional Development

School food service staff and faculty are encouraged to become full partners in the wellness goals. Staff and food service personnel are encouraged to model healthy eating behaviors. The School will provide the schools with events throughout the year that will promote wellness.

Solution:

The Director of Food Service staff will maintain certification in general nutrition from an accredited college.

The Director of Food Service staff will annually obtain continuing education in such areas as special nutritional needs of children, Food Allergy Awareness training, etc.

All food service staff will receive monthly training on various topics concerning food production, safety, and nutrition.

Upon request, the Director of Food Services is to be available to present information on nutrition and wellness for school faculty and staff.

7.0 Policy Implementation

7.1 Monitoring

All staff will be expected to help ensure compliance with standards of the FSUS Wellness Policy. A system will be in place to report on the school's compliance to the Chairperson of the Local Wellness Policy Committee.

The Director of School Food services will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the FSUS Wellness Policy Committee as requested.

7.2 Reporting

The Chairperson of the Wellness Policy Committee will be available to report on Florida State University Schools compliance with the wellness policy as requested by the School administration or School Board.

7.3 Policy Review

The Wellness Committee will assess progress by first doing a baseline assessment and then monitoring throughout the year. The Wellness Policy will be revised based on needs. Furthermore, the committee will present periodic reports to any appropriate advisory boards that may use the updates from the policy in their reporting documentation.

7.4 Evaluation of Program

The Wellness Programs of Florida State University Schools will be evaluated yearly prior to the September Board of Directors meeting and needed changes will be made to meet the identified need(s). The evaluation will be based on input and outcome measures when practicable. The effectiveness and recommendations will be reported to the School Board.