

## STUDENT

STUDENT WELLNESS POLICY

The School Board of Trustees recognizes the important connection between a healthy diet, physical activity, and the ability of students to learn effectively and achieve high standards in school. The Board desires to provide a comprehensive program promoting healthy eating and physical activity for all district students and staff, as well as a safe and healthy school environment. The Board also recognizes the school's important role as part of the larger community, to foster family health, environmental awareness, and sustainable agriculture and business practices.

To this end, it is the goal of the San Rafael City Schools to promote through its educational and operational efforts, the primary messages of the 2005 US Dietary Guidelines for Americans as illustrated in the USDA My Pyramid education framework: Activity, Variety, Moderation, Proportionality, Personalization, and Gradual Improvement. To further the environmental efforts of the county of Marin, the Board will encourage whenever possible, district-wide practices which support environmental awareness and sustainability.

**San Rafael City Schools Wellness Council**

The San Rafael City Schools Wellness Council shall meet at least quarterly, and shall be charged with making wellness policy recommendations to the Board of Trustees and advising the district on school health and environment related issues, activities, policies and programs.

The Superintendent or designee shall appoint the San Rafael City Schools Wellness Council, consisting of parents/guardians, students, school food service professionals, school administrators, Board representatives school nurses, physical education teachers, and/or others interested in school health issues.

**Goals for Nutrition Education, Physical Activity and Education, and Other School Based Activities**

The Board shall adopt goals for nutrition education, physical activity and education, and other school based activities that are designed to promote student wellness consistent with the district's educational mission.

The district shall promote a comprehensive nutrition education and physical education program that is sequential and generally consistent with the expectations established in the state's curriculum frameworks. The goal of the programs should be to build the skills and knowledge that all students need to foster lifelong habits of healthy eating and physical activity.

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Nutrition education shall be provided in grades K-12. It is recommended that district:

- Integrate current, scientifically accurate nutrition content based on the 2005 US Dietary Guidelines into classroom instruction in such core subjects as science, mathematics, English-language arts, and history-social science, as per the Shaping Health as Partners in education (SHAPE) California program.
  - Topics that promote understanding of the relationship between the human body, nutrition, physical activity, and disease prevention, and acceptance of individual differences in growth and development are encouraged.
  - Opportunities to analyze the influence of culture, media, technology and other factors on decisions related to nutrition, physical activity and lifestyle choices are encouraged.
  - Activities that build goal setting and decision making skills that promote self management related to diet, physical activity and safe food handling are encouraged.
- Encourage instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, tours of farmers markets and school gardens) and that engage family members in reinforcing healthy nutrition behaviors.
- Reinforce messages on healthy eating by coordinating child nutrition programs/school food service with classroom-based nutrition and health education.
- Provide instructional staff with adequate and ongoing in-service nutrition education training that focuses on teaching strategies that assess health knowledge and skills and promote healthy behaviors.

Physical Activity and Education

All students in grades K-12 shall be provided opportunities to be physically active on a regular basis, including students with disabilities and students with special health-care needs.

Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other structured and unstructured activities as specified in BP/AR 6145 (a)

All K-12 students will receive physical education instruction that meets state requirements (EC sections 51210, 51222, 51233, 51241).

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The school district should evaluate and, if necessary, improve student's ability to safely walk and bike to school. When appropriate, the district should collaborate with local public works, public safety, and/or police departments to achieve safe routes for walking and biking to school.

Other School Based Activities

The Superintendent or designee shall encourage all District staff to strive to serve as positive role models through promoting healthy food options and opportunities for regular physical activity for all District employees.

Professional development shall include education and skill development that promotes health knowledge, healthy behaviors, physical education strategies and environmental awareness.

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means that do not meet nutritional standards for foods outlined in Administrative Regulations.

**Nutrition Guidelines for Foods Available at School**

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

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School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by limiting unhealthy foods served at class parties and considering nutritional quality (see BP/AR 3550 and BP/AR 3554) when selecting any snacks which they may donate for occasional class parties and birthday celebrations. Class parties or celebrations shall be held after the lunch period when possible.

*BP 3550 – Food Service/Child Nutrition Program*

*BP 3554 – Other Food Sales*

**Guidelines for Reimbursable Meals**

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed state and federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b) as they apply to schools.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

*BP/AR 3553 – Free and Reduced Price Meals*

The District shall utilize all available resources to strengthen its outreach to students and their families, to ensure that all eligible San Rafael City Schools students are enrolled in the free/reduced meal program. Outreach and participation plans will incorporate strategies to prevent overt identification of low-income students or otherwise treat them differently because of their income status.

Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible. Student preferences shall be solicited in the planning of menus and snacks, and religious, ethnic, and cultural diversity of the student body shall be incorporated in meal planning.

The District shall provide all students and staff with a clean, safe, and pleasant eating environment with sufficient time for eating meals.

**Program Implementation and Evaluation**

The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy.

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The San Rafael City Schools Wellness Council shall repeat the School Health Index baseline nutrition and physical activity assessment at least every two years to determine compliance and progress to implementation of the adopted school wellness policy, beginning August 2008.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity and education, and set new priorities when needed.

The San Rafael City Schools Wellness Council shall also recommend specific quality indicators that will be used to measure the implementation of the wellness policy district-wide and at each district school. These measures shall include, but are not be limited to:

- an analysis of the nutritional content of meals served;
- student participation rates in school meal programs;
- feedback from food service personnel, the school health council, students, parents/guardians, school administrators, and other appropriate persons;
- an evaluation of marketing efforts and sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs utilizing standardized assessment tools
- data collected on student wellness and achievement from:
  - annual Fitnessgram scores including Body Mass Index (BMI) scores for students in grades 5, 7, 9
  - California Healthy Kids Survey data (exercise and eating practices, BMI)
  - Average Daily Attendance (ADA)
  - Academic Performance Index (API) scores

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas.

*Legal Reference:**EDUCATION CODE**49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001**49490-49493 School breakfast and lunch programs**49500-49505 School meals**49510-49520 Nutrition**49530-49536 Child Nutrition Act**49540-49546 Child care food program**49547-49548.3 Comprehensive nutrition services**49550-49560 Meals for needy students**49565-49565.8 California Fresh Start pilot program**49570 National School Lunch Act**51222 Physical education**51223 Physical education, elementary schools*

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*CODE OF REGULATIONS, TITLE 5*

*15500-15501 Food sales by student organizations*

*15510 Mandatory meals for needy students*

*15530-15535 Nutrition education*

*15550-15565 School lunch and breakfast programs*

*UNITED STATES CODE, TITLE 42*

*1751-1769 National School Lunch Program, especially:*

*1751 Note Local wellness policy*

*1771-1791 Child Nutrition Act, including:*

*1773 School Breakfast Program*

*1779 Rules and regulations, Child Nutrition Act*

*CODE OF FEDERAL REGULATIONS, TITLE 7*

*210.1-210.31 National School Lunch Program*

*220.1-220.21 National School Breakfast Program*

Adopted: June 19, 2006

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The Mission of the San Rafael City School Wellness Council is to help promote healthy eating, physical activity, and healthy lifestyle choices through education, program, and policy implementation, and environmental improvement.

1. The functions of the San Rafael City School Wellness Council are as follows:
  - a. Discuss nutrition and physical activity-related topics of concern in the school community.
  - b. Coordinate projects and programs to promote healthy eating, physical activity, and wellness.
  - c. Recommend amendments to school district policies on nutrition and physical activity for recommendation to and approval by the Superintendent or designee and the School Board.
  - d. Provide guidance and education on appropriate foods for school celebrations, events, fundraising, classroom snacks, vending contracts, and packed lunches.
  - e. Provide guidance and education on research on nutrition, physical activity and children's health.
  - f. Assist with writing grants and securing funds for San Rafael City School Wellness council sponsored projects and programs.
  - g. Provide in-service and education to staff, students and parents on nutrition and physical activity related topics.
2. It is recommended that San Rafael City School Wellness Council have representation from each school site in the district and that members may include, but need not be limited to, the following:
  - a. Food Service Director
  - b. Additional food service staff
  - c. School board member
  - d. School principal
  - e. PE teacher or specialist
  - f. Science teacher or specialist
  - g. Additional teachers
  - h. Parents or other community members
  - i. Students from elementary, middle, and high school level.
  - j. School nurses.
3. New members shall be recruited by announcement on the SRCS website or announcements (e.g., Superintendent's Newsletter or school site newsletters or billboards).
4. Each Principal can recommend a certificated personnel, a food service employee, and a student to participate.

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5. Meetings shall be scheduled as follows:
  - a. The San Rafael City School Wellness Council shall meet at least quarterly.
  - b. At a school site or district facility.
6. The Superintendent or designee shall report to the Board at least every two years, beginning August, 2008, on the implementation of this policy and any other Board policies related to nutrition and physical activity and education, and set new priorities when needed.
7. Regular communication to the public shall occur. When developing, or revising policies on nutrition and physical activity, San Rafael City School Wellness Council shall hold at least one public hearing and shall ensure that the policies address all the issues and goals specified in the Education Code 49433.

**Posting Requirements**

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)

**Nutritional Standards for Foods**

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. (42 USC 1758, 1773)

Until July 1, 2007, for foods not reimbursed through the federally reimbursable meal programs, a minimum of 50 percent of the food sold by the district on school grounds during regular school hours shall be from the nutritious foods listed in Education Code 38085. (Education Code 38085)  
*(cf. 3554 - Other Food Sales)*

Beginning July 1, 2007, the only foods that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)



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1. Not more than 35 percent of its total calories is from fat.
2. Not more than 10 percent of its total calories is from saturated fat.
3. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar.
4. Its total calories do not exceed 175 calories.

Beginning July 1, 2007, foods sold to students in middle schools, junior high schools, and high schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code 49430, 49431.2)

1. Each entree item shall:
  - a. Not exceed 400 calories
  - b. Contain no more than four grams of fat per 100 calories
  - c. Be categorized as an entree item in the National School Lunch or Breakfast program
2. For each snack item that supplements a meal:
  - a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
  - b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
  - c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.
  - d. Its total calories shall not exceed 250 calories.

Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible.

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**Nutritional Standards for Beverages**

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

The only beverages that may be sold to middle school or junior high school students from one-half hour before the start of the school day until one-half hour after the end of the school day are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk
5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

Beginning July 1, 2007, at least 50 percent of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those specified in items #1-5 above. Beginning July 1, 2009, all of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards specified in items #1-5 above. (Education Code 49431.5)

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**Nutritional Standards**

Food sales outside the district's food service program shall comply with the nutritional standards specified in Education Code 38085. Beginning July 1, 2007, food sales outside the district's food service program shall comply with the standards described in Education Code 49431 for elementary schools and Education Code 49431.2 for middle schools, junior high schools, and high schools. (Education Code 38085, 49431, 49431.2) Beverage sales shall be subject to the nutritional standards specified in Education Code 49431.5. (Education Code 49431.5)

*(cf. 3550 - Food Service/Child Nutrition Program)*

Food sales outside the district's food service program shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in the Health and Safety Code. (113700-114455)

When the food and beverage standards in Education Code 49431 and 49431.5 are effective, the sale of foods or beverages that do not comply with those standards may be permitted at an elementary school, as part of a fundraising event, only when the items are sold by students of the school or legally organized nonpartisan, charitable organizations and the sale meets one of the following conditions: (Education Code 49431, 49431.5)

1. It takes place off and away from school premises.
2. It takes place at least one-half hour before or after the end of the school day.

The sale of food and beverage items that do not comply with the nutritional standards in Education Code 49431.2, when effective, may be permitted at a middle school, junior high school, or high school in any of the following circumstances: (Education Code 49431.2)

1. The sale takes place off and away from school premises.
2. The sale takes place on school premises at least one-half hour before or after the end of the school day.
3. The sale occurs during a school-sponsored student activity before or after the end of the school day.
4. Vending machines, student stores, and cafeterias are used one-half hour before or after the end of the school day.

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The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organization(s) sponsoring the sale. (7 CFR 210.11, 220.12)

No competitive foods shall be sold in food service areas during breakfast and lunch periods.

The Superintendent or designee shall not permit the sale of foods by student organizations in a school with any of grades K-8 that is participating in the National School Breakfast or Lunch Program, except when all of the following conditions are met: (5 CCR 15500)

1. The student organization may sell one food item per sale.
2. The specific nutritious food item is approved by the Superintendent or designee.
3. The sale does not begin until after the close of the regularly scheduled midday food service period.
4. The sale during the regular school day is not of food items prepared on the premises.
5. There are no more than four such sales per year per school.
6. The food sold is not one sold in the district's food service program at that school during that school day. (*cf. 3553 - Free and Reduced Price Meals*)

In high schools and junior high schools, a student organization may be approved to sell food items during or after the school day if all of the following conditions are met: (5 CCR 15501)

1. Only one student organization conducts a food sale on a given school day and the organization sells no more than three types of food or beverage items, except that up to four days during the school year may be designated on which any number of organizations may conduct the sale of any food items.
2. The specific nutritious food items are approved by the Superintendent or designee.
3. Food items sold during the regular school day are not prepared on the premises.
4. The food items sold are not those sold in the district's food service program at that school during that school day.

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STUDENT WELLNESS POLICY**Foods and Beverages Served/Sold on School Campuses During the School Day**

1. Nutrition standards for meals served through the National School Lunch and Breakfast Programs – School reimbursable meals shall:
  - a. Meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations;
  - b. Offer a variety of fruits and vegetables;
    - i. To the extent possible, each school, will offer at least two non-fried vegetables and two fruit options each day
    - ii. To the extent possible, each school, will offer five different fruits and five different vegetables over the course of a week.
    - iii. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
  - c. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA);
  - d. Ensure that half of the served grains are whole grains (defined as having a whole grain listed as the primary grain ingredient in the ingredient list, including whole wheat flour, cracked wheat, brown rice, oatmeal and corn)
  
2. Nutrition standards for competitive foods and beverages (e.g., sold outside the reimbursable meal program such as at snack bars, vending, school stores, school sponsored events outside of the school day, after school programs, sports programs and catering, etc.) – all competitive foods and beverages sold during the school day or through programs for students before or after the school day, will meet, at minimum, the following nutrition and portions size standards in addition to nutrition requirements established by local, state and federal statutes and regulations (whichever is most restrictive):
  - a. Beverages
    - Items allowed:
      - Water or seltzer water without added caloric sweeteners
      - 100% fruit and/or vegetable juice
      - Fruit or vegetable based drinks that contain at least 50% fruit juice that do not contain additional caloric sweeteners
      - Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk
      - Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving
    - Items not allowed:
      - Soft drinks containing sweeteners
      - Fruit-based drinks that contain less than 50% real fruit juice or that contain additional sweeteners
      - Beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine)

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Beginning July 1, 2007, at least 50-percent of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of school day shall be those specified in items allowed above. Beginning July 1, 2009, all beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards specified in items allowed above. (Education Code 49431.5)

b. Foods

- Items allowed:
  - No more than 35% of calories from fat (excluding legumes, nuts, seeds, peanut butter, and other nut butters), vegetables that have not been deep fried and cheese packaged for individual sale).
  - No more than 10% of calories from saturated plus trans fats (excluding eggs, and cheese packaged for individual sales).
  - No more than 35% of weight from added sugars by weight (excluding fruits and vegetables)
  - No more than 300 mg sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; no more than 480 mg of sodium per serving for pastas, meats, and soups; and not more than 600 mg of sodium per serving for pizza, sandwiches, and main dishes.
- Items provided:
  - A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold (e.g., fresh fruits and vegetables. 100% fruit or vegetable juice, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners, cooked, dried or canned fruits (canned in fruit juice or light syrup), and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines) Note: may not be feasible without refrigerated venting.

c. Portion sizes

- Limited to the following:
  - An individually sold snack may not have more than 175 calories (elementary schools) or 250 calories (middle and high schools)
  - Fruits and non-fried vegetables are exempt from portion-size limits

## 3. Policies to promote healthy fundraising and alternatives to food fundraising

- a. To support children's health and school nutrition-education efforts, school fundraising activities will be encouraged to not involve food or will use only foods that meet the above nutrition and portion size standards for competitive foods and beverages.
- b. Schools will encourage fundraising activities that promote physical activity.

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- c. San Rafael Wellness Council will disseminate a list of alternative fundraising ideas to students, parents, teachers, school administrators, and before/after-school program personnel.
4. Guidance for using food as reward/punishment
  - a. School staff shall be encouraged to not use foods or beverages, especially those that do not meet the nutrition standards for competitive foods (above), as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan).
  - b. Foods or beverages will not be withheld (including those served through school meals) as a punishment.
5. Guidance for food at classroom celebrations
  - a. Schools should limit celebrations that involve food during the school.
  - b. Parents/guardians or other volunteers are encouraged to comply with the nutritional standard above when donating foods and beverages for occasional class parties and birthday celebrations.
  - c. All donated foods must comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code. (113700-114455)
  - d. Class parties or celebrations shall be held after the lunch period when possible.
  - e. San Rafael Wellness Council shall disseminate a list of healthy party ideas to students, parents, teachers, school administrators, and before/after-school program personnel.
6. Guidance for food at school events (e.g., athletic events, dances, or performances)
  - a. To support children's health and school nutrition-education efforts, school events are encouraged to serve only foods that meet the above nutrition and portion size standards for competitive foods and beverages.
  - b. San Rafael Wellness Council will disseminate a list of healthy foods and beverages for school events to students, parents, teachers, school administrators, and before/after-school program personnel.
7. Guidance for classroom snacks
  - a. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.
  - b. An emphasis should be on serving fruits, vegetables, low or non-fat dairy and whole grains as the primary foods and water as the primary beverage.
  - c. San Rafael Wellness Council shall disseminate a list of healthy classroom snacks to students, parents, teachers, school administrators, and before/after-school program personnel.

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8. Guidance to parents for packed lunches
  - a. Students and parents shall be encouraged to pack lunches that are consistent with the guidelines for the reimbursable meals and competitive foods and beverages.
  - b. San Rafael Wellness Council shall disseminate a list of healthy packed lunch ideas to students, parents, teachers, administrators, and before/after-school program personnel.
9. Importance of student/faculty involvement for menu development
  - a. The school district will engage students, parents, teachers, and school administrators, in collaboration with Wellness Council representative, in reviewing reimbursable meal menus on a semi-annual basis.
  - b. Taste testing by students will be performed annually.
10. Food environment goals
  - a. Meals served through the National School Lunch and Breakfast Programs are:
    - Appealing and attractive to children;
    - Served in clean and pleasant settings.
  - b. Duration of meal times are:
    - At least 10 minutes long after sitting down for breakfast and 20 minutes long after sitting down for lunch
  - c. Meal schedules are:
    - At appropriate times (e.g., lunch should be between 11 am and 1 pm);
    - Not conflict with recess, tutoring, club, or organizational meetings or activities, unless students may eat during such activities
    - Provided after recess whenever possible
  - d. Other requirements:
    - Students should have access to hand washing or sanitizing before eating meals or snacks and be encouraged by signage to wash hands
    - Students should have access to tooth-brushing to accommodate special oral health needs (e.g., orthodontia or high tooth decay risk).
    - District approved nutrition education materials posted, shall be posted at all venues where reimbursable meals are offered.

**Outreach programs for free or reduced price meals**

1. The District shall utilize all available resources and strengthen its outreach to students and their families to ensure that all eligible SRCS students are enrolled in free/reduced meal program. The outreach will be accomplished by:
  - a) Streamlining the application process for students in foster care if feasible according to State Law.
  - b) Direct Certification of Homeless Students, Migrant Education Students, and those students currently receiving aid from Marin County (Food Stamps, Cal Works, Kin GAP, etc.)
  - c) Annual direct mailing of application to families at beginning of school year.



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- d) Communication to those families who qualified for free/reduced meals prior school years but have not applied for current school year.
2. The District shall collaborate with community food and nutrition programs to educate students, their families, and District staff about non-school based meal programs like Food Stamps, Food Banks, WIC (Women, Infants, & Children) Program, community supported agriculture, Farmer's Markets, Nutrition Education, and Healthcare.
3. The District shall ensure that all SRCS students have access to nutritious lunches throughout the school year and via summer meal program, when applicable.
4. The District shall make every effort to ensure that all SRCS students have access to nutritious school breakfast and after school snacks.
5. The District shall expand Universal Meals Program when financially feasible. Universal Feeding provides meals for all students at no charge.

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