

Business and Non instructional Operations**BP 3550****FOOD SERVICE/CHILD NUTRITION PROGRAM**

The Governing Board recognizes the important connection between a healthy diet and student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health and provide a strong foundation for children's future health and well being. To reinforce the district's nutrition education program, foods provided on school premises shall be:

1. Carefully selected so as to contribute to student's nutritional well-being and the prevention of disease
2. Prepared in healthy and appealing ways that retain nutritive quality and foster lifelong healthful eating habits
3. Served in age-appropriate quantities and at reasonable prices

(cf. 3551 - Food Service Operations/Cafeteria Fund)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 5141.32 - Child Health and Disability Prevention Program)

(cf. 6142.8 - Comprehensive Health Education)

Students shall be provided adequate space in pleasant surroundings as well as adequate time to eat, relax, and socialize.

The Superintendent or designee shall ensure that the meals offered by the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

To the extent permitted under the National School Lunch and School Breakfast Programs, students in all grades shall be allowed to decline a certain number of meal items that they do not intend to consume.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties.

The Board shall establish and sustain a Shoreline Wellness Advisory Committee (SWAC) to discuss nutrition and physical activity related topics of concern in the school community, and to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board. (Education Code 49433)

Policy
Adopted: June 15, 2006

SHORELINE UNIFIED SCHOOL DISTRICT
Tombles, California

Business and Non instructional Operations**AR 3550****FOOD SERVICE/CHILD NUTRITION PROGRAM****Posting Requirements:**

Each district 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)

Nutritional Standards:

Effective August 2006 determined by SWAC committee in coordination with Food Services, and the Superintendent, the Superintendent or designee shall ensure the nutritional quality and quantity of all foods served or made available to students and staff.

1. The Child Food Services program will ensure that all foods served on school campuses (cafeteria, as well as ala carte sales), from the morning opening of school until 30 minutes after the last period, will comply with the following SB 19 standards:
 - a. No more than 35% of total calories from fat (not including fruits, vegetables, and 100% juices)
 - b. No more than 10% of total calories from saturated fat.
 - c. No more than 35% added sugar by weight (not including fruits, vegetables, and 100% juices)
2. Effective August 2007, the District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance.
 - a. All vending machines located on school campuses may sell only water, 100% fruit juices, non-carbonated electrolyte replacement drinks, and/or reduced fat milk.
3. Ensure more fresh produce, when feasible particularly California, local and organic grown fruits and vegetables, is sold wherever food is sold on campus.
 - a. The Child Nutrition Services program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - b. Salad bars and/or pre-packaged salads, as well as fresh fruit shall be available at each school site.
 - c. Eliminate potential harmful food additives and processes such as bovine growth hormones, irradiation, and genetically modified foods.
4. Ensure meals are served in a pleasant environment with sufficient time for eating.
 - a. Students shall have a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided.
 - b. School site leadership shall be involved to improve cafeteria décor and atmosphere.

- c. **Child Nutrition Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.**
- d. **Staff shall be encouraged to periodically join students to model good eating habits, manners, and behavior.**
5. **Nutrition and Health education should be incorporated into regular teaching plans, in ways that meet California Standards requirements.**
 - a. **Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.**
 - b. **All schools are encouraged to develop School Gardens. Gardens can promote the link between food choices, physical activity, and health in a way that is hands-on and integrated into the standards-based curriculum.**
 - c. **Ways to establish on-site cooking equipment/facilities shall be explored, and methods to incorporate cooking into class nutrition lessons shall be pursued.**
6. **Ensure that no student is hungry.**
 - a. **The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.**
 - b. **The district shall ensure that all eligible children qualify for free and reduced meals.**
7. **Increase family and community involvement in issues of nutrition and physical activity as it relates to childhood and adult health.**
 - a. **Provide nutrition and physical activity information monthly through parent handouts and the SUSD website.**
 - b. **Involve parents/community in annual evaluation of food services and physical education program services in order to improve the quality, access, and knowledge of services.**

Child Nutrition and Physical Activity Advisory Committee

The membership of the SWAC shall include, but is not limited to, the following members: Governing Board member, school administrators, food service staff, students, parents/guardians, physical and health education teachers, health care professionals (if available), and interested community members.

The SWAC shall meet at least two times during the year and meetings shall be open to the public.

The policies on nutrition and physical activity shall address issues and goals, including, but not limited to, all of the following: (Education Code 49433)

(cf. 1220 - Citizen Advisory Committees)

1. **Implementing the nutritional standards set forth in Education Code 49431**

2. Encouraging fund-raisers that promote good health habits and discourage fund-raisers that promote unhealthy foods
3. Ensuring that no student is hungry
4. Improving nutritional standards
5. Increasing the availability of fresh fruits and vegetables, including provisions that encourage schools to make fruits and vegetables available at all locations where food is sold
6. Ensuring, to the extent possible, that the food served is fresh
7. Encouraging eligible students to participate in the school lunch program

(cf. 3533 - Free and Reduced Price Meals)

8. Integrating nutrition and physical activity into the overall curriculum
9. Ensuring regular professional development for food service staff
10. Ensuring students a minimum of 30 minutes to eat lunch and 20 minutes to eat breakfast, when provided
11. Ensuring students engage in healthful levels of vigorous physical activity
12. Ensuring students receive nutrition education
13. Improving the quality of physical education curricula and increasing training of physical education teachers
14. Enforcing existing physical education requirements
15. Altering the economic structures in place to encourage healthy eating by students and reduce dependency on generating profits for the school from the sale of unhealthy foods
16. Developing a financing plan to implement the policies
17. Increasing the availability of organic fruits and vegetable and school gardens
18. Collaborating with local farmers' markets
19. Maximum reduction of waste by recycling, reusing, composting and purchasing recycled products. Each school shall have an educationally based recycling program.

In developing the policy(ies), the committee shall hold at least one public hearing. (Education Code 49433)

Policy
Adopted: June 15, 2006

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Tombles, California