

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS

What is a school wellness policy?

School wellness policies are required for all schools participating in USDA's Child Nutrition Programs—school breakfast, school lunch, or the after-school snack program. The federal law outlines key requirements, including nutrition guidelines for all foods served on campus, nutrition education and physical activity goals.

Why does CCS schools need a school wellness policy?

Cumberland County School's ultimate goal is to help each child reach optimal wellness resulting in improved academic growth. One of the significant health concerns in the U.S. today is the increase in the numbers of children who are overweight. There are many causes for this health concern, including decreased physical activity, large portion sizes, and easy access to foods that provide more calories than nutrients. Although American kids may be overweight and overfed, generally they are also frequently undernourished. School wellness policies focus on improving health and preventing childhood obesity by creating a school environment where healthful food choices predominate, and physical activity is part of every day. There is a strong connection between health and academic performance, too. By doing the same things that optimize students' health, we can optimize students' classroom performance and physical activities.

Are food-related fundraisers acceptable?

Yes, as long as they are not active on school campus during times restricted by federal regulation for the Child Nutrition Program.

Elementary Schools: The sale of foods and beverages to students on the school campus on school days between 12:01 A.M. until 30 minutes after the dismissal bell is strictly limited to the Child Nutrition Services.

Middle and High Schools:

- * The sale of foods and beverages to students on the school campus on school days between 12:01 A.M. until the end of lunch service is strictly limited to the Child Nutrition Service.
- * After lunch service ends until 30 minutes after the dismissal bell, middle and high schools may sell snacks and beverages as long as they comply with the federal Smart Snacks.

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

When can food-related fundraisers be held on campus?

Elementary:

- * On school days, starting 31 minutes after the dismissal bell until midnight.
- * Anytime on weekends and non-school days.
- * While there are no nutritional restrictions, following the Smart Snack Standards is recommended.

Middle and High Schools:

- * Food and beverage items are required to meet federal Smart Snack Standards until 30 minutes after the dismissal bell.
- * However, there are no nutritional restrictions on school days beginning 31 minutes after the dismissal bell until midnight. Smart Snack Standards are recommended on weekends and non-school days but are not required when nutritional restrictions are not in place.

Are food-related fundraisers held after school hours required to meet Smart Snacks Standards?

No, except the first 30 minutes after the dismissal bell. Fundraising activities that are conducted after the school day, on weekends, and off-campus are not required to comply with the federal Smart Snacks Standards.

Are there restrictions on food or beverages that can be sold to adults during the school day?

No. There are no time or nutritional restrictions on foods and beverages being sold to school staff, parents, or other adults on the school campus. The restrictions apply to items sold to students only.

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

Are there any restrictions or guidelines that apply to food-related fundraisers held by the PTA, students clubs, etc.?

Yes. Regardless of who is conducting the sale, all guidelines and restrictions apply to foods and beverages sold to students on the school campus on school days.

Can fundraisers involving the sale of food or beverages be held during the school day if the product is not delivered to the student until after the school day ends?

Fundraisers involving the sales of foods and beverages during the school day are not permitted in elementary schools until 30 minutes after the dismissal bell. Fundraisers involving the sales of foods and beverages are not permitted in the middle and high schools on school days between 12:01 A.M. until the end of lunch service and then must comply with the Smart Snacks Guidelines until 30 minutes after the dismissal bell. This also includes the sales of tickets, vouchers, etc., for future delivery of foods and beverages. The rule does not apply to non-food and beverages fundraisers, which can occur during school hours if the school administration approves it.

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

What if a student wants to have a birthday party and serve pizza and ice cream?

School principals shall establish rules for foods and beverages brought from home for classroom events or parties. The board encourages principals to develop consistent rules with the Smart Snacks in Schools standards.

Do fund-raising activities that involve food or beverages have to comply with the federal Smart Snacks standards?

Fund-raising activities that are conducted after the school day are not required to comply with the federal Smart Snacks standards.

Physical Education, Physical Activity, Recess?

Schools must provide a minimum of 30 minutes of moderate to vigorous physical activity daily for kindergartners through eighth -grade students. This requirement may be achieved through regular physical education classes, recess, dance, classroom energizers, and/or curriculum-based physical activity programs.

Physical activity, structured/unstructured recess, and other physical activities may not be taken away from students as a form of punishment.

Recess and physical activity shall not be taken away from students as a form of punishment, furthermore, exercise shall not be assigned for use as a form of punishment for students.

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

What are the Smart Snacks Standards for foods?

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 whole grain as the first ingredient); or
- ◆ 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 1/4 cup of fruit and/or vegetables; and
- ◆ The food must meet the nutritional standards for calories, sodium, sugar, and fats:

| Nutrient | Snack | Entrée |
|---------------|----------------------------|---------------------------|
| Calories | 200 calories or less | 350 calories or less |
| Sodium | 200 mg or less | 480 mg or less |
| Total Fat | 35% mg of calories or less | 35% of calories or less |
| Saturated Fat | Less than 10% of calories | Less than 10% of calories |
| Trans Fat | 0g | 0g |
| Sugar | 35% or weight or less | 35% or weight or less |

*U.S. Department of Agriculture Food and Nutrition Service
A Guide to Smart Snacks in Schools

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

What are the Smart Snacks beverage options?

All schools are allowed to sell:

- ◆ Plain water (carbonated or noncarbonated);
- ◆ Unflavored low-fat milk;
- ◆ Flavored or unflavored non-fat milk (and milk alternatives); and
- ◆ 100 percent fruit and vegetable juices and full-strength juice diluted with water, carbonated or noncarbonated, with no added sweeteners.

What about caffeinated beverages?

The new nutrition standards do not restrict the sale of caffeinated beverages to high school students. However, USDA encourages school districts to exercise caution when selecting items for sale to their students. USDA will continue to monitor the Food and Drug Administration's (FDA) work on caffeine and consider revising the nutrition standards in the future as appropriate.

Portion Sizes Based on Age:

| School Age | Amount |
|--------------------|--|
| Elementary Schools | May sell up to 8-ounce portions of allowable milk and juice beverages. |
| Middle Schools | May sell up to 12-ounces |
| High Schools | May sell up to 12-ounces (the standard limit the maximum container size to 12-ounces for lower calorie beverages and 20 ounces for calorie-free beverages) |

SCHOOL WELLNESS POLICY — IN THE KNOW

FREQUENTLY ASKED QUESTIONS (cont.)

Could food be used as a reward?

Food will not be used in the schools as a reward or punishment.

ALTERNATIVES TO USING FOOD AS A REWARD

| ZERO-COST ALTERNATIVES | | LOW-COST ALTERNATIVES |
|---|--|--|
| <ul style="list-style-type: none"> ◆ Read outdoors ◆ Teach the class ◆ Enjoy class outdoors ◆ Have an extra recess/earn additional recess time ◆ Play a computer game ◆ Read to a younger class ◆ Get a no homework pass ◆ Bonus Points ◆ Listen to music while working ◆ Play a favorite game or puzzle ◆ Class competition (kickball) ◆ Donated gift certificates from local business: bowling, skating | <ul style="list-style-type: none"> ◆ Earn play money for privileges (ex. Auction items in class like board games, books, etc.) ◆ Eat lunch with a teacher or principal ◆ Dance to favorite music in classroom ◆ Get “free choice” time at end of the day ◆ Extra art, music, or reading time ◆ Create class coupons with special privileges ◆ Have a themed day for your class (hat day, sports day, color day, pajama day) ◆ Have a class scavenger hunt based on curriculum topics | <ul style="list-style-type: none"> ◆ Enter a drawing for donated prizes ◆ Take trip to the treasure box (non-food items) ◆ Get stickers, pencils, bracelets, key chains, and other school supplies ◆ Receive a “mystery pack” (notepad, journal, folder, sports cards, etc.) |