

OFFICIAL USE ONLY:



Dr. William R. Riker
Superintendent

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No. 246-AR
No. 808-AR
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EAST STROUDSBURG AREA SCHOOL DISTRICT
ADMINISTRATIVE REGULATIONS FOR STUDENT WELLNESS
& FOOD SERVICES

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ADMINISTRATIVE REGULATIONS FOR STUDENT WELLNESS & FOOD SERVICES

The Board recognizes the importance of promoting standards of proper nutrition for students to encourage life-long patterns of healthy eating. The Board also recognizes that, in order for children to achieve their full potential, healthy eating patterns are essential. Promoting a variety of nutritious foods promotes healthy growth and development and provides the necessary energy for learning.

The Board directs that, guided by Public Law 108-265, the schools will offer only food and drink items that follow federal and state nutrition guidelines. This includes items served as part of the National School Lunch Program (NSLP), the National School Breakfast Program (NSBP) and the a la carte line.

The Board directs that established policy be followed in instances where students are provided opportunities to partake of nutrition while in the school setting.

The Superintendent or designee shall ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal shall ensure compliance with those policies in his/her school. School food services staff shall ensure compliance with nutrition policies within food service areas.

The school shall not withhold food or milk that is offered as part of the NSLP or the NSBP as a form of disciplinary action.

All beverages offered in schools, other than NSLP or NSBP milk, must be in accordance with any exclusive use contract entered into by the school district.

Ala Carte Foods, including those offered as Type A lunch items must meet the following criteria:

1. Portion sizes shall not exceed the NSLP or NSBP serving sizes.
2. All grain items served shall be whole grain rich unless exception applies.
3. A minimum of three (3) fresh/frozen/raw/canned fruits and vegetables shall be offered daily.
4. Items containing more than two (2) grams of fiber shall be offered daily.
5. No deep fried foods shall be offered. However, pre-fried or flash-fried food can be offered no more than two (2) times per week and are excluded from fat restrictions in item #9 below.
6. Competitive foods sold outside the cafeteria shall not be available for purchase from midnight of the school day until a half hour after school hours of that day.
7. Students in grades 4 and 5 shall not be allowed to purchase more than three (3) a la carte items in total.
8. Ala carte foods must contain no trans fatty acids.
9. Food items shall contain less than 35% calories from fat (standard exclusions allowed).
10. A la carte beverages shall comply with the NSLP and NSBP regulations.
11. All beverages, other than NSLP and NSBP milk, must be in accordance with any exclusive use contract entered into by the school district.
12. Marketing, pricing and education shall promote healthy food selections.

Vending:

1. No vending shall be available to students in grades K-5.
2. Packages shall be in single-serving sizes, with all ingredients listed on the package.
3. A variety of items shall include at least two (2) grams of fiber.
4. There shall be no fried foods offered in vending machines.
5. Vending foods should contain no trans fatty acids.
6. Vending foods shall not contain sugar as the first ingredient.
7. Items should contain less than 200 calories per package/serving.
8. Vending beverages shall comply with the NSLP and the NSBP.
9. Competitive foods sold outside the cafeteria shall not be available for purchase from midnight of the school day until a half hour after school hours of that day.

Food Fundraisers:

1. Packaging shall indicate suggested single serving sizes, with all ingredients listed on the package.
2. No competitive foods or beverages shall be sold until a half hour after the school day.
3. All fundraisers must be approved as per Board Policy Nos. 229 or 929.

Foods in the Classroom Setting:

1. Classroom celebrations shall not offer more than two (2) foods that contain added sugar as its first ingredient.
2. Food shall be prepackaged in single servings with all ingredients listed on the package.
3. Fresh fruits and vegetables should be encouraged as a part of any classroom celebration.
4. Beverages offered as part of a classroom celebration shall be limited to water, at least 100% fruit juice or milk. All beverages, other than NSLP or NSBP milk, must be in accordance with any exclusive use contract entered into by the school district.
5. Foods may be included as part of the educational curriculum; however, the food service staff shall not be responsible for storing, heating or cleaning any food before, during or after such use of food.
6. Foods should not be used as discipline for students.
7. Teachers should be cognizant of food labels for students who have allergies, are diabetic or have other health issues.

Foods from Home:

1. Parents/caregivers shall be encouraged to provide or purchase healthy alternatives should they choose not to participate in the school breakfast and lunch programs.
2. All nutrition standards shall be explained to parents/caregivers, who shall be regularly provided with information regarding proper nutrition and encouraged to comply with these policies. Nutrition information will be made available on the school district website.
3. Foods from outside sources such as home, pizzerias, and fast food should not be made available to anyone other than the student from whose home the food was sent.

Faculty Lounges:

Faculty shall be encouraged to set good examples for students.

Other:

1. Students should be an active part of planning through attendance at meetings and involvement in taste-testing as is applicable.
2. Vegetarian Options: The school shall endeavor to include appealing vegetarian choices.

Enhancements to NSLP and NSBP Meals:

1. Marketing healthy foods is mandatory.
2. Each school shall maintain a wellness committee, garnering input from parents, students, administration, the school board, the public and faculty, to design and implement a plan containing goals for nutrition and physical education.
3. School lunch menus shall meet the following criteria:
 - a. At least three (3) different fruits shall be offered weekly;
 - b. At least five (5) different vegetables shall be offered weekly;
 - c. Dark green and/or orange fruits and vegetables shall be offered at least three (3) times per week;
 - d. Fresh/raw fruits and vegetables shall be offered daily;
 - e. Beans or other legumes, or peas shall be offered at least once per week;
 - f. Whole grains shall be offered daily;
 - g. Meat and/or meat alternate entrees shall be offered daily;
 - h. Portion sizes shall be in compliance with those recommended by the NSLP and NSBP;
 - i. All foods, except entrees, must contain less than 200 calories per serving.
4. The majority of items offered shall contain:
 - a. Less than 35% calories from fat (standard exclusions allowed); and
 - b. Less than 35% sugar by weight (excluding naturally occurring).
5. No fried foods are permitted. However, pre-fried or flash-fried foods shall be limited and are exempt from those fat restrictions specified above.
6. Beverages included in the NSLP and NSBP reimbursable meals are limited to eight (8) ounce containers of milk. All other beverages must be in accordance with the NSLP and NSBP regulations.

Nutrition Education:

1. Students in grades kindergarten through twelve shall receive nutrition education that is interactive and teaches the skills they will need to adopt healthy eating behaviors.
2. Nutrition education shall take place in the cafeteria, classroom and within the school curriculum, with coordination between food service staff and teachers as is applicable.
3. Schools shall conduct nutrition education activities and promotions that involve students, parents and the community with messages promoting proper nutrition.
4. The Director of Food Services shall make available nutritional resources and educational materials to parents, teachers and students on a regular basis as part of the school lunch program.

Physical Education:

1. Students should be given opportunities for physical activity through a range of after-school programs, including intramurals, athletics, and clubs that promote physical activity.
2. Students should be given opportunities for physical activity during the school day through daily recess (elementary only), physical education classes, walking programs, and the integration of physical activity into the academic curriculum as is applicable.
3. Schools should work with the community to create an environment that is safe and supportive of student physical activity.

Food Safety:

1. Foods brought from outside sources such as home, pizzerias, and fast food shall be eaten by only that student from whose home the food has come.
2. External groups that use the school kitchen shall do so under the auspices of a school food services staff. A food service staff member must be present during the use of the school kitchen. A fee may be charged to offset the cost of a food service staff member. Any such group is solely responsible for the proper preparation and sanitation procedures employed regarding any foods prepared and/or sold by said group.
3. When external caterers are used, the safety of food purchased or prepared is the responsibility of the caterer, not the school district.
4. The school district shall establish and maintain a Hazard Analysis and Critical Control Point (HACCP) program overseen by the Food Services Director.
5. The use of school kitchen facilities must be approved by the school principal and the Director of Food Services.
6. Food safety education shall be provided to all food service staff. Sanitation and Food Safety Certification shall be required of the Director of Food Services, the Assistant Directors of Food Services, and all Cooks.
7. Share tables are not permitted.