

School Wellness Policy

Colbert County School System
Dr. Gale D. Satchel,
Superintendent

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

The school campus shall reflect a healthy nutrition environment. Adequate time to eat shall be allowed to have a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict access to or the completion of meals.

School Meals

Meals served through the National School Lunch, Breakfast, and Summer Programs shall:

1. Be appealing and attractive to children and be served in clean and pleasant settings using HACCP food safety principles to ensure the best quality of food;
2. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables including Alabama grown produce as available;
3. Serve only low-fat (1%) and fat-free milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
4. Serving sizes shall comply with the meal pattern requirements as described by the United States Department of Agriculture (USDA) regulations. Foods served and/or sold through the cafeteria shall adhere to the guidelines established by the USDA and The Healthy, Hunger-Free Kids Act of 2010.
5. School meals must average, for a weekly period, meeting the standards of the *Healthy Hunger -Free Kids Act of 2010*. School lunches shall meet the standard of providing 550 – 650 calories for grades K-5, 600-700 calories for grades 6-8, and 750-850 calories for grades 9-12.
6. Emphasis is to be placed on increasing the quantity of whole grains served. Products are considered Whole Grain if a *whole grain product* is listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, yellow corn meal and oatmeal;
7. Free water will be provided to students at breakfast and lunch.
8. Schools must review the items offered as ala carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria listed below shall be eliminated or portion sizes reduced in order to be in compliance with the requirements;

Breakfast:

All children shall be encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All Colbert County Schools shall operate a School Breakfast Program.
2. School administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

are not met within the three year period the person cannot continue being employed as a CNP Director.

Qualifications of School Food Service Staff:

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, we shall provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association and the Institute of Child Nutrition. Professional Development will include Serv Safe training for all CNP employees. All staff will meet or exceed the annual training requirements of USDA Professional Standards for Child Nutrition Professionals.

USDA and Alabama Smart Snacks Standards in Schools and Fundraising

Beginning school Year 2016-2017, all schools shall provide a consistent environment that is conducive to healthful eating behaviors during school hours. The school campus shall reflect healthy nutrition environments. Schools must not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict access to and compete with meal schedules.

Healthy and appealing foods shall be available through cafeteria meals and a la carte items. Foods served and/or sold through the cafeteria shall adhere to the Smart Snacks in School standards established by USDA and the Healthy Hunger-Free Kids Act of 2010. Portion sizes, calories, sodium, fat, and sugar limits must comply with the requirements as described by the USDA Smart Snacks in School Standards.

Schools must review the items offered as a la carte sales and evaluate the nutritional contribution of each item. Single items and additional portions of foods that constitute the reimbursable meal may be sold as a la carte so long as these items are also in compliance with the USDA Smart Snacks in School standards. Foods sold as the "entrée" of any single meal are exempt from the USDA Smart Snacks in School standards, and may be sold a la carte on the day of, and the day after, the item is on the menu. Except in the case of entrees, as outlined above, all foods sold a la carte during the school day must meet the USDA Smart Snacks in School standards as outlined below. Food items that do not meet these standards should be eliminated from a la carte sales, or be sold in reduced portion sizes in order to comply with the USDA requirements.

Schools should focus on improving food quality in the school meal programs by offering whole grain-rich breakfast and lunch items, having one percent or less fat milk as the standard beverage, and increasing fruit and vegetables preferably using freshly

- *Sodium Limits*
 - *Snack items: 230 mg or less***
 - *Entrée items: 400 mg or less***
- *Fat Limits*
 - *Total Fat: 35% of calories or less*
 - *Saturated Fat: Less than 10% of calories*
 - *Trans fat: zero grams*
- *Sugar Limits*
 - *35% or less of weight from total sugar*

****On July 1, 2016, snack items must contain 200 mg sodium or less per item.**

Accompaniments

- Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods.
- Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

School Definitions:

- Elementary Schools Pre K – Grade 5
- Middle Schools Grades 6 – 8
- High Schools Grades 9 – 12

Beverage Portion Sizes

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk (May serve 1% flavored milk during SY17-18 due to state waiver)
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), no added sweeteners.

Portion size limitation by school categories:

- Elementary schools may sell up to 8-ounce portion of milk or juice
- Middle schools and High schools may sell up to 12 ounces portion of milk or juice
- There is no portion size limit for plain water.

In addition to: No calorie and lower calorie beverage options for high school students.

- Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review.
- Superintendent
 - Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.
 - Complete and sign the attestation document (see attachment)
 - Provide to CNP Directors to support the annual online application renewal.
- Child Nutrition Director
 - Place a copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraiser Form (signed by the school principal) in the wellness plan file.
 - Provide documentation of approval upon request by ALSDE.

Semi-annual due dates are: July 1 and January 1 of each school year. *The completed Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form is required to be signed and on file as described above before exempt food fundraisers commence.*

The Smart Snack Calculator may be found at:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/?gclid=CjwKEAjlw8e2sBRCYte6U3suRjFESJAB4gn_g1jlxq-Y83JUEV8x9oTQRHOMSI141I0DHGHwmeaa6BxoCDCrw_wcB

After School Snacks:

Afterschool snacks can be provided only if there is an enrichment program offered. Afterschool snacks must contain at least two different components of the following four: a serving of fluid milk; a serving of meat or meat alternate; a serving of vegetables or fruits or full strength vegetable or fruit juice; a serving of whole grain or enriched bread or cereal.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Colbert County School System aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

Policy Review: The district wellness committee shall review this policy on an as needed basis.

- a. Richard B. Russell Nation School Lunch Act (70 P.L. 396, 60 Stat. 230)
- b. Healthy Hunger Free Kids Act of 2010
- c. Federal Register, Vol. 78, No. 125, Friday, June 28, 2013, Rules and Regulations
- d. U. S. Department of Agriculture, Food and Nutrition Service, FNS-466, December 2013
- e. U. S. Department of Agriculture Memo SP 36-2014, Smart Snacks Nutrition Standards and Exempt Fundraiser

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Annual Attestation Statement

DATE:

FROM: [School Food Authority Superintendent]

TO: [State Agency Official and Title]

SUBJECT: Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities

Instruction: The following statement must be signed by the school food authority (SFA) superintendent operating exempt food fundraisers in schools with National School Lunch and/or School Breakfast Programs, and filed as outlined in the Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

I _____, as the superintendent of _____ [SFA Name], do hereby attest that the aforementioned SFA and all schools under its jurisdiction operating the National School Lunch Program authorized under the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq), and/or the School Breakfast Program authorized under the Child Nutrition Act of 1966 (42 U.S.C. 1773), are in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities for School Year _____.

I certify that this attestation is true and correct, and therefore, I believe _____ [SFA Name] is in compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.

In addition, I understand that Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities Form must be completed semi-annually and filed by the following dates: July 1 and January 1 of each School Year.

Superintendent Signature

Date

Original: CNP Director

Developed: May 2015