

JERICO UNION FREE SCHOOL DISTRICT

WELLNESS POLICY

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The Jericho Union Free School District is committed to providing an environment that promotes and protects children's health, well-being and the ability to learn by supporting healthy eating and physical activity. Pursuant to 204 of the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004, the District establishes the following Wellness Policy to enhance the learning and development of lifelong wellness practices.

Nutrition Education Goals

Nutrition education is defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well being." Jericho School District adopts the following nutrition guidelines in its schools, with the goal of promoting student health and reducing childhood obesity:

- Students in grades K-12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors and provide them with the knowledge and skills to promote and protect their health.
- Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between food service staff and teachers;
- Students shall receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community, media and school based marketing will be consistent with nutrition education and health promotion;
- District health education curriculum standards and guidelines shall include both nutrition and physical education.
- Nutrition education activities shall be integrated into the health education or core curricula;
- Health Education and Physical Education shall be provided by appropriately trained staff who shall participate regularly in professional development activities to effectively deliver an accurate nutrition education program;
- Students shall have access to a variety of affordable, nutritious and appealing food choices that meet their health and nutrition needs which will also accommodate the religious, ethnic and cultural diversity of the student body;
- Students shall be encouraged to start each day with a healthy breakfast;
- Fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods and health enhancing nutrition practices shall be promoted;

- Caloric balance between food intake and energy expenditure (physical activity/exercise) shall be emphasized;
- Jericho School District's guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidelines of Child Nutrition programs.

Physical Activity Goals

The primary goal for Jericho School's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle.

Jericho Union Free School District adopts the following physical activity guidelines:

- Students shall be given the opportunities for physical activity during the school day through physical education class, daily recess periods for elementary school students and through the integration of physical activity into the academic curriculum;
- Students shall be given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramural, interscholastic and athletics and physical clubs;
- Jericho Schools shall encourage parents to support their children's participating in physical activity, to be physically active role models and to include physical activity in family events;
- Jericho Schools shall provide training to enable teachers and other school staff to promote enjoyable lifelong physical activity among students;
- Teachers and other school staff may not use physical activity (e.g., running laps or pushups) or withhold opportunities for physical activity (e.g., recess, physical education as punishment).

Other School Based Activities Goals

Jericho School District's goal is to create a school environment that provides consistent wellness messages and that is conducive to healthy eating and being physically active. In accordance with this goal, Jericho Union Free School District adopts the following guidelines:

- There shall be a clean, safe, enjoyable meal environment for all students with adequate time to enjoy eating healthy foods with their friends;
- There shall be enough space and serving areas to ensure all students have access to school meals with minimum wait time;
- Lunch time shall be scheduled as near the middle of the school day as possible;
- Drinking fountains shall be available in all schools so that students can get water at meals and throughout the day;
- All students are encouraged to participate in school meals programs and the identity of students who eat free and reduced price meals will be protected;
- Food and beverage marketing activities shall be consistent with and reinforce the objectives of the education and nutrition environment goals of Jericho schools.
- Jericho Schools shall encourage that all fundraising efforts and school events such as field trips, dances and assemblies in the schools are supportive of healthy eating, healthy food choices and physical activity;
- Efforts will be made to keep school or district-owned physical activity facilities open for use by students outside school hours.

Establishing Nutrition Standards

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. Jericho Schools establishes the following program requirements and nutrition standards to address all foods and beverages sold or served to students:

- Nutrition standards shall focus on maximizing nutritional value by decreasing fat and added sugars and moderating portion size;
- Current USDA Dietary Guidelines for Americans shall be promoted for all foods and beverages made available (including vending machines, a la carte, fundraising, concession stands, student's stores and school parties/celebrations) during the school day.
- The Jericho School Food Service Program shall offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle school, and high school.

- Classroom snacks should feature healthy choices and a list of healthy choices will be disseminated to teachers and parents;
- Students shall be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on children's diets;
- Jericho Union Free School District shall make decisions on these guidelines based on nutrition goals, not on profit.

INDIVIDUAL SALE OF FOODS AVAILABLE ON CAMPUS

Foods and beverages sold on campus during the school day will offer a variety of age appropriate, healthy choices and should include selections that fall under the choose sensibly program*. Foods sold on campus include: vending machines; ala carte sales; concession stands/student stores. School administration, in consultation with the National School Lunch Program services, will choose the competitive food** selections.

- * Choose Sensibly was initiated by the New York School Nutrition Association to provide support to schools seeking to change the buying patterns of their students. By adopting standards for ala carte snacks and beverages that support the Dietary Guidelines and identifying those choices, school food service departments hope to educate students to make wise choices for snacks. This campaign is designed to be implemented school-wide wherever snacks and beverages are offered or sold.
- ** USDA defines competitive foods as foods offered at school, other than meals served through USDA's school meal programs. (i.e., school lunch, and after-school snack programs).

New York School Nutrition Association Choose Sensibly Program

To help ensure the health and well being of the children in our schools, NYSNA developed a program, called Choose Sensibly. The program puts the Dietary Guideline recommendations into practice by identifying snacks that are moderate in fat, sugar and sodium.

While we cannot force students to change what they select to eat (they must make that change for themselves), we can provide the education component to help them learn to make that choice. This program encourages students to apply what they are being taught in the classroom in order to make wise snack selections. Reading nutrition labels to make sensible choices is a skill students can develop with practice. Learning to make sensible choices will provide children with knowledge of nutrition that they can use throughout their lives. We can provide information which can help children select wisely. After looking at many possible ways of accomplishing this, NYSNA decided to adopt one that is easy to monitor.

To be considered a *sensible choice*, a snack should contain:

- . One serving per package
- . Fat: 7 grams or less
- . Saturated Fat: 2 grams or less
- . Sodium: 360 mg or less
- . Sugar: 15 grams or less

For beverages, the standards are:

- . One serving per package
- . All low fat milk and low fat flavored milk
- . Juice drinks must contain at least 25% real Juice
- . Water or flavored waters without added sugar, artificial sweeteners or caffeine
- . Beverages with 10 mg or less of caffeine per serving

The program:

- Promotes the value of education and information to help children make informed choices. Follows the dietary guidelines to choose foods that support good health.
- Recognizes there are not good and bad foods, but that some foods are better nutritional choices.
- Is easy to implement and has a message, sensible choice, which is easy to understand.

This is not a simple problem. It will take years to change eating habits, but this is a first step. Additionally, the rest of the school district should be encouraged to do the same things, in school stores, classroom parties, PTA sales, etc. This is not the only answer, but it is one small step towards changing a trend.

*** Tropicana Items

14 oz plastic pack OJ/not from concentrate-100 % juice
14oz plastic pack Home-style/not from concentrate-100 % juice
14 oz plastic pack Grove stands not from concentrate-100 % juice
14 oz plastic pack OJ w/Calcium/not from concentrate-100 % juice
14 oz plastic pack Apple/not from concentrate 100% juice
14 oz plastic pack Grape/not from concentrate 100% juice
14 oz plastic pack cranberry/not from concentrate 100% juice
14 oz plastic pack Lemonade/not from concentrate 100% juice
11 oz Fruit Smoothies various flavors
6 oz orange juice
Water
Milk-whole, 1% white, Skim, Low-Fat Chocolate

CHOOSE SENSIBLY INITATIVE

BAKED CHEETOS CRUNCHY 1.5 OZ 60CT

BAKED CHEETOS CRUNCHY HOT

1.5 OZ 60CT

SMARTFOOD REDUCE FAT WHITE CHEDDAR POPCORN .0875 OZ 48 CT

BAKED DORITOS NACHO CHESSIER FLAVOR CRIPS 1.375 OZ 60 CT

BAKED DORITOS COOL RANCH FLAVOR TORTILLA CHIPS 1.375 OZ 60 CT

BAKED RUFFLES REG. POTATO CRIPS 1.125 OZ 60 CT

BAKED RUFFLES CHEDDAR AND SOUR CREAM POTATO CRIPS 60 CT 1.125 OZ

BAKED LAYS ORIGINAL POTATO CRISP 1.25OZ 60 CT

BAKED LAYS KC MASTERPIECE FLAVOR POTATO CRISP 1.125 OZ 60 CT

MUNCHIES ULTIMATE CHEDDAR SNACK MIX 1.75 60 CT

REDUCED FAT DORITOS NACHO CHEESIER TORTILLA CHIPS 1.5 OZ 60 CT

BAKED CHEETOS CRUNCHY 0.875 OZ 104CT

BAKED CHEETOS CRUNCHY FLAMING

HOT 0.875 OZ 104 CT

SMARTFOOD REDUCE FAT WHITE CHEDDAR POPCORN .05 OZ 72CT

BAKED DORITOS NACHO CHESSIER FLAVOR TORTILLA CHIPS 0.75 OZ 88 CT

BAKED DORITOS COOL RANCH FLAVOR TORTILLA CHIPS .075 OZ 88 CT

BAKED RUFFLES CHEDDAR & SOUR CREAM POTATO CRIPS 60 ct

BAKED LAYS KC MASTERPIECE FLAVOR POTATO CRISP .875 OZ 60 CT

MUNCHIES ULTIMATE CEDDAR SNACK MIX 1.OZ

104 CT

REDUCED FAT DORITOS NACHO CHEESIER TORTILLA CHIPS

SUN CHIPS FRENCH ONION 1 OZ. 104 CT

SUN CHIPS HARVEST CHEDDAR 1 OZ 104 CT

BACHMAN LITE POPCORN 3/8 OZ 60 CT

2PK LINDEN'S BUTTER CRUNCH COOKIE 1.1 OZ 24 CT 9BX
2 PK LINDEN'S CHOC. CHIP COOKIES 1.1 OZ 24 CT
2 PK LINDEN'S FUDGE CHIP COOKIES 1.1 OZ 24 CT 9 BX
2 PK LINDEN'S LEMON COOKIES 1.1 24 CT 9 BX

2 PK LINDEN'S OATMEAL RAISINS 1.1OZ 24 CT. 9 BX
LINDEN'S MELLO CRIPS MARSHMALLOW TREAT 1.2 OZ.
BACHMAN KIDZELS 1 OZ 60 CT
GOLDFISH BAKED SNACK CRACKERS CHEDDAR 300CT .75OZ
GOLDFISH BAKED SNACK CRACKERS CHEDDAR 60CT 1OZ

GOLDFISH BAKED SNACK CRACKERS PRETZEL 300CT .75OZ
CAPECOD POTATO CHIPS 120 CT ½ OZ.
NY SNACKS POTATO STIX 72 CT .75OZ
KEEBLER ELF GRAHAMS ORIGINAL 150 CT 1.OZ
KEEBLER ELF GRAHAMS CINNAMON 150 CT 1.OZ
KEEBLER ELF GRAHAMS CHOCOLATE 150 CT 1.OZ
KEEBLER BITES CHOC. CHIP COOKIES 36 CT
KEEBLER RIGHT BITES 100 CAL. CHEEZ-IT 36 CT
NABISCO OREO 100 CAL

NABISCO 100 CAL. WHEAT THINS 72 CT
Low Fat Granola Bar

Nutri Grain Cereal Bar 1.3 oz.
NUTRIGRAIN YOGURT BARS STRAWBERRY 1.3 OZ 48 CT

NUTRIGRAIN YOGURT BARS VANILLA
1.3 OZ 48 CT
SPECIAL K SNACK BITES
KELLOGGS GRANOLA MUNCHERS 1.05 OZ
X-TREME FRUIT BITES .075
FRUIT-JERK 0.7 OZ 400 CT
AIR HEAD FRUIT SPINNERS FRUIT ROLLS
SATHERS FRUIT SNACKS 2.5 OZ
WADDA JUICE
IZZE SPARKLING JUICE 8.4 OZ 24 CT

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Establishing Nutritional Standards Under the Healthy Hunger Free Kids Act 2010

Implementation for New Requirements in 2012-2013:

The Jericho School District will adhere to all mandates as defined in the implementation timeline for the "Final Rule".

In 2012-2013 Nutrition Standards for grades k-12 will be observed as mandated.

In an effort to provide healthy meals Jericho Schools will offer more fresh fruit, fresh vegetables and exchange the use of canned beans to dried beans thus reducing sodium levels.

Vegetable Component:

The vegetable assortment will be varied during menu planning. Each weekly menu will include a dark green vegetable, red/orange vegetable, beans/peas, starchy vegetable and other vegetable.

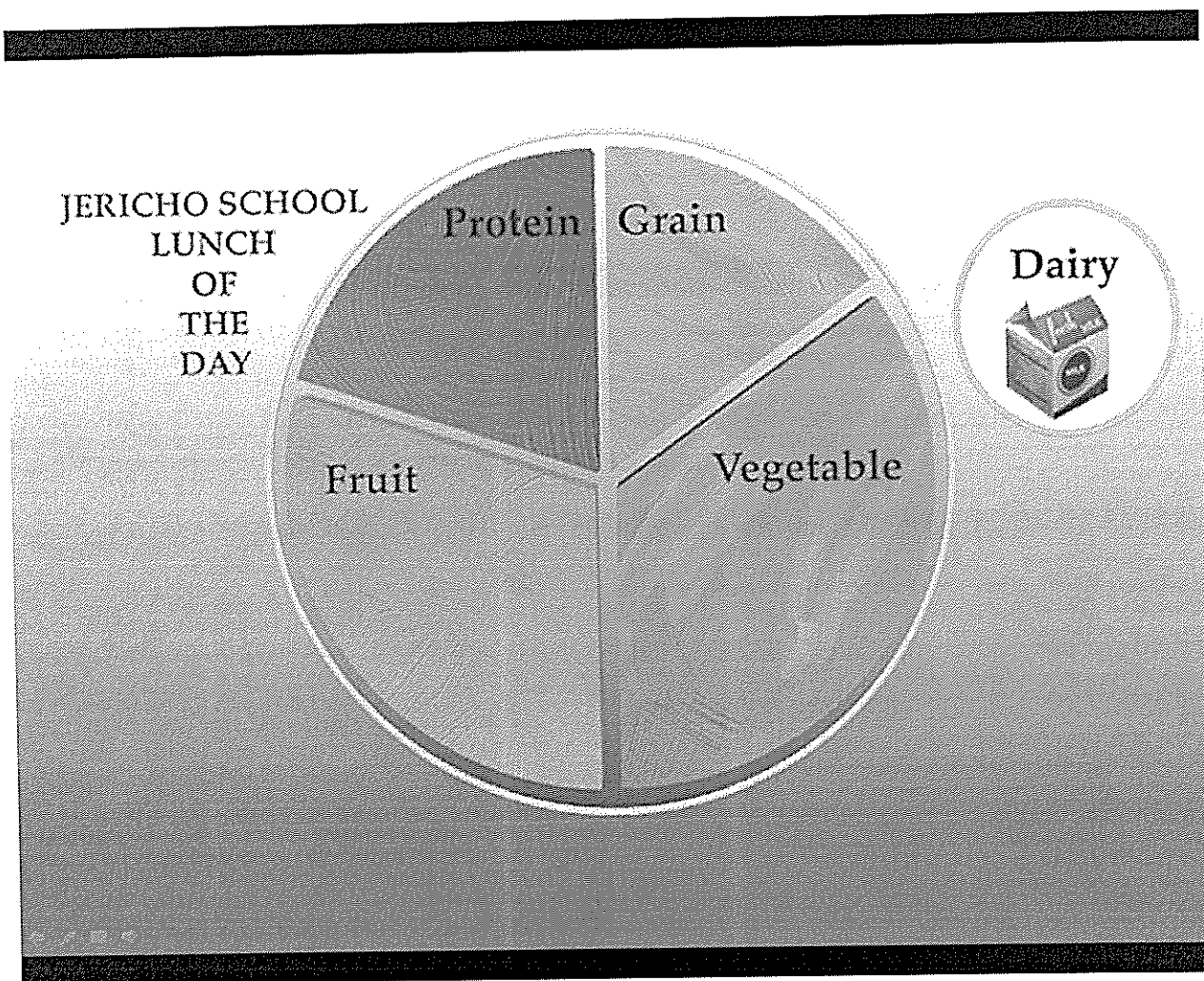
Goals:

- To educate staff on a continuing basis to serve all meal in compliance with mandates as defined in the "HEALTHY HUNGER FREE KIDS ACT 2010".
- To serve appealing meals to each child.
- To meet nutrition requirements established by state and federal regulations.
- Serve only low fat 1% and fat free milk.
- Implement a menu whereby half of the grains served are whole grain.

Wellness Policy:

The cafeteria staff shall continue to be trained in the new federal mandates as defined in the "HEALTHY HUNGER FREE KIDS ACT 2010"

All cafeterias will have the five component chart identifying each meal component as menued in a continuing effort to educate and inform students.



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The Jericho School District will comply with all mandates related to non-competitive foods.

Moving forward to the 2014-2015 school year all snacks will be checked for compliance by using the "Smart Snacks Product Calculator".

Beverages

Elementary School:

- Plain water
- Low fat milk, unflavored (8oz)
- Free and safe drinking water is available throughout the school day at water fountains

Middle School:

- Plain water
- Low fat milk, unflavored (8oz)
- Non-fat milk, non-fat flavored milk, chocolate (8oz)
- 100% fruit/vegetable juice
- Free and safe drinking water is available throughout the school day at water fountains

High School:

- Plain water, carbonated or un-carbonated
- Low fat milk, unflavored
- Non-fat milk, unflavored or flavored
- 100% fruit/vegetable juice
- Calorie-free flavored water, with or without carbonation
- Diet soda is not allowed from the beginning of the school day until 30 minutes after the school day ends (NYS Law)
- Free and safe drinking water is available throughout the school day at water fountains

District Wellness Policy

Jericho Schools will include students in developing meals through taste testing of entrees and other new meal components to help develop appealing menu items.

Menus will be prepared by the school lunch director and a registered dietician.

Food service staff will be provided with ongoing training regarding nutrition content for reimbursable meal counts.

Food service staff will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced price school meals.

At the point of sale, students approved for free or reduced meals will be identified by using the number one (1), indicating free status; students approved for reduced meals will be identified by using the number two (2).

There are no keys on the register grid using the words free or reduced.