

## Switzerland County School Corporation

### LOCAL WELLNESS POLICY

**Philosophy:** The Board of School Trustees of Switzerland County School Corporation supports the health and well-being of the school corporation's students by promoting nutrition and physical activity at all grade levels.

**Statement of Purpose:** Provide students access to healthy foods and beverages; provide opportunities for appropriate physical activities; and require that all meals served by Switzerland County School Corporation meet or exceed the federal nutritional guidelines.

**School Health Advisory Council will consist of:**

Parents/Guardians

Food Service Director

Health Care Professionals/Physical education teachers

School board Members

School administrators

The advisory council will meet annually to review nutrition and physical activity policies.

The school wellness policy shall be made available to students and families by means of the corporation's website.

**Standards for USDA Child Nutrition Programs and School Meals:**

Switzerland County School Corporation will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods.

All meals served through the Programs will:

Be appealing to students;

Meet the requirements established by the USDA;

Contain 0 percent trans fats;

Offer a variety of fruits and vegetables;

**Mealtimes and Scheduling:**

Adequate time will be provided to students to eat lunch ( at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).

School meals will be served in clean and pleasant settings

Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

Potable (drinking) water must be readily available at all mealtimes.

**NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES:**

**INCLUDE:**

Ala-Carte in the Cafeteria

School Stores

Snack Bars

Vending Machines

**COMPETITIVE FOOD:**

All food and beverages sold to students on the SCHOOL CAMPUS during the SCHOOL DAY, other than meals reimbursable under the USDA programs.

All food and beverages sold must be put through the smart snacking calculator.

**[www.healthiergeneration.org/calculator](http://www.healthiergeneration.org/calculator)**

**SCHOOL CAMPUS:**

All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**SCHOOL DAY:**

The period from the midnight before to 30 minutes after the end of the official school day.

**CAFFEINE:**

**Elementary and Middle Schools:**

Foods and beverages must be caffeine-free

**HIGH SCHOOL**

No caffeine restrictions

**Foods must also meet several nutrient requirements:**

**Calorie limits:**

Snack item: < 200 calories

Entrée item: < 350 calories

**Sodium limits:**

Snack item: <230 mg

Entrée items: < 480 mg

**Fat limits:**

Total fat < 35 % of calories

Saturated fat < 10 % of calories

Trans fat- 0 grams

**Sugar limits:**

< 35 % of weight from total sugars in foods.

**Other Requirements:**

**Fundraisers**

**Indiana only allows 2 exempt fundraisers per school year.**

**An exempt fundraiser is one school day.**

**Any food sold for a fundraiser must be frozen so it can't be consumed by the student on school grounds, with the exception of fruit or vegetables.**

**Fundraiser exemption**

**No "time and place" restriction on foods and beverages, except: NO FUNDRAISER FOODS OR BEVERAGES MAY BE SOLD IN COMPETITION WITH SCHOOL MEALS IN THE FOOD SERVICE AREA DURING THE MEAL SERVICE.**

Birthday parties & holiday parties will be allowed; we do recommend healthier options for snacks.

Pre-packaged food is a requirement for parties, due to allergies.

## **STANDARDS FOR BEVERAGES**

All schools may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

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), and no added sweeteners

### **ELEMENTARY SCHOOLS MAY SELL:**

Up to 8-ounce portions, while Middle schools and high schools may sell up to 12-ounce portions of milk and juice. Once again there is no limit on portion size for plain water.

### **HIGH SCHOOL**

Standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

Calorie-Free Beverages

Maximum serving size 20 fluid ounces

Calorie-free flavored water, with or without carbonation

Other “calorie-free” beverages with less than 5 calories per 8 fluid ounces or up to 10 calories per 20 fluid ounces

No more than 12-ounce portions of beverages with < 40 calories per 8 fluid ounces, or < 60 calories per 12 fluid ounces.

### **SMART SNACKS IN SCHOOLS**

#### **USDA’S “ALL FOODS SOLD IN SCHOOLS” STANDARDS**

Nutrition Standards for Foods

Be a “whole grain-rich” grain product, or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food.

Be a combination food that contain at least ¼ cup of fruit and /or vegetable

Contain 10% of the daily value of one of the nutrients of public health concerns in the 2010 dietary guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Academic related activities are exempt.

The school nurse must have information in the child's records if there is an allergy to certain foods.

**NO FOOD OR DRINK REWARDS.**

