

Linden City Schools
Child Nutrition Program
209 North Main Street
Linden, Alabama 36748

Dr. Timothy Thurman
Superintendent

Ms. Tammy Lofton
Child Nutrition Director

Mrs. Natalie Patrick
School Nurse/Lead Officer

Mission Statement:

The purpose of the Linden City Child Nutrition Program is to prepare and serve nutritious and appealing meals that meet dietary guidelines. These meals will be served to students, staff, and friends of the schools in a positive, cheerful manner, while maintaining financial soundness, and contributing to the quality and excellence of a student's educational experience.

“This institution is an equal opportunity provider”

Linden City Board of Education

**WELLNESS POLICY
ON
NUTRITION AND PHYSICAL ACTIVITY**



**Updated – October 7, 2015
Board Approved – October 26, 2015**

2015 – 2016 COMMITTEE MEMBERS

Dr. Timothy Thurman, Superintendent
Ms. Tammy Lofton, CNP Director
Mrs. Natalie Patrick, School Nurse
Mrs. Mitzie Gates, Teacher (Linden High School)
Ms. Sarah Blackmon, Teacher (G P Austin Junior High School)
Mr. Brandon Stallworth, Teacher (Linden Elementary School)
Mrs. Helen Bates, Parent/Community Member
Mr. Carl Nathan, Parent/Community Member
Mrs. Sharon Anderson, Parent/Community Member
Mr. Kadarius Hinton, Student Representative (Linden High School)

The Linden City Board of Education is committed to providing a school environment that enhances learning and development of life-long wellness practices. To comply with this policy, the Linden City Board of Education adopts the following goals:

- The Linden City Board of Education's Child Nutrition Program complies with federal, state, and local requirements. The Linden City Board of Education Child Nutrition Program is accessible to all students. All Linden City school-based activities are consistent with the wellness policy goals.
- Linden City Schools will provide nutrition education that is appropriate for students. Nutrition education will be integrated into students' curriculum to teach and foster life-long eating. Examples include:
 - Newsletters/flyers provided to students and parents
 - Development of strategies to bring in outside resources to provide nutritional education
 - Information provided during open house and parenting days
 - Information posted on school system website
- Linden City Schools will provide opportunities for students to develop the knowledge and skills for specific activities to maintain physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach short and long-term benefits of a physically active and healthful lifestyle. This is provided through:
 - Elementary students receive a minimum of sixty (60) minutes of health education per week and thirty (30) minutes of physical education per day.
 - High school students receive a minimum of ½ unit of health education.
 - Physical activity will be integrated across curricula and throughout the school day.
 - Physical education courses will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills and knowledge.
 - Time allotted for physical activity will be consistent with state standards.
 - A physical education period will be provided which is not used as a punishment or reward.
 - Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical education.
 - Adequate equipment is available for all students to participate in physical education.
 - The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Linden City Schools will provide a safe, comfortable, and pleasing school environment that allow ample time and space for eating meals. Food and/or physical activity will not be used as a reward or punishment.
- Teachers will be strongly encouraged to set examples for students by adhering to the wellness policy and promoting habits for life-long, healthy eating.

Nutrition Standards

Students' life-long eating habits are greatly influenced by the types of foods and beverages made available in their daily environment. The Linden City Board of Education has established the following guidelines for all foods and beverages sold or served to students during the school day. The school day is defined as the period of time from midnight before the school day starts to thirty (30) minutes after the end of the official school day.

- All foods and beverages provided to students during the school day shall meet the nutritional recommendations of the *U.S. Dietary Guidelines for Americans*, *Alabama's Healthy Snack Standards for Foods and Beverages at School*, and the *Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards*.
- Reimbursable school meals will be no less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- All competitive foods sold to students during the school day may not be sold in a time frame of one hour before, during, or one hour after reimbursable school meals are served.
- Any food sold in schools must:
 1. Be a "whole grain-rich" product; or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
 - a. On July 1, 2016, foods may not qualify using the 10% DV criteria.
 5. Be a food that is authorized by the snack calculator.
 - a. URL: <https://foodplanner.healthiergeneration.org/calculator/>
- Foods must also meet several nutrient requirements:
 1. Calorie limits:
 - a. Snack Items: ≤ 200 calories
 - b. Entrée Items: ≤ 350 calories
 2. Sodium limits:
 - a. Snack Items: ≤ 230 mg
 - i. On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.
 - b. Entrée Items: ≤ 480 mg

3. Fat limits:
 - a. Total fat: $\leq 35\%$ of calories
 - b. Saturated fat: $< 10\%$ of calories
 - c. Trans fat: zero grams
 4. Sugar limit:
 - a. $\leq 35\%$ of weight from total sugars in food
- All schools may sell the following beverages:
 1. Plain water (with or without carbonation)
 2. Unflavored low fat milk
 3. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 4. 100% fruit or vegetable juice and
 5. 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. There is no portion size limit for plain water.
 - Additional Beverage Options for High Schools:
 1. No more than 20-ounce portions of
 - a. Calorie-free, flavored water (with or without carbonation); and
 - b. Other flavored and/or carbonated beverages that are labeled to contain
 - i. < 5 calories per 8 fluid ounces or
 - ii. ≤ 10 calories per 20 fluid ounces
 2. No more than 12-ounce portions of
 - a. Beverages with
 - i. ≤ 40 calories per 8 fluid ounces or
 - ii. ≤ 60 calories per 12 fluid ounces
 - All grains shall be “whole grain-rich”. Products are considered whole grain-rich 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.
 - Sack lunches prepared at home, pre-packaged meals or purchased fast foods, and the accompanying beverages consumed in the cafeteria should be packaged in unlabeled, non-glass containers. These food items are not to be shared with other students at school. While requiring unlabeled containers does not keep students and parents from bringing unhealthy foods or beverages for school meals, it does restrict their appearance so that

other students would not be able to identify the commercial food. This too will assist in not compromising the nutritional guidelines and promote student health.

- Teachers are required to set examples for students by adhering to the wellness policy and promoting habits for life-long healthy eating.
- Qualified child nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic, and cultural diversity of the student body, when possible in meal planning; and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district shall encourage participation in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.
- Schools shall not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and shall not withhold food or beverages (including food served through school meals) as a punishment.

Fundraising Activities

All fundraising activities that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should adhere to the Smart Snacks in School Policy and should reinforce food choices that promote good health. All events outside of the school day are not affected by this requirement and booster clubs, etc. are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position.

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. However, these fundraising activities can only occur after the last lunch period.
- The standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. The Alabama State Department of Education allows each school in a district to have thirty (30) exempt fundraisers per year. Each school must complete the necessary documents each year for these exempt fundraisers.

- Outside organizations shall not be allowed to solicit, advertise, or sell goods or services in the schools or school district without written approval from the Superintendent.

Classroom Parties/Celebrations

The following guidelines are recommended for parties and celebrations involving food in the classroom:

- Acceptable beverages include water, milk, and 100% fruit juice.
- Candy, soda, and chips are not permitted.
- Families are encouraged to feature primarily fresh fruits and vegetables for any classroom celebrations involving food during the school day.
- Celebrations should be scheduled outside of the lunch period. Parties that overlap with the lunch period have a negative financial impact on the school lunch program, making it harder to improve the overall quality of school food.
- Principals are strongly urged to limit school wide lunch celebrations (such as annual Thanksgiving meals) to one per year, and to schedule all other such celebrations after the lunch period.
- Birthday Parties at School:
 1. Cake or cupcakes may be served for birthday but fruit or vegetable muffins (banana, apple, zucchini, carrot, etc.) are recommended alternatives to cake. Teachers are strongly urged to limit such parties to one per month for all students born in that month, with one cake for all to share.
 2. Party bags containing food are strongly discouraged and candy is not permitted at school. Pencils, stickers, etc. are fun treats that can be included in party bags.

Food Safety

In accordance with the USDA Child Nutrition Reauthorization Act, each cafeteria manager shall initiate and implement a Food Safety Plan based on Hazard Analysis Critical Control Point principals. Each school will be provided with Standard Operating Procedures that shall be used to establish a Food Safety Plan and monitoring procedures at each school cafeteria.

Monitoring and Policy Review

For the purpose of accountability, the Child Nutrition Program Director and a school designee will conduct monitoring. The Child Nutrition Program Director will ensure compliance with federal and state guidelines and established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall ensure compliance with those policies in his/her school and shall report on the school's compliance to the Child Nutrition Director.

The District Wellness Committee shall review the Wellness Policy as changes occur. Schools shall establish committees that shall monitor the established strategic plan on a continuous basis to ensure that foods in vending machines, school stores, a la carte sales, fundraising activities, food made available to students during class parties, or food given out to students meet the established nutritional requirements.

Each School Administrator shall provide a statement in writing to the Superintendent that his/her school is in compliance with the nutritional requirements at the start of each school semester.

Each school shall maintain a written copy of the strategic plan and have it available during audits and inspections. The plan shall contain a list of all snacks that have been analyzed for nutritional content and approved for vending sales.

Assessments shall be repeated every three years by the school administrator to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district shall review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, shall, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. This shall also be a part of the state's consolidated monitoring process.