



PUC Schools Wellness Policy

Due to children's need to access healthy foods and opportunities to be physically active in order to grow, learn, and thrive; PUC Schools and its SCHOOLS members is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of PUC SCHOOLS that:

- The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing PUC Schools-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in PUC Schools will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- **A comprehensive committee, consisting of all PUC stakeholders, will participate in development, monitoring and revision of PUC Schools Wellness Policy.**
- **A comprehensive committee, consisting of all PUC stakeholders will assist in menu planning and reporting survey results and data to FSMC or Food Vendor, three times a year.**

(FOR A FULL COPY OF THE WELLNESS POLICY, PLEASE VISIT THE SCHOOL OFFICE)

Creation of Wellness Committee

PUC Schools will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

In addition, PUC Schools will encourage consistent nutrition messages between the home and school environment, we shall disseminate nutrition information to students, parents, guardians, staff, and the community. Outreach shall emphasize the relationship between student health and academic performances.

Nutritional Guidelines

PUC Schools believes that access to high quality, nutritious meals has been shown to improve eating habits and overall health status. Therefore, we shall adopt nutrition guidelines determined for food available on each campus during the school day, with the objective of promoting student health.

Our Schools will offer healthy foods for sale on campus and school meals will meet the standards set by the National School Lunch Program. All food and beverages served or sold outside the federal meal program will also meet or exceed Senate Bill 19 Guidelines:

- Have no more than 35% of it's calories from fat
- Have no more than 10% of it's calories from saturated fat
- Be nor more than 35% sugar by weight
- The only beverages that may be sold to students are milk, water, or juice that is at least 50% fruit juice with no added sweeteners
- In middle schools, carbonated beverages may be sold only after the end of the last lunch period.

Meals served through the National School Lunch and Breakfast Programs will:

- All foods available on school premises must provide for the nutritional wellbeing of children and serve as a model for healthy eating.
- Food and beverages provided through federally funded reimbursable le school meal programs shall meet or exceed federal guidelines and regulations, as they apply to schools. These foods will be prepared in ways that ensure optimal student acceptance.
- School Leaders are responsible for all food and beverages sold on school campus, including outside of the cafeteria ("competitive foods"), e.g. in vending machines, school events and fundraisers. Food will be carefully selected so as to contribute to the student's nutritional wellbeing.

Nutrition Promotion

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- PUC Schools will, to the extent possible, operate the School Breakfast Program.
- PUC Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom (BIC), "grab-and-go" breakfast, or breakfast during morning break or recess ("second chance" breakfast).
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program **multiple times during the school year.**
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools 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 meals⁵. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Food Service

PUC Schools will send reminders to families regarding the availability of the Universal Breakfast (free of cost to all students). In addition, PUC Schools will provide families with a listing of locations, to inform them of the availability of free Summer Food Service Program meals for students when school is not in session.

7 CFR 210.12(d) Student, parent and community involvement - Outreach activities"(1) To the maximum extent practicable, school food authorities must inform families about the availability breakfasts for students. Information about the School Breakfast Program must be distributed just prior to or at the beginning of the school year. In addition, schools are encouraged to send reminders regarding the availability of the School Breakfast Program multiple times throughout the school year. (2) School food authorities must cooperate with Summer Food Service Program sponsors to distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session."

Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will manage the school meal programs. As part of PUC Schools it is our responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Competitive Foods in Middle and High Schools

Competitive Foods refers to any food or beverage sold to students outside of the federally reimbursable meal program. The following are restrictions to ALL foods AND beverages sold to students by any entity. These restrictions are effective from midnight to one-half hour after school. Non-compliant foods AND beverages may be sold from one-half hour after school through midnight. Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance, and make them available to school directors, upon request.

FOOD AND BEVERAGE RESTRICTIONS

Code of Federal Regulations sections 210.11, 220.12

	COMPLIANT FOODS	COMPLIANT BEVERAGES
ELEMENTARY SCHOOL	<p>1. MUST meet the following:</p> <ol style="list-style-type: none"> a. ≤ 35% calories from fat (except nuts/seeds, nut/seed butters, reduced-fat cheese/part skim mozzarella, dried fruit+nut/seed combo with no added fat/sugar, seafood with no added fat), and b. < 10% calories from saturated fat (except reduced-fat cheese/part skim mozzarella, nuts/seeds, nut/seed butters, dried fruit+nut/seed combo with no added fat/sugar), and c. ≤ 35% sugar by weight (except dried fruit*/veggies, dried fruit+nut/seed combo with no added fat/sugar), and d. < 0.5 grams trans fat per serving (no exceptions), and e. ≤ 230 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), and f. ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions) <p>All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (canned can contain small amount of sugar) are EXCEPT from ALL nutrient standards Entrees served as part of the NSLP/SBP are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu. A competitive entrée (non NSLP/SBP) is:</p> <ul style="list-style-type: none"> • Meat/meat alternate and whole grain rich item • Meat/meat alternate and fruit/vegetable • Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”) <p>* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are EXEMPT from the sugar standards.</p> <p style="text-align: center;">AND</p> <p>2. MUST meet ONE of the following:</p> <ol style="list-style-type: none"> a. Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or b. Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or c. Be a combination food containing at least ¼ cup fruit or vegetable. <p>** A whole grain item contains:</p> <ol style="list-style-type: none"> a. A whole grain as the first ingredient, or b. A combination of whole grain ingredients comprising at least 50% of the total grain weight <p>*All foods must be caffeine-free (trace amounts are allowable)</p>	<p>1. Fruit or Vegetable juice:</p> <ol style="list-style-type: none"> a. 100% juice (can be diluted with water, no dilution limit) and b. No added sweeteners c. ≤ 8 fl. oz. serving size <p>2. Milk:</p> <ol style="list-style-type: none"> a. 1% (unflavored), nonfat (flavored, unflavored), and b. ≤ 8 fl. oz. serving size <p>3. Non-dairy milk:</p> <ol style="list-style-type: none"> a. Nutritionally equivalent to milk, must contain per 8 fl. oz.: <ul style="list-style-type: none"> ≥ 276 mg calcium ≥ 8 g protein ≥ 500 IU Vit A ≥ 100 IU Vit D ≥ 24 mg magnesium ≥ 222 mg phosphorus ≥ 349 mg potassium ≥ 0.44 mg riboflavin ≥ 1.1 mcg Vit B12, and b. ≤ 8 fl. oz. serving size <p>4. Water:</p> <ol style="list-style-type: none"> a. No added sweeteners, flavors, etc. b. No serving size <p>*All beverages must be caffeine-free (trace amounts allowable)</p>

MIDDLE & HIGH SCHOOLS

	COMPLIANT FOODS	COMPLIANT BEVERAGES
	<p>1. MUST meet the following:</p> <ol style="list-style-type: none"> ≤ 35% calories from fat (except nuts/seeds, nut/seed butters, reduced-fat cheese/part skim mozzarella, dried fruit+nut/seed combo with no added fat/sugar, seafood with no added fat), and < 10% calories from saturated fat (except reduced-fat cheese/part skim mozzarella, nuts/seeds, nut/seed butters, dried fruit+nut/seed combo with no added fat/sugar), and ≤ 35% sugar by weight (except dried fruit*/veggies, dried fruit+nut/seed combo with no added fat/sugar), and < 0.5 grams trans fat per serving (no exceptions), and ≤ 230 milligrams sodium per SNACK/ ≤ 480 milligrams per ENTRÉE (no exceptions), and ≤ 200 calories per SNACK/ ≤ 350 calories per ENTRÉE item (no exceptions) <p>All fresh, canned, frozen fruits in 100% juice, extra light, or light syrup; fresh, canned vegetables (canned can contain small amount of sugar) are exempt from ALL nutrient standards Entrees served as part of the NSLP/SBP are exempt from all competitive food requirements the day of or day after they appear on the NSLP/SBP menu. A competitive entrée (non NSLP/SBP) is:</p> <ul style="list-style-type: none"> Meat/meat alternate and whole grain rich item Meat/meat alternate and fruit/vegetable Meat/meat alternate alone (not yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack”) <p>* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs containing added sugar are exempt from the sugar standards.</p> <p style="text-align: center;">AND</p> <p>2. MUST meet ONE of the following:</p> <ol style="list-style-type: none"> Be a fruit, vegetable, dairy, protein, or whole grain item** (or have one of these as the first ingredient), or Contain ≥ 10% DV for calcium or potassium or Vitamin D or dietary fiber (criteria applicable through 6/30/16), or Be a combination food containing at least ¼ cup fruit or vegetable. <p>** A whole grain item contains:</p> <ol style="list-style-type: none"> A whole grain as the first ingredient, or A combination of whole grain ingredients comprising at least 50% of the total grain weight <p>*Foods containing caffeine are NOT allowed in middle school. *Foods containing caffeine ARE allowed in high school.</p>	<p>1. Fruit or Vegetable juice:</p> <ol style="list-style-type: none"> 100% juice (can be diluted with water, no dilution limit) and No added sweeteners ≤ 8 fl. oz. serving size <p>2. Milk:</p> <ol style="list-style-type: none"> 1% (unflavored), nonfat (flavored, unflavored), and ≤ 8 fl. oz. serving size <p>3. Non-dairy milk:</p> <ol style="list-style-type: none"> Nutritionally equivalent to milk, must contain per 8 fl. oz.: <ul style="list-style-type: none"> ≥ 276 mg calcium ≥ 8 g protein ≥ 500 IU Vit A ≥ 100 IU Vit D ≥ 24 mg magnesium ≥ 222 mg phosphorus ≥ 349 mg potassium ≥ 0.44 mg riboflavin ≥ 1.1 mcg Vit B12, and ≤ 8 fl. oz. serving size <p>4. Water:</p> <ol style="list-style-type: none"> No added sweeteners, flavors, etc. No serving size <p>5. Other flavored beverages (“no calorie”)</p> <p>(NOT ALLOWED IN MIDDLE SCHOOLS)</p> <ol style="list-style-type: none"> ≤ 5 calories/8 fl. oz. (or ≤ 10 cal/20 fl. oz.) ≤ 20 fl. oz. serving size <p>6. Other flavored beverages (“low calorie”)</p> <p>(NOT ALLOWED IN MIDDLE SCHOOLS)</p> <ol style="list-style-type: none"> ≤ 40 calories/8 fl. oz. ≤ 12 fl. oz. serving size <p>*Caffeinated beverages are NOT allowed in middle school. *Caffeinated beverages ARE allowed in high schools.</p>

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school PUC SCHOOLS will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The PUC SCHOOLS will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

In addition, PUC Schools will monitor the sale of competitive foods and beverages by completing a "Competitive Food and Beverage Log" once a year. [Attachment A](#)

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹⁰ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The PUC SCHOOLS will disseminate a list of healthy party ideas to parents and teachers.

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

PUC SCHOOLS aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- 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;
- 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;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

PUC Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. PUC Schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The PUC Schools will provide parents a list of foods that meet the PUC Schools snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the PUC Schools will provide opportunities for parents to share their healthy food practices with others in the school community.

The PUC Schools will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).¹¹ School-based marketing of brands promoting predominantly low-nutrition foods and beverages¹² is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: sales of healthy food for fundraisers.

Staff Wellness

PUC Schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. PUC Schools should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage

healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

Physical Education and Physical Activity Opportunities

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12
- Schools shall annually administer the physical fitness test designated by the State Board of Education to students in grades 5, 7, and 9.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to Schools

PUC Schools will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, PUC Schools will work together with local public works, public safety, and/or police departments in those efforts. PUC Schools will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. PUC Schools will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitor and Policy Review

Monitoring

The Wellness Committee will ensure compliance with established PUC school-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the PUC Schools Wellness Committee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, PUC Schools will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If PUC Schools has not received a SMI review from the state agency within the past five years, PUC SCHOOLS will request from the state agency that a SMI review be requested.

The Wellness Committee will develop a summary report every three years on PUC Schools school-wide compliance with PUC Schools established nutrition and physical activity wellness policies, based on input from schools within PUC Schools. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in PUC Schools.

Policy Review

To help with the initial development of the PUC Schools wellness policies, each school in the PUC SCHOOLS will conduct a baseline assessment **and or surveys** of the school's existing nutrition and physical activity environments and policies.¹³ The results of those school-by-school assessments will be compiled by the Wellness Committee level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, PUC Schools will 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. PUC Schools, and individual schools within PUC Schools, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

² To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

³ As recommended by the *Dietary Guidelines for Americans 2005*.

⁴ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

⁸ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate

¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).

¹¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

¹³ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 6142.7 - Physical Education)

(7 CFR 210.12(d) Student, parent and community involvement)

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

10060- Criteria for Physical Education Program

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

TIMELINE FOR IMPLEMENTATION

PUC Schools will take incremental steps to achieve the full implementation of the REVISED School Wellness Policy. Below is a tentative schedule for the implementation of PUC Schools Wellness Policy:

2016-2017	
August-September	<ul style="list-style-type: none"> • The Food Services Department will provide basic training in regards to Wellness Policy to all Office Managers for all PUC Schools. • Students will take a survey assessing their eating choices, including the consumption of fruits and vegetables. • Students will take a survey assessing the Breakfast and Lunch meals
September	<ul style="list-style-type: none"> • PUC Schools will submit a Competitive Foods & Beverage Log to the Food Services Department (Attachment A) for approval.
	<ul style="list-style-type: none"> • Students will take a survey assessing their eating choices, including the consumption of fruits and vegetables. • Health and Fitness Program Coordinator will work with Food vendor to schedule Nutrition, Health, and Fitness Student/Parent workshops.
January – February	<ul style="list-style-type: none"> • Food Services Department will work with Office Managers on scheduling meeting with Parents, Teachers and Students (Wellness Committee)
March – April	<ul style="list-style-type: none"> • The Wellness committee will complete an annual assessment of the implementation of school Wellness Policy. A report of their assessments and recommendation will be used to determine the effectiveness of the Wellness Policy and amend as necessary. • Students and Parents will take a survey to evaluate the Food, Health and Fitness programs at PUC.
April	<ul style="list-style-type: none"> • Revision to the Wellness Policy will be made and publicized on the PUC Website. • PUC’s Food, Health and Fitness Departments will promote and organize the Annual Health & Wellness Fair.
May	<ul style="list-style-type: none"> • Office Managers will share new policy with Parents at the next Parent Meeting (before end of the school year) • Create a draft of the new “Health & Wellness” quarterly newsletter