

## **LANCASTER COMMUNITY SCHOOL DISTRICT**

### **School Nutrition and Physical Activity**

#### **Policy Statement:**

Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. The Lancaster Community School District encourages all members of the school community to help create an environment for students that supports a healthy lifestyle. Decisions made district wide in regard to food and beverages need to reflect and encourage positive nutritional messages and healthy food choices.

#### **Rationale:**

Nutrition influences a child's development, health status, well being and potential for learning.

**Scope:** District-wide

#### **Responsibility:**

Efforts to promote good nutrition are the shared responsibility of the District Administrator, all administrators, all professional staff, the Director of Food Services, and the food service staff. The District supports a healthy environment where the children, community, and staff learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children and the community. Improved health optimizes student performance potential and ensures that no child is left behind.

#### **Implementation:**

In order to create and maintain an environment which supports and teaches healthy eating habits as well as physical activity, the food service department, health curriculum and physical education curriculum will work together as follows:

- **Food Service**

The food service department will promote healthy meals and meal alternatives as part of the educational learning environment.

- Ensure all meals offered through the National School Lunch Programs meet and follow all U.S. Government Nutritional Standards.
- Encourage and promote healthy living by implementing nutrition education materials into the meal program
- Prohibit the sale of foods of minimal nutritional value during school meal service hours.
- With the assistance and support of school administrators, provide a positive environment in school cafeterias by giving an adequate amount of

time for students to eat school meals and by scheduling lunch periods in a reasonable manner.

- **Health Curriculum**

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. The district has approved a K-12 comprehensive health curriculum. The Health curriculum supports the philosophy that the quality of life is dependent upon the students' interaction with their total environment, which includes their physical, mental and social well-being. Included in the health curriculum is the foundation for students to learn good food habits to help build and maintain good health. This goal is promoted throughout the K-12 Health curriculum.

Some of the topics covered as part of the health curriculum include: eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and related health issues and food sensitivities.

- **Physical Education Curriculum**

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.

Students receive instruction in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition). Body composition instruction includes proper diet and healthy eating habits. The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal.

### **District Wide Nutrition Guidelines**

The Lancaster Community School District encourages the sale or distribution of nutrient dense foods for all school functions, fundraisers and other activities. Those foods that provide a lot of nutrients relative to the number of calories are called nutrient dense. Examples include: lean meat, fish and poultry, eggs, legumes, dark green vegetables, citrus fruits, nonfat milk, fruits and vegetables. Schools and school groups are encouraged to follow the nutrition guidelines set by the district when selling food and beverages on school grounds.

- **Food Items**

- Provide food options that are low in fat, calories and added sugars
- All food items for sale prior to the start of the school day and throughout the school day will have no more than 30% of the total calories derived from fat.
- All food items for sale prior to the start of the school day and throughout the school day will have no more than 10% of the total calories derived from saturated fat.

- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Beverage Items:
  - The vending or non-vending sale of soda or artificially sweetened drinks will not be permitted on school grounds to students both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day. After the start of the 2006-07 school year, soda and artificially sweetened drinks can only be sold through concessions.
  - The vending sale of beverages other than soda, with less than 10% real fruit or vegetable juice will begin at the conclusion of the instructional day.
  - Milk, water and beverages containing 100% real juice may be permitted both prior to and during the instructional day.
- Candy
  - The vending of candy will not be permitted
  - Non-vending sale of candy will be permitted at the end of the instructional day.
  - Candy is defined as any item that contains sugar (both brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high fructose corn syrup, honey, invert sugar, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two (2) ingredients.
- Fundraising:
  - All fundraising projects must be approved by the school Principal
  - All fundraising projects are encouraged to meet the district nutritional standards.
  - Items being sold must not interfere or compete with the National School Lunch or Breakfast program
- Classroom Incentive/Celebrations:
  - Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to these guidelines.
  - Parents are encouraged to provide healthy snacks and treats for student celebrations and other events. To reduce the risk of food allergies and increase nutritional awareness, parents are also encouraged to provide fresh fruit or vegetables or food items that are commercially prepared.

**APPROVED:** August 9, 2006

**REVISED:**

