

Battenkill Valley Supervisory Union  
 Arlington Town School District  
 Sandgate Town School District

## NUTRITION POLICY

Code F32

### Child Nutrition Act Wellness Policy

**Purpose.** The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004. In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, school administrators and the public.

The policy and guidelines are based on the following rationales:

- A. In order for students to achieve their academic potential, healthy eating patterns are important and essential. A school nutrition program that positively influences students to eat healthy with the inclusion of nutritious foods promotes healthy development and provides the necessary energy for learning.
- B. A physical education program which promotes opportunities for moderate to vigorous physical activity has been shown to improve student learning and well-being. Quality physical education programs positively impact students' physical, social and emotional health. They provide opportunities for students to understand the importance of physical activity and acquire skills to combat a sedentary lifestyle. By incorporating a variety of physical activity programs and opportunities into the curriculum, the goal is to instill a lifelong desire in students for physical activity.

**Policy Statement.** It is the policy of the Arlington School District to establish goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day.

#### I. Goals for Nutrition Education.

- A. The school district shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, the district shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities. Menus will conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations for the National School Lunch Program and the School Breakfast Program.
- B. Nutrition education programs shall be conducted by appropriately licensed staff members.
- C. To the extent practicable, nutrition education shall be integrated into core curricula areas.

## **II. Goals for Physical Activity.**

- A. The district shall provide physical education classes for all students as required by Vermont School Quality Standards. Students will receive regular, age appropriate, quality instruction in physical education separate from recess, consistent with board approved physical education curriculum aligned with the National Physical Education Standards. Classes are taught by licensed physical education teachers. The School provides a safe environment to implement physical education programs.
- B. The district shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports.
- C. The physical education program is closely coordinated with the overall school health program. Physical education topics are integrated within other curricular areas in science and health education.

## **III. Goals for Other School Based Activities.**

- A. The district shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f) (1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- B. The district shall provide adequate space for eating and serving school meals.
- C. The district shall provide a clean and safe meal environment for students.
- D. The district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- E. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.

## **IV. Nutrition Guidelines.**

- A. No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B and 7 CFR 220 Appendix B shall be sold in food service areas during breakfast and lunch periods. Nutritious foods are available and promoted as a choice for students wherever and whenever food is sold or otherwise offered at school during school hours. Nutritious foods are nutrient dense foods including whole grains, low-fat or non-fat dairy products, fresh, frozen or canned fruits and vegetables, lean meats, poultry, fish and beans. Nutritious foods exceed the nutrient levels as classified by the United States Department of Agriculture.
- B. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale. Nutritious foods are included as choices at any time foods are sold at school to students. Foods sold for the purpose of fundraising shall consider the importance of healthy foods. Classroom snacks and celebrations will promote the importance of eating healthy.

- C. To the extent practicable, the district shall ensure that foods offered at school other than through the National School Lunch or School Breakfast programs, shall comply with the A la Carte and Vending Guidelines established by the Vermont Departments of Health and Education. A la carte food includes all food sold by the food service program that are not part of a reimbursable meal. A la carte food sales are intended to provide students with some additional healthy food choices that support a nutritionally- sound school food service program.
- D. Compatible with federal and state regulations for purchases of nutritious foods, the food service program will establish procedures to consider locally grown and produced foods and beverages within its purchasing practices.

**V. Policy Implementation.**

- A. The superintendent or his or her designee shall monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- B. The superintendent or his or her designee shall report at least annually to the board on the district’s compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law. The report may include additional and pertinent wellness program information.

**Legal References: Section 204 of Public Law 108-265. June 30, 2004**

**16 V.S.A. §§131 & 906**

**First Reading:** June 28, 2006

**Second Reading:** July 17, 2006

**Revised:** September 28, 2011

	Date Adopted	Replaces Policy
Battenkill Valley Supervisory Union		
Arlington Town School District		
Sandgate Town School District		