

Gorman School District's



School Wellness Policy

2015-2016

Gorman School Districts School Wellness Policy

1. Increase the return of the Meal Eligibility Application:

- a) Implement the Student Nutrition Service Student Application/Cash Collection Plan.
- b) The School Principal will make participation and return of applications a high priority. The School may provide rewards/incentives for application return.

Who will take the lead on this?

Gorman School Administrator and Food Services Manager.

2. The Gorman School District Nutrition Standards:

- a) The Food Minimal Nutrition Value (FMNV) is the Federal Nutrition Standard. The FMNV: Elimination of all foods at or below Food Minimal Nutritional Value (FMNV) as defined by the USDA. "Foods of minimal nutritional value" means (i) in the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamins A, C, niacin, riboflavin, thiamin, calcium and iron.

- b) Gorman School Districts Additional Nutrition Standards:

BEVERAGES:

Water:

Plain or carbonated; no added sweeteners (natural or artificial, including sucralose and aspartame); caffeine, or herbal supplements; may be any size.

Juice:

100% fruit juice, plain or carbonated; no caffeine or herbal supplements; maximum size 12 oz.

Juice/Water blends:

No caffeine or herbal supplements; maximum size 12 oz.

Milk:

2% or fat free (skim) milk; enriched rice, nut or soy milk (may be "low fat"); flavored milk may contain no more than 40 grams of sugar total per 12 oz. (27grams of sugar total per 8 oz), including both naturally-occurring and added sweetener; preferably no Bovine Growth Hormone; maximum size 12 oz. Rice, soy or nut milks must be enriched with calcium to at least 30% of the RDA per 8 oz. serving, or 40% of the RDA per 11 oz serving; maximum size 12 oz.

* The following beverages are not approved for sale: sports drinks, electrolyte-replacement drinks, or soda

IMPLEMENT ONE NUTRITION STANDARD FOR SCHOOL FOOD SALES TO MEET THE FOLLOWING CRITERIA:

1. Have 10 percent or less of its total calories from fat (excluding seeds and nuts.)
2. Have 10 percent or less of its total calories from saturated plus trans fat;
3. Have no more than 35% total sugar by weight.
4. Snack foods and side dishes must meet USDA standards for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts.)
5. Be limited to the following maximum portion sizes:
 - a. One and one-quarter ounces for chips, crackers, popcorn, cereal, or jerky;
 - b. Two and one half ounces for trail mix, nuts, seeds, or dried fruit;
 - c. Two ounces for cookies or cereal bars;
 - d. Three ounces for bakery items;
 - e. Three fluid ounces for frozen desserts, including, but not limited to, ice cream;
 - f. Eight ounces for non-frozen yogurt;

- g. Twelve ounces for beverages, excluding water.
6. Whenever possible, fruits and vegetables shall be offered for sale at the school site where foods are sold. Non-dairy vegetarian meals shall be included in the weekly vegetarian menu.
 7. Foods shall be minimally processed, using whole meat whenever possible, whole grains or converted grains that retain most of their whole grain nutrients, minimal dyes, sodium and added sweeteners. Cooking methods shall retain the maximum nutrients possible.
 8. Preference will be given to products that contain no trans fat and are labeled as such. In school year 2014-2015, to the maximum extent practicable, there should be no added trans fatty acids/partially hydrogenated oils in any meal component. As of school year 2014-2015, there shall be no added trans fatty acids/partially hydrogenated oils in any meal component whenever possible. Processed vegetable oils with high omega-6 fats should be used as minimally as possible.
 9. Preference will be given to products grown, processed, and/or packaged in California and to products, which are certified organic.
 10. No products containing peanuts or peanut residue may be sold or offered in the school meal program.
 11. Exceptions to these guidelines may be made for individual products, which have sufficient nutritional value to offset sugar or fat content, or other requirements, or to prohibit the sale of individual products, which are deemed inappropriate for sale to students despite meeting these guidelines.

Who will take point/lead on this strategy?

Santa Clarita Food Services

3. Improved Menu Choices:

- a) Student Food Services will improve menu choices by increasing foods that students like, based upon feedback from students and student advisory groups, by 40% and conduct research for working towards 100%, contingent on budget implications (e.g. chicken teriyaki over noodles, rice dishes and vegetables).
- b) Increase the incorporation of fresh foods (fruits and vegetables).
- c) Gorman Food Services Manager in combination with Santa Clarita Food Services will minimize processed foods, select California grown produce.

d) The Student Body Officials will be involved in the selection of new food choices in meals served by Gorman Food Services Manager and choices of qualified products for sale. The Student Body Officials will involve students and leadership groups to ensure that a representative cross section of Gorman School District students are involved.

Who will take point/lead on this strategy?

Gorman Food Services Manager and Student Body Officials

- a) California Dairy Council will work with the Curriculum Directors and Educators to integrate nutrition education into the comprehensive education programs. Teachers and Curriculum Directors will provide examples of content integration related to nutrition education to increase the incorporation of nutrition education into the regular teaching plan. (Examples will be counting calories, categorizing quantities, reading labels, etc.)
- b) Site administrators and staff will promote a school environment which is supportive of Board Resolutions regarding health and wellness. Staffs are encouraged to model healthy eating by offering healthier choices at school meetings and events, and to refrain from using candy and snacks of minimal nutritional value as rewards to students.

Who will take point/lead on this strategy?

Gorman School Staff and California Dairy Council

5. Vending Machines:

- a) Currently No vending machines are used within Gorman School District. Future vending machines within Gorman School District will comply with the nutritional standards recommended.
- b) Vending machines will be stocked with products that meet the requirements (an approved list will be provided to the school site administrator and vending machine contractors if vending machines are desired in the future.
- c) School site administrators will monitor vending machines to ensure compliance with the requirements.

Who will take point/lead on this strategy?

Site Administrators, vendor, and Student Body

6. Food Sales:

PHASE OUT ON-CAMPUS FOOD AND BEVERAGES SALES TO STUDENTS THAT DO NOT MEET GORMAN SCHOOL DISTRICT NUTRITION STANDARDS:

- a) *Fall Semester 2014:* increase the awareness of California Code of Regulations governing the sales of food on campus to the administrator and teachers:

CODE OF REGULATIONS--TITLE V

15500 Food Sales in Elementary Schools

Sites will be responsible for adherence to Title V of Regulations including the restriction of the number of food sales by student organizations to four per school year.

- b) *January 2012:* The sale of any type of candy and foods of a minimal nutritional value, as recommended by the State Nutrition and Physical Fitness Advisory Committee, will be restricted beginning January 2012.

1. Foods sold must meet the nutrition standards spelled out in Section 2, 'The Gorman School District Nutrition Standards', except as detailed in section c) "Food fundraising sales" (below).

- a. Beginning Fall 2014: School Site Councils will identify foods/beverages that meet the Gorman School District minimum nutrition requirements that their site will sell.

- b. The sale of any type of candy, foods and beverages below Gorman School District Nutrition Standards will be prohibited on campus during the school day beginning August 2014.

- c. Food fundraising sales

- i) Student-run fundraising food sales during the school day are limited to 4 days total per year, per California Code of Regulation. Food sold may be brought in from a restaurant; beverages and snack items must meet district nutrition standards (this means no soda, chips, candy, etc.).

Students may sell food after school hours provided the sale meets the condition set forth in the California Code of Regulation referenced above. Food and beverages sold must be from the district-approved list; only one student group may sell per day; no more than three types of items may be sold (e.g. – beverages, snacks, fresh fruit.) An administrator must take responsibility for scheduling and supervising such sales, and for ensuring that every student group that wants to sell has an equal opportunity to do so. All such sales are at the discretion of the Principal. See list of district-approved products for vending in appendix A

1. Review and develop implementation plans for physical activities as recommended by the California Department of Education Physical Fitness Standards. The administrator will work with teachers to ensure monitoring and compliance.
2. The Administrator will incorporate physical fitness activities/physical education professional development into one of the three professional development days.
 - b) The Teacher for Physical Education will ensure the implementation of the President's Physical Fitness Standards and Practices at all levels K-8. Whenever possible, professional development will be made available to all Gorman School District staff on best practices and strategies to enhance physical activities and physical education.

Who will take point/lead on this strategy?

Teachers, Professional Development Organizations, California Department of Education, School Administrator and Community-Based Organizations.

9. Evaluation:

- a) School Site Council and Administrator will design an evaluation model to monitor the implementation of the recommendations and adherence to the criteria.

Who will take point/lead on this strategy?

School Site Council and School Administrator

10. Communication:

- a) School District Staff and Food Services will work to promote these healthy changes to school meals to district, students, parents and the public beginning 2014-2015 school year.

Who will take point/lead on this strategy?

School District Staff, Food Services and Food Services Manager.

11. Changes to the policy:

- a) Assessment will be ongoing and the policy may be amended twice yearly, at the start of each semester

Who will take point/lead on this strategy?

The Student Body and School Site Council will propose any necessary changes and send the revised policy to the Superintendent for approval.

Appendix A

Gorman School District Vending Approved Snacks

Updated 07/07/11

This list will be updated regularly and is available online at: www.sfusdfood.com

PowerBar Energy Bites, all flavors, 50 g

PowerBar Harvest, all flavors

Clif Bars, all flavors except Peanut Toffee Buzz

Luna Bars, these flavors only: Sweet Dreams, Chocolate Peppermint Stick, Cherry Covered

Chocolate, Peanut Butter n Jelly, Tropical Crisp, S'Mores, Sesame Raisin Crunch, Lemon Zest,

Nuts over Chocolate, Toasted Nuts n Cranberry, Chocolate Pecan Pie

Mojo Bars, all flavors

Stacy's Thin Crisps, white cheddar or sweet BBQ, 1 oz.

Barbara's Puffins Cereal and Milk Bars, all flavors

Chex Morning Mix, cinnamon or honey nut

General Mills Milk 'n Cereal Bar (Rice Chex only)

Kellogg's Nutri-Grain Fruit Bar (no icing)

Kellogg's Nutri-Grain Muffin Bars (Banana)

Kellogg's Nutri-Grain Chewy Granola Bar (Chocolatey Chip or Mixed Berry)

Kellogg's Single Serve Cereals (Cheerios; Special K; Total; Frosted Flakes 1/3 less sugar

version only)

Quaker Fruit and Oatmeal Toastable Strawberry (no icing)

Quaker Fruit and Oatmeal >Oatmeal on the Go= bars (Cinnamon Roll flavor)

Quaker Oatmeal Breakfast Squares

Mott's Natural Style Applesauce 3.9 oz

Musselman's Natural Applesauce 4 oz.

Dole FruitBowls 113 g. (tropical, pineapple, mixed fruit, diced peaches)

Dole Easy Open Fruit Snacks 122 g. (pineapple wedges, tropical fruit salad)

Sun-Maid Fruit Snacks 1 oz. (raisins, diced apricots, golden cherries, cranberries)

David Sunflower Kernels 1 oz.

David Pumpkin Seeds .75 oz.

Dakota Gourmet Sunflower Kernels, 1 oz., honey roasted or lightly salted

Dakota S'More Mix 1.25 oz.

Dakota Honey Nutz 1 oz.

Mr. Nature Trail Mix, single serve, yogurt or energizer

Snyder's Mini Pretzels 1.5 oz.

Genisoy Soy Crisps (all flavors) 1 oz.

Blue Diamond Smokehouse Almonds (single serve bag)

Bumble Bee Tuna Salad with Crackers 3.5 oz

Starkist Lunch-to-Go Tuna Salad Kit 4.5 oz.

Bumble Bee Chicken Salad with Crackers 3.5 oz

Sycamore Farms Chicken Salad with Crackers 3.5 oz.

Oberto Beef Jerky, 1 5/16 oz.

Oberto Steak Bites

Cashews, 1.25 oz. package

Richfood, or Precious String Cheese 1 oz.

Earthbound Farms Organic Carrots with Natural Ranch Dip 2.25 oz.

Cool Cuts Carrots with Ranch Dip 2.25 oz

Cool Cuts Celery with Ranch Dip 2.25 oz.

Just Tomatoes etc.'s Just Veggies 3/4 oz. snack bag

Just Tomatoes etc.'s Just Soy Nuts 2oz. snack bag
Barbara's Bakery Snackimals Animal Cookies (vanilla or oatmeal) 30 g.
Yoplait Go-Gurt 2.25 oz.
Health Valley Bars, 40 g.
Bageltime Individually Wrapped Bagel
Bageltime Individually Wrapped Bagel with Philadelphia brand cream cheese
Mighty Mo Munchies Soy Nuts, all flavors, 1.5 oz.
Walnut Acres Fruit Squeezies, all flavors
Wildwood Soy Smoothie, mixed berry or vanilla, 10 oz.
Stonyfield Farm Organic Smoothie, all flavors, 10 oz.
Stonyfield Farm Yogurt, lowfat or nonfat, all flavors
Stretch Island Fruit Leather, all flavors
Bear Fruit Bar, all flavors
Super Snax, 42.5 g., Cool Ranch Pretzel Poppers, Cheezy Nacho Pretzel Poppers,
Zesty Pizza
Pretzel Poppers, Sour Cream & Onion Pretzel Poppers, Cinnamon Toast Bites only
Hansen's Natural Soy Smoothie, 8 oz. or 11 oz.
Yoplait Nouriche, all flavors, 11 oz.
Whole Soy Cultured Soy Drink, 12 oz.
Fresh fruit