

## GOALS AND PROGRESS INDICATORS FOR SAINT ANTHONY CATHOLIC SCHOOL

### WELLNESS POLICY.

**NUTRITION EDUCATION AND PROMOTION:** Saint Anthony Catholic School will provide nutrition education and engage in nutrition promotion that:

- Is offered as part of a sequential, comprehensive, standards-based program, which is part not only of physical education classes, but also part of classroom instruction in other subject areas.
- Includes promotion of 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 physical activity.
- Links with meal programs, other foods, and nutrition-related community services.

### NUTRITION GUIDELINES:

- **Food Safety**
  - All foods made available on campus will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans, and guidelines will continue to be implemented to prevent food illness in schools. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.
- **Sharing of Foods**
  - Saint Anthony Catholic School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- **Food Service Department:** The Saint Anthony Catholic School Food Service Department will:
  - Engage students in selecting food offered through the meal program to identify new, healthful, and appealing food choices. Parent feedback is welcome.
  - Share information about the nutritional content of meals with parents and students. Please request information from the Food Service Director.
- **Qualification of Food Service Staff:** Qualified nutrition professionals will administer the meal program as part of Saint Anthony Catholic School's responsibility to operate a food service. Saint Anthony Catholic School will:
  - Provide continuing professional development for all nutrition professionals.
  - Provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility.
  - Provide the USDA established-continuing education hours and training for all food service employees.
- **School Meals:** Meals served through the National School Lunch and Breakfast Programs will:
  - Be appealing and attractive to students.

- Be served in clean and pleasant settings.
- Meet nutrition requirements established by local, state and federal law.
- Include a variety of fruits and vegetables and menu choices.
- **Breakfast:** To ensure that all students have breakfast either at home or at school to meet their nutritional needs and enhance their ability to learn, Saint Anthony Catholic School will:
  - Operate the School Breakfast Program.
  - Notify parents and students of the availability of the School Breakfast Program.
  - Parents are Encourage to provide a healthy breakfast for their child/children.
- **Free and Reduced-Priced Meals Program** Saint Anthony Catholic School will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced- price meals. Toward this end, Saint Anthony Catholic School will:
  - Utilize electronic identification and payment systems.
  - Promote the availability of meals to all students.
- **Mealtimes and Scheduling:** Saint Anthony Catholic School will:
  - Allow adequate time for students to receive and consume meals and provide a pleasant dining environment.
  - Schedule meal periods at appropriate times, e.g., lunch periods scheduled between 11 a.m. and 1 p.m.
  - Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
  - Attempt to have recess daily weather permitting.
  - Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- **A la Carte Sales:** All food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards and follow the USDA's Smart Snacks in School. Food item sold individually will:
  - Be a whole grain-rich grain product or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food or
  - Be a combination food that contains at least 'li cup of fruit and/or vegetable or
  - 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). (On July 1, 2016, foods may not qualify using the 10% DV criteria.)
  - Foods must also meet several nutrient requirements: Calorie limits:
    - Snack items: S 200 calories
    - Entree items: S 350 calories
  - Sodium limits:
    - Snack items: 200 mg
    - Entree items: 480 mg
  - Fat limits:
    - Total fat: 35% of calories
    - Saturated fat: < 10% of calories Trans-fat: zero grams
  - Sugar limit:
    - 35% of weight from total sugars in foods

- **Beverage and Food:** Saint Anthony Catholic School will follow The Smart Snacks in School standards published by the USDA, building on the healthy advancements by ensuring that snack
- foods and beverages sold to the students in addition to those foods provided through the National School Lunch Program and the School Breakfast Program are also tasty and nutritious. Any food and beverage sold during the school day must meet the nutrition standards. As defined by the USDA, the school day is any time before the first bell until 30 minutes after the last bell.
- **Beverage Nutrition Standards: Saint Anthony Catholic School will only sell/provide:**
  - Plain water (with or without carbonation)
  - Unflavored low-fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit juice provided for breakfast only.
- **Other Requirements**

### Healthy Snacks and Fundraising

- Families are expected to send healthy snacks to school to support learning.
- Do not send candy and soda to school.
- Schools should not use candy as a reward for good behavior, grades, or effort.

Candy sales as fundraisers are discouraged. Principals will decide whether to allow candy sales, and if so, set and monitor a maximum frequency.

- **Fundraisers:**
  - The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards by the USDA.
  - The USDA standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after the last bell.
  - The Iowa Department of Education did not provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the number of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.
- **Food Nutrition Standards:**
  - General Standard for Competitive Food must meet all the proposed competitive food nutrient standards.
  - Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\* or

- Have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable or
- Contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.
- If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above
- **Exemptions to the Standard**
  - Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.
  - Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
  - Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
- **NSLP/SBP Entree Items Sold A la Carte:**
  - Any entree item offered as part of the lunch program, or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.
  - Sugar-free chewing gum is exempt from all competitive food standards
- **Grain Items:**
  - Acceptable grain items must include 50% or more whole grains by weight or have whole grains as the first ingredient.
- **Total Fats:**
  - Acceptable food items must have 35% calories from total fat as served.
  - Exemptions to the Standard
  - Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.
  - Nuts and seeds and nut/seed butters are exempt from the total fat standard.
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.
  - Seafood with no added fat is exempt from the total fat standard.
  - Combination products are not exempt and must meet all the nutrient standards.
- **Saturated Fats:**
  - Acceptable food items must have < 10% calories from saturated fat as served.
  - Exemptions to the Standard
  - Reduced fat cheese (including part-skim mozzarella)
  - Nuts and seeds and nut/seed butters
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
  - Combination products are not exempt and must meet all the nutrient standards.

- **Trans Fats:**
  - Zero grams of trans fat as served (0.5 g per portion).
- **Sugar:**
  - Acceptable food items must have 35% of weight from total sugar as served.
  - Exemptions to the Standard
  - Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners
  - Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries)
  - Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats
- **Sodium:**
  - Snack items and side dishes sold a la carte: 230 mg sodium per item as served.
  - Entree items sold a la carte: 480 mg sodium per item as served, including any added accompaniments.
- **Calories:**
  - Snack items and side dishes sold a la carte: 200 calories per item as served, including any added accompaniments.
  - Entree items sold a la carte: 350 calories per item as served including any added accompaniments
  - Entree items served as an NSLP or SBP entree are exempt on the day of or day after service in the program meal.
- **Accompaniments:**
  - Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- **Caffeine:**
  - Foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances.
- **Special Events Snacks:**
  - Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Schools will assess when to offer snacks based on timing of meals, children's nutritional needs, children's ages, and other considerations. A list of healthful snack items to teachers, after-school program personnel and parents will be distributed by the food services director.
  - School 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,<sup>10</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

- Staff should be judicious in any use of food as an incentive or reward, at celebrations, or as part of the curriculum, taking into consideration the nutritional value of the food being served and the frequency of use. Schools should limit the use of food at celebrations that are not related to the curriculum. When food is used as part of a social or cultural event in the schools, staff and parents are encouraged to provide nutritious foods that are consistent with the Healthy Parties Guidelines.
- **Rewards:**
  - Saint Anthony Catholic School encourage offering nonfood forms of rewards. Food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. Schools will not withhold beverages or food (including food served through meals) as a punishment.
  - No PBIS tickets handed out for bringing a snack of any form.
  - Candy will not be distributed as a reward unless it's educational related.
- **Celebrations:**
  - Saint Anthony Catholic School will allow homeroom parent to determine celebration practices that involve beverage and food during the school day. The food used in celebration practices should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. A list of healthy celebration ideas is available at all schools. Please see smart snack list available on the website.
- **Fundraising:**
  - To support children's health and school nutrition-education efforts, in-school fundraising activities should use foods that meet the above nutrition and portion-size standards for beverages and foods. Saint Anthony Catholic School encourages fundraising activities that promote physical activity.

**PHYSICAL ACTIVITY:** Wellness education is an important and integral part of the education of students at Saint Anthony Catholic School.

- **Physical Education:** Saint Anthony Catholic School will provide wellness education that:
  - Includes students with disabilities.
  - Engages students in moderate to vigorous activity during at least 75 percent of physical education class time.
  - Meets regularly for the scheduled period
  - Is taught by a certified physical education teacher.
- **Physical Activity Opportunities after School:** Saint Anthony Catholic School will provide opportunities for physical activity outside the regular physical education classes including:
  - Offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
  - Offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special healthcare needs.
  - Offer information about community agencies such as the Department of Leisure Services to offer a maximum number of physical activities opportunities.

- Publicize and promote participation in community events and programs that involve physical activity.
- **Daily Recess:**
  - Saint Anthony Catholic School will offer recess for students that are preferably outdoors (criteria should be established for when indoor recess occurs). Recess should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
  - Saint Anthony Catholic School will 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 will give students periodic breaks during which they are encouraged to stand and be moderately active.
- **Integrating Physical Activity into Classroom Settings:** For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, Saint Anthony Catholic School will:
  - Offer integrated health education that complements 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.
  - Provide opportunities for physical activity to be incorporated into other subject lessons;
    - Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.
- **Physical Activity and Punishment:**
  - Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.