

# Wellness Policy Information

Including:

- Information for Elementary Schools for 2006-07
- Information for Middle Schools for 2006-07
- Information for High Schools for 2006-07
- School Board Policy EFA
- Temporary Administrative Rules including Healthy Snacks Guidelines, Healthy Parties Guidelines and suggestions for healthy foods for snacks and parties
- Foods of Minimal Nutritional Value list

**August 15, 2006**



# Eugene School District 4J

## **Wellness Policy Information: For Elementary Schools**

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### **Background**

On May 3, 2006 the Eugene School Board adopted a new District Wellness Policy, to be effective starting with the 2006-07 school year. This policy will require some changes in practice at elementary schools.

The policy covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness (support for Health Clinics); and Nutrition Standards. The Superintendent is responsible for implementing the policy, including the creation of administrative rules. A Wellness Advisory Committee will assist the superintendent in this effort. Temporary administrative rules have been developed to start the school year. These rules will be reviewed by the Wellness Advisory Committee this fall. The committee will recommend any changes to the Superintendent.

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### **Highlights of Changes for Elementary Schools for 2006-07 School Year**

#### **Guidance Regarding Withholding Recess and P.E.**

- Recess can only be withheld for disciplinary reasons if such action is only on an occasional basis and is part of an individual or school-wide behavior plan.
- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

#### **Setting Minimum Times for Breakfast and Lunch**

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies, such as recess before lunch, that contribute to healthy eating.

#### **Use of Food as Incentive or Reward**

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

**Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)**

- Foods of Minimal Nutritional Value: these foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or distributed** during the school day for any reason. *The school day is defined as from the beginning of the class schedule day to the end of the class schedule day.*
- Fundraising/School Stores: food sold at school as a fund-raiser **during the school day** must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: vending machines accessible to students on school campuses **at any time** must include only nutritious food options that meet the Healthy Snacks Guidelines. *This does not apply to vending machines in faculty/staff rooms if not accessible to students.*
- Celebrations/School Parties: soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour, if possible.

**After-School Events Sponsored by District**

- Schools must offer **some** healthy options at concession stands operated on campus after the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

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**Contacts****Wellness Advisory Committee**

- Hillary Kittleson, Director of Finance and Support Services, 687-3333, kittleson@4j.lane.edu

**Nutrition Standards**

- Chad Williams, Director of Nutrition Services, 687-3642, williams\_c@4j.lane.edu
- Nicole Lator, Nutrition Services Assistant Director/Dietician, 687-3407, lator@4j.lane.edu

**Physical Activity/Recess**

- Kay Mehas, Director of School Services K-8, 687-3448, mehas@4j.lane.edu
- Janis Swan, Federal Programs Coordinator, 687-4038, swan@4j.lane.edu

# Eugene School District 4J

## **Wellness Policy Information: For Middle Schools**

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### **Background**

On May 3, 2006 the Eugene School Board adopted a new District Wellness Policy, to be effective starting with the 2006-07 school year. This policy will require some changes in practice at middle schools.

The policy covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness (support for Health Clinics); and Nutrition Standards. The Superintendent is responsible for implementing the policy, including the creation of administrative rules. A Wellness Advisory Committee will assist the superintendent in this effort. Temporary administrative rules have been developed to start the school year. These rules will be reviewed by the Wellness Advisory Committee this fall. The committee will recommend any changes to the Superintendent.

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### **Highlights of Changes for Middle Schools for 2006-07 School Year**

#### **Guidance Regarding Withholding P.E.**

- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

#### **Setting Minimum Times for Breakfast and Lunch**

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies that contribute to healthy eating.

#### **Use of Food as Incentive or Reward**

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

#### **Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)**

- Foods of Minimal Nutritional Value: these foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or**

**distributed** during the school day for any reason. *The school day is defined as from the beginning of the class schedule day to the end of the class schedule day.*

- A La Carte Items Sold by Nutrition Services: for 2006-07, 50% of items offered must meet the Healthy Snack Guidelines. This percentage increases to 75% in 2007-08 and 100% in 2008-09.
- Fundraising/School Stores: food sold at school as a fund-raiser **during the school day** must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: vending machines accessible to students on school campuses **at any time** must include only nutritious food options that meet the Healthy Snacks Guidelines. *This does not apply to vending machines in faculty/staff rooms if not accessible to students.*
- Celebrations/School Parties: soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties Guidelines and to serve such items after the lunch hour, if possible.

#### **After-School Events Sponsored by District**

- Schools must offer **some** healthy options at concession stands operated on campus after the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks Guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

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#### **Contacts**

##### **Wellness Advisory Committee**

- Hillary Kittleson, Director of Finance and Support Services, 687-3333, kittleson@4j.lane.edu

##### **Nutrition Standards**

- Chad Williams, Director of Nutrition Services, 687-3642, williams\_c@4j.lane.edu
- Nicole Lator, Nutrition Services Assistant Director/Dietician, 687-3407, lator@4j.lane.edu

##### **Physical Activity**

- Kay Mehas, Director of School Services K-8, 687-3448, mehas@4j.lane.edu
- Janis Swan, Federal Programs Coordinator, 687-4038, swan@4j.lane.edu

# Eugene School District 4J

## **Wellness Policy Information: For High Schools**

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### **Background**

On May 3, 2006 the Eugene School Board adopted a new District Wellness Policy, to be effective starting with the 2006-07 school year. This policy will require some changes in practice at high schools.

The policy covers five areas: Wellness Policy Goals; Physical Activity; Nutrition Education; Other Activities That Support Student Wellness (support for Health Clinics); and Nutrition Standards. The Superintendent is responsible for implementing the policy, including the creation of administrative rules. A Wellness Advisory Committee will assist the superintendent in this effort. Temporary administrative rules have been developed to start the school year. These rules will be reviewed by the Wellness Advisory Committee this fall. The committee will recommend any changes to the Superintendent.

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### **Highlights of Changes for High Schools for 2006-07 School Year**

#### **Guidance Regarding Withholding P.E.**

- Physical education cannot be withheld for disciplinary reasons. This does not include discipline for behavior during the P.E. class.

#### **Setting Minimum Times for Breakfast and Lunch**

- Each school must adopt a minimum number of minutes that students have to eat breakfast and lunch and consider other strategies that contribute to healthy eating.

#### **Use of Food as Incentive or Reward**

- Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, cannot be distributed by staff as a reward for academic performance or good behavior.

*Foods of Minimal Nutritional Value include soda pop and most candy (see attached list). The use of **any** candy as a reward is strongly discouraged. The use of other food as incentive or reward, or as part of the curriculum should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.*

#### **Competitive Foods (Foods Competing with School Breakfast and Lunch Programs)**

- Foods of Minimal Nutritional Value: these foods, as defined by the federal government, cannot be sold to students on campus during the school day. These foods include soda pop and most candy (see attached list). Soda pop cannot be sold **or**

**distributed** during the school day for any reason. *The school day is defined as from the beginning of the class schedule day to the end of the class schedule day.*

- A La Carte Items Sold by Nutrition Services: for 2006-07, 50% of items offered must meet the Healthy Snack Guidelines. This percentage increases to 75% in 2007-08 and 100% in 2008-09.
- Fundraising/School Stores: food sold at school as a fund-raiser **during the school day** must meet the Healthy Snacks and Healthy Parties guidelines (see attached).
- Vending Machines: 50% of the offerings in vending machines accessible to students on school campuses **at any time** must meet the Healthy Snack Guidelines. This percentage increases to 75% in 2007-08 and 100% in 2008-09. *This does not apply to vending machines in faculty/staff rooms if not accessible to students.*
- Celebrations/School Parties: soda pop cannot be served during the school day as part of a celebration or school party. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties Guidelines and to serve such items after the lunch hour, if possible.

#### **After-School Events Sponsored by District**

- Schools must offer **some** healthy options at concession stands operated on campus after the school day (for example, at carnivals, after school programs, and performances). Examples of healthy options include water, milk, 100% fruit juice and foods that meet the Healthy Snacks Guidelines. *The policy allows soda pop and foods outside the guidelines to be sold at these events.*

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#### **Contacts**

##### **Wellness Advisory Committee**

- Hillary Kittleson, Director of Finance and Support Services, 687-3333, kittleson@4j.lane.edu

##### **Nutrition Standards**

- Chad Williams, Director of Nutrition Services, 687-3642, williams\_c@4j.lane.edu
- Nicole Lator, Nutrition Services Assistant Director/Dietician, 687-3407, lator@4j.lane.edu

##### **Physical Activity**

- Laurie Moses Director of High School Services, 687-6942, mores@4j.lane.edu

## Eugene School District 4J

# Wellness Policy Information: School Board Policy EFA

*(Adopted May 3, 2006)*

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### **Goals**

The board is committed to providing intellectually stimulating school environments that promote and protect children's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

To meet this commitment, the district will be guided by the following policy goals:

- A. The health of our students is essential to their academic success. When faced with conflicting priorities or issues of implementation, this policy will be interpreted in a way that favors student health.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a daily basis.
- C. Schools will provide access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; take into consideration the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat.
- D. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.
- E. The school district supports a coordinated approach to school health which includes: comprehensive school health education, physical education, school health services, school nutrition services, counseling, psychological, and social services, healthy school environment, school-site health promotion for staff, and family and community involvement.
- F. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide wellness policies.

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### **Physical Activity**

#### **1. During the School Day**

Physical activity includes regular instructional physical education, co-curricular activities, and recess at the elementary level. Substituting any one of these components for the others is not appropriate. All students will be expected to participate in regular physical activity and will be provided with appropriate opportunities for participation in physical education. The superintendent will establish minimum standards for student participation in physical education and activity and the time line

for implementation of those standards. Physical education instruction will be consistent with the state adopted physical education common curriculum goals, content standards and grade level benchmark standards for students. All students will be encouraged to further participate in physical activity through co-curricular activities and recess.

The district will encourage the integration of physical activity with the academic curriculum, based on research findings relating physical activity and learning.

Recognizing the critical importance of sufficient physical activity for students, schools will withhold recess for disciplinary reasons only on an occasional basis as part of an individual or school-wide behavior plan. Physical education will not be withheld as punishment.

## **2. Before and After School Activities**

Students will be encouraged to participate in physical activity through before- and/or after-school programs including intramurals, interscholastic athletics, and physical activity clubs. To encourage broad participation in extra-curricular activities, the district will work with the community and other agencies to reduce barriers to participation and expand opportunities through partnerships with youth activity organizations, scholarships, subsidies, and other methods.

## **3. Parent and Community Support**

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

The district will seek ways to make it safer and easier for students to walk or use other non-vehicular modes to travel to and from school. When appropriate, the district will collaborate with other community organizations on initiatives encouraging physical activity.

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## **Nutrition Education**

### **1. Fostering Lifelong Healthy Eating Habits**

Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. Students will receive consistent nutrition messages throughout schools, classrooms and cafeterias.

### **2. Nutrition Education Curriculum**

District curriculum standards and guidelines will include nutrition education. Nutrition education will be consistent with the state adopted health education common curriculum goals, content standards and grade level benchmarks for students. The aim of the curriculum will be for students to acquire knowledge and skills to understand and make healthful nutrition choices that contribute to growth and

vitality and help prevent chronic disease. Nutrition education activities should be coordinated with the food service program, the core curriculum and the school health program, as appropriate, and should be enjoyable, developmentally appropriate, culturally relevant, and participatory.

### **3. Community Involvement**

Schools will promote family and community involvement in nutrition education, such as developing school gardens and providing students with opportunities to learn about sustainable agriculture and how food is grown in the community.

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## **Other Activities That Support Student Wellness**

### **Health Clinics**

The district will strive to provide access to School-Based Health Clinics for all students, as fiscally possible.

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## **Nutrition Standards**

Decisions regarding the sale of foods in addition to the National School Breakfast and Lunch Program meals will be based on nutrition goals, not solely revenue.

### **1. National School Breakfast and Lunch Programs**

The district's food service operations will provide nutrient-dense, tasty, food that reflects Eugene's cultural diversity, includes varied daily vegetarian options and offers a variety of fruits and vegetables. The Superintendent will set nutrition standards that meet or exceed those set by the National School Breakfast and Lunch programs.

To the extent possible, the district will operate the National School Breakfast Program in all schools and employ strategies that encourage participation in the program.

The district will look for opportunities to integrate local, organic foods into the meals served to students by the Eugene School District, based on availability, acceptability and price.

Recognizing the importance of sufficient time to eat and of a pleasant, relaxed eating environment, schools will adopt a minimum number of minutes that students have to eat breakfast and lunch and will consider other strategies, such as recess before lunch, that contribute to healthy eating.

### **2. Competitive Foods**

Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and any-

thing that competes with breakfast and lunch programs.

Competitive foods shall meet nutrition and portion size guidelines set by the Superintendent, with input from the Wellness Advisory Committee.

The Superintendent will develop “Healthy Snacks” and “Healthy Parties” nutrition guidelines as part of the administrative rules and provide parents and teachers with a list of examples of healthy, affordable food choices for snacks and parties.

**a. Sale of Competitive Foods**

Foods of Minimal Nutritional Value, as defined by the U. S. Department of Agriculture, shall not be sold to students on school campuses during the school day.

The Board supports an economically self-sustaining, high quality food services program. To this end, no competitive foods that are not under the direct control of district food services operations shall be sold during the school breakfast and lunch service times.

1) A La Carte

In addition to reimbursable meals, the district food service operation sells food a la carte. A la carte offerings shall be selected with the goal of offering predominantly high quality, nutritious food.

2) Fundraising/School Stores

The district encourages fundraising activities that promote physical activity and provide healthy food and beverage options. Food sold at school as a fund-raiser during the school day will meet the Healthy Snacks and Healthy Party guidelines

3) Vending Machines

Vending machines accessible to students on school campuses shall include only nutritious food options that meet the Healthy Snacks guidelines. The district will use strategies to promote healthy food choices such as setting lower prices for healthier options, and offering a high percentage of nutritious food options.

**Exception:** High schools will have up to three years to meet this provision and will use this transitional period as an opportunity for student involvement and education.

**b. Distribution of Competitive Foods**

1) Celebrations

Soda water, as defined by the U.S. Department of Agriculture, will not be distributed during the school day as part of a celebration or school party. Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour whenever possible.

2) Use of Food as Incentive or Reward

Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, will not be distributed by staff as a reward for academic performance or good behavior. The use of any candy as a reward for academic performance or good behavior is strongly discouraged. Other food as an incentive, or reward, or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.

**3. After-School Events Sponsored by District**

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snacks guidelines.

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**Policy Implementation**

The Superintendent is responsible for implementation of this Wellness Policy. To assist in this effort, the superintendent will appoint a Wellness Advisory Committee consisting of two parents, two community members including one health care or nutrition professional, two students, one principal, one teacher, one food services employee, and one school board member. Each of the employee groups may appoint one ex officio member. The committee will advise the Superintendent on the development of administrative rules related to this policy and provide guidance on implementation of the policy. The committee will also advise the Superintendent on responding to scientific findings related to student nutrition and wellness.



## Eugene School District 4J

# Wellness Policy Information: Temporary Administrative Rules

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### **Physical Activity**

**Excerpt from Wellness Policy:** The superintendent will establish minimum standards for student participation in physical education and activity and the time line for implementation of those standards.

#### **TEMPORARY ADMINISTRATIVE RULE**

For the 2006-07 school year, physical education staffing will follow the staffing plan prepared in March 2006. By February 1, 2007 the superintendent will establish minimum standards for student participation in physical education and activity at the elementary and middle school levels.

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### **Nutrition Education**

#### **TEMPORARY ADMINISTRATIVE RULES**

The district will provide a coordinated school health program that takes into consideration the following areas:

1. Comprehensive Health Education: Developmentally-appropriate K-12 curricula addressing a variety of topics, developing health knowledge, attitudes, and skills.
2. Health Services: School-based or school-linked access to preventive services, referrals, emergency care and chronic disease management for all students.
3. Counseling, Psychological and Social Services: School-based or school-linked services focusing on cognitive, emotional and behavioral needs of individuals, groups and families.
4. Physical Education: A K-12 planned program developing basic movement skills, enhancing physical fitness, promoting lifelong physical activity.
5. Nutrition Services and Education: School-based or school-linked programs that assure all students affordable and nutritious meals, deliver nutrition education partnership with the classroom teacher.
6. Healthy School Environment/Policy: A healthy and supportive school climate, and a safe and aesthetically pleasing physical environment.
7. Health Promotion for Staff: School based or school-linked programs promoting physical and mental health for staff and discussing the importance of positive role modeling for students.
8. Family and Community Involvement: Meaningful partnerships among schools, families, and communities enhancing the healthy development of youth.

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## **Nutrition Standards**

### **Excerpts from Wellness Policy**

National School Breakfast and Lunch Programs: The superintendent will set nutrition standards that meet or exceed those set by the National School Breakfast and Lunch Programs.

Competitive Foods: Competitive Foods shall meet nutrition and portion size guidelines set by the Superintendent with input from the Wellness Advisory Committee

The Superintendent will develop “Healthy Snacks and “Healthy Parties” nutrition guidelines as part of the administrative rules and provide parents and teachers with a list of examples of healthy, affordable food choices for snacks and parties.

Food sold at school as a fund-raiser during the school day will meet the Healthy Snacks and Healthy Parties guidelines.

Vending machines accessible to students on school campuses shall include only nutritious food options that meet the Healthy Snacks guidelines...Exception: High schools will have up to three years to meet this provision and will use this transitional period as an opportunity for student involvement and education.

## **TEMPORARY ADMINISTRATIVE RULES**

### **National School Breakfast and Lunch Programs**

In order to increase the nutritional integrity of the breakfast and lunch program while decreasing plate waste and reducing food cost, the district will follow nutrient standard menu planning and will strive to meet federal nutrition standards on a daily, rather than weekly basis.

### **Competitive Foods: A La Carte**

The portion size of a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

For the 2006-07 school year, 50% of the a la carte items will meet the Healthy Snacks Guidelines; for the 2007-08 school year, 75% of the items will meet the guidelines; for the 2008-09 school year, 100% of the items will meet the guidelines.

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## **Healthy Snacks Guidelines**

Applies to: food sold in vending machines at the elementary and middle school levels; food sold at school as a fund raiser during the school day (the school day is defined as from the beginning of the class schedule day to the end of the class schedule day).

For the 2006-07 school year, applies to 50% of the food sold in vending machines at the high schools; for the 2007-08 school year, applies to 75% of the items; for the 2008-09 school year, applies to 100% of the items.

**Beverages Allowed (not an inclusive list):** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

**Beverages Not Allowed:** Beverages of Minimal Nutritional Value as defined by the USDA, fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.

**Foods**—each individual food item will have no more than:

- 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- 35% of its weight from added sugars;
- 350 mg of sodium per serving for bread, sweets and salty snacks; 480 mg for nutrient-dense snacks—nuts, seeds, fruits, vegetables, dairy; 530 mg for pre-packaged entrees, such as “hot pockets,” soups, burritos; 600 mg for freshly made daily entrees.

Condiments, including up to 0.75 oz cream cheese and dipping sauces, are exempt from these guidelines.

**Portion Sizes, Food**—foods sold individually will be limited to:

- For freshly made daily entrees (e.g., salads, wraps, rice bowls), pre-packaged entrees and servings of dairy products: portion size must be no greater than the portion size offered in National School Breakfast and Lunch Program meals;
- Breads: three ounces (3 oz.);
- Sweets, including cakes, cookies and pies: one ounce (1 oz.);
- Salty snacks: two ounces (2 oz.);
- Frozen desserts: four fluid ounces (4 fl. oz.) OR 250 calories;
- Yogurt (not frozen): eight ounces (8 oz.).

**Portion Sizes, Beverages**—except for water, portion sizes of beverages sold individually will be limited to:

- For fruit-based drinks that contain at least 50% fruit juice without added caloric sweeteners, and for non-dairy beverages nutritionally equivalent to dairy beverages: twelve fluid ounces (12 fl. oz.);
- For 100% fruit and vegetable juices, low-fat and fat-free milk (flavored and unflavored): sixteen fluid ounces (16 fl. oz.).

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## **Healthy Parties Guidelines**

Applies to Food Distributed During the School Day as Part of a Celebration or School Party

### **Beverages**

Encouraged: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages

Not encouraged: Fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.

Not allowed: Beverages of Minimal Nutritional Value as defined by the USDA (“soda pop”)

### **Foods**

Encouraged:

- No more than 35% of calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of calories from saturated and trans fat combined;
- No more than 35% of weight from added sugars;
- No more than 350 mg of sodium per serving for bread, sweets and salty snacks; 480 mg for nutrient-dense snacks—nuts, seeds, fruits, vegetables, dairy; 530 mg for pre-packaged entrees, such as “hot pockets,” soups, burritos; 600 mg for freshly made entrees.

### **Portion Sizes**

Suggested limits on portion sizes for food: portion sizes should be reasonable, given the age of the student.

Suggested limits on portion sizes for beverages (except water):

- Twelve fluid ounces for fruit-based drinks that contain at least 50% fruit juice and without added caloric sweeteners and for non-dairy beverages nutritionally equivalent to dairy beverages.
- Sixteen fluid ounces for 100% fruit and vegetable juices; and low-fat and fat-free milk (flavored and unflavored)

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**Suggestions for healthy foods for snacks and parties**

- Fresh Fruits & Vegetables
- Canned Fruits (preferably packed in natural fruit juices instead of syrups)
- Dried Fruits
- Trail Mix & Granola Bars (be aware of products that contain nuts or nut by-products)
- Sunflower or Pumpkin Seeds
- Yogurt or Soy-gurt
- Jerky
- Ritz Chips
- Baked Chips (be aware that Baked Cheetos and Sunchips are higher in fat and sodium than other baked chip varieties)
- Salsa, Guacamole and Fruit Salsa
- Whole Grain Cereals (be aware of sugar content)
- Whole Grain or Multigrain Crackers
- 100% Frozen Fruit Juice Bars
- Fruit Smoothies (preferably yogurt- or sorbet- based)
- Whole Grain and Fruit/Vegetable Breads & Muffins: banana, zucchini, carrot or oatmeal bread, bran muffins, etc
- Nabisco 100 Calorie Packs (Wheat Thins, Cheese Nips, Chips Ahoy, Oreo)
- Quaker Multigrain Mini's (Honey Graham, Cinnamon Sugar)
- Nutrigrain Bars
- Pretzels (low salt is better)
- Bagels (whole grain is better)

***Celebrations, the Eugene School District Catering Service, can assist with appealing and healthy classroom snacks and pizza parties.*** Call (541) 687-3251 or send e-mail to: **catering@4j.lane.edu**. Support your local school district and serve healthy foods and beverages to kids.



## Eugene School District 4J

# Wellness Policy Information: Foods of Minimal Nutritional Value

*(As defined by the U.S. Department of Agriculture)*

- (1) **Soda Water**—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
- (2) **Water Ices**—As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
- (3) **Chewing Gum**—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- (4) **Certain Candies**—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - i) **Hard Candy**—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
  - ii) **Jellies and Gums**—A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - iii) **Marshmallow Candies**—An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
  - iv) **Fondant**—A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
  - v) **Licorice**—A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
  - vi) **Spun Candy**—A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
  - vii) **Candy Coated Popcorn**—Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

