

Flatonia ISD Wellness Plan (update 10-16-15, for Board approval)

We are focused on the health of our school environment. Our school district has established nutrition standards for all snacks sold in school **by any entity**, including parent/student organizations, teachers, boosters, fundraisers, or the food and nutrition services department. **These standards for snack sales are in effect from** any time before school through 1/2 hour after school, **in accordance with the Healthy Hunger-Free Kids Act, the USDA and our district Wellness Policy**. Non-compliant foods may be sold from 1/2 hour after school through the end of the day. These standards carefully balance science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus.

Flatonia ISD Nutrition Standards for Foods Given Away

**Flatonia ISD wellness Policy will utilize Time and Place restrictions for foods given away by Staff, parents, organizations, etc.**

1. Foods that are given to students, NOT SOLD, must be done 30 minutes prior to or 30 minutes after the students lunch period.
2. Foods may **not** be given in an area where reimbursable meals are sold or consumed. (Cafeteria)

**Flatonia ISD Nutrition Standards for Foods**

**ANY FOOD SOLD IN SCHOOL MUST:**

- 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 ¼ 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)

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

### Sodium limits

- Snack items:  $\leq 230$  mg
- Entrée items:  $\leq 480$  mg

### Fat limits

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $\leq 10\%$  of calories
  
- Trans fat: zero grams

Sugar limit  $\leq 35\%$  of weight from total sugars in foods

### 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 amount of calories, fat, sugar and sodium added to foods.

### **Flatonia ISD Nutrient Standards for Beverages**

All schools may sell:

- 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 or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

**Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or  $\leq$  10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverage with  $\leq$  40 calories per 8 fluid ounces, or  $\leq$  60 calories per 12 fluid ounces.
- Food items that meet nutrition standards are not limited
- *The standards do not apply during non-school hours, on weekends and at off-campus fundraising events*
  
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.
  
- ***The SHAC will recommend that Flatonia ISD recognize the following tournaments for exempt fundraisers. The dates are for SY 15/16 and will change annually depending on the calendar for each year.***
- ***Varsity Volleyball Tournament – 9-3-15***
- ***JV Basketball Tournament 12-12-15***
- ***Varsity Basketball Tournament 12-13-15***
- ***Junior High and Varsity Track Meet 03-31-16***
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- Milk will be 8 oz Fat Free Flavored and 1% Non Flavored. Lactaid will be offered for Lactose Intolerance students.
- 12 oz cups will be made available to 9-12 students that wish to purchase tea. This will only be available to 9-12 students.
- Entrees served the previous day or the same day can be sold ala carte.
- Fruit and vegetables are offered daily via 2 different types of  $\frac{1}{2}$  cup. Pk – 8 students may choose 1 fruit and 2 vegetables at lunch and 9-12 students may choose 2 fruits and 2 vegetables at lunch.
- Fruit is offered at breakfast in  $\frac{1}{2}$  cup fruit and juice to equal the 1 cup requirement. All students are allowed to choose a juice or fruit or both.
- A product calculator is available in the Cafeteria office to check to see if an item is ok to sell.