

**GENERAL PROCEDURES FOR IMPLEMENTING
STUDENT NUTRITION AND PHYSICAL ACTIVITY POLICY
(Wellness Policy)**

Lunch/Breakfast Program

- The full meal program will continue to follow all U.S. Department of Agriculture (USDA) requirements applicable to the schools, including government nutrition standards.
- The School Lunch/Breakfast provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
- All food and beverages sold to students during the school day shall meet the USDA “Smart Snack” Nutrition Standards. “School day” is defined as the time period from midnight before through 30 minutes after the end of the applicable school’s official school day

Lunchroom Climate

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
 - Adequate space to eat and pleasant surroundings;
 - Adequate time for meals (the School Nutrition Association recommends at least 20 minutes for lunch from the time they are seated)
 - Convenient access to hand-washing facilities before meals. Elementary classrooms are encouraged to provide wipes or access to soap and water. Middle and high school students should have access to hand cleansing stations as they enter the lunch lines.

Healthy Food Choices at School Functions

The District encourages foods offered on the school campus to meet or exceed the USDA “Smart Snacks” Nutrition Standards, including those provided at celebrations and parties and classroom snacks brought by staff or family members. Healthy food choice options should be available at any school function. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken and tuna salads)
- Party mix (variety of cereals, pretzels, etc.)
- Low sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French onion, bean, etc.)
- Low-fat muffins, granola bars and cookies

- Angel food and sponge cake
- Flavored yogurt & fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Food and Beverage Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the “Smart Snack” Nutrition Standards. Marketing includes Brand names, trademarks, logos, or tags except when placed on food and beverage product, container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Fundraising Activities and Concessions

Any fundraising requires administrative approval in accordance with the District’s school fundraising and solicitation policy and procedures [Policy 850 and 850-Rule(1)]. To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. Any fundraising activity involving the sale of food or beverages during the school day (as defined above) shall be limited to food/beverage items that meet the minimum “Smart Snack” Nutrition Standards. The District adheres to the Wisconsin Department of Public Instruction’s fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. Each fundraiser may be up to 2 weeks in time.

No restrictions are placed on the sale of food/beverage items sold outside of the school day (as defined above). However, the following recommendations are made to promote healthy choices for children related to fundraising activities and concessions supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift-wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school, include at least some healthy food choices.
 - All fundraising projects are encouraged to follow the District Nutrition Standards.
 - Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.
 - Organizations operating concessions at school functions should include at least some healthy options at a lower profit margin to encourage selection by students.

Learning Incentives

The use of foods as a learning incentive should be kept to a minimum.

Parent Nutrition Education

- The goal will be to provide K-12 nutrition education for parents.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

District Wellness Committee

The District Wellness Committee shall consist of the following membership:

- District Food Service Director/Assistant Director
- Dietician /Nurse
- Parent representative from each school level
- Student representative
- Staff member representative
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

It is recommended that the committee meet a minimum of twice annually. The Business Manager, who is responsible for providing oversight of the wellness policy and its implementation, shall convene the Wellness Committee and lead the reviewing, updating, and evaluation of the policy.

The Wellness Committee will evaluate compliance with the District’s wellness policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, and how the policy compares to a model policy, as established by the USDA. The District will notify school staff, students, and households/families of the availability of the wellness report via website postings. The report will be made available at www.verona.k12.wi.us.

The District will actively inform families and the public about the content of and any updates to the wellness policy or its implementing rules through the District website, school newsletter and School Nutrition mailing. The District shall provide information on how the public can participate on the District Wellness Committee on an annual basis.

APPROVED: April 17, 2006

REVISED: July 30, 2018