



Hamilton County Unit 10 District Wellness Policy

Teacher Packet

Hamilton County Unit 10 School is committed to providing an environment that promotes healthy food choices and encourages physical activity. Kids today are constantly overwhelmed with unhealthy food choices, creating a high risk of becoming overweight and having health problems in the future. Student wellness, including good nutrition and physical activity, shall be promoted in the district's education program, school activities, and meal programs. The district's School Wellness Policy is interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

In this packet you will find information to help meet the district and USDA guidelines. The standards required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) stipulates the nutrition standards for competitive food shall apply to all foods and beverages sold:

- A. Outside the school meals program
- B. On the school campus
- C. At any time during the school day
 - (School day is defined as Midnight before, to 30 minutes after the end of the official school day).

To find out if a product meets the smart snack criteria, use the Smart snack calculator at the following link:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator

The following pages give information and examples to be used to help the staff be active participants in the district's goal in promoting healthy food choices and physical activity. Thank you for your participation!

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

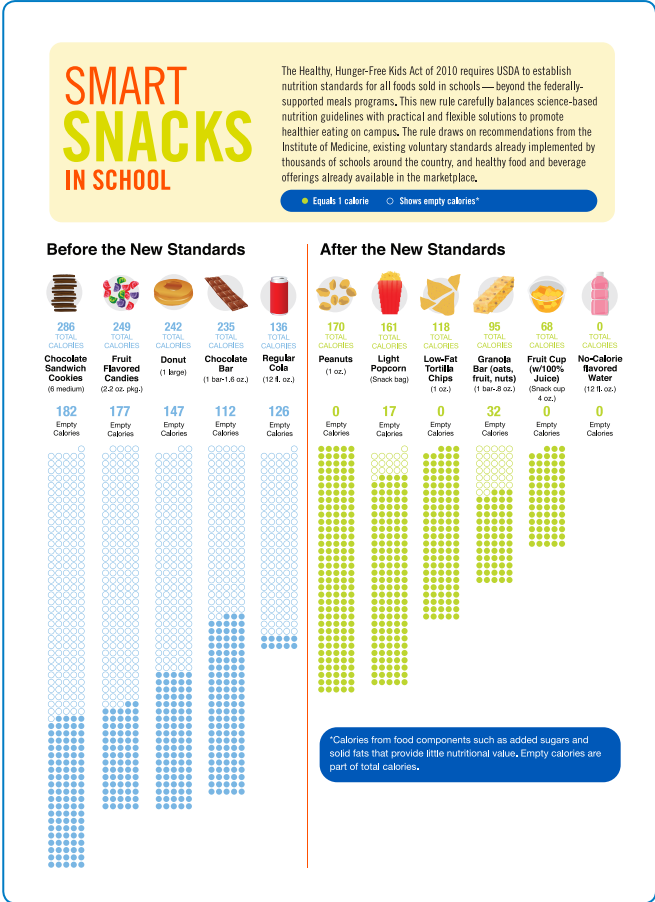
- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of 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: ≤ 230 mg**
 - Entrée 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



*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

Nutrition 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 schools 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 ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - 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. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items 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 amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:
<http://www.regulations.gov>

Comment by Mail:
William Wagoner
Section Chief, Policy and
Program Development Branch
Child Nutrition Division
Food and Nutrition Service
P.O. Box 66874
St. Louis, MO 63166



Healthy Classroom Celebrations



HOLIDAYS AND BIRTHDAY CELEBRATIONS ARE GREAT OPPORTUNITIES FOR SCHOOLS TO MAKE HEALTHFUL EATING FUN AND EXCITING FOR STUDENTS. CELEBRATIONS CAN INCLUDE A VARIETY OF ACTIVITIES, GAMES AND CRAFTS, & FOODS THAT TASTE GOOD AND ARE NUTRITIOUS!

Healthy Food Ideas

- Low-fat nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (low-fat yogurt, fresh or frozen fruit, ice)
- Fresh fruit assortment, fruit with cheese kabobs, fruit salad, fruit with low-fat whipped topping or topped with yogurt
- Dried fruit, 100% fruit snacks
- Vegetable tray with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Pretzels, low-fat popcorn, rice cakes, graham crackers, & animal crackers
- Ham, cheese or turkey sandwiches or wraps
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt parfaits
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip

THERE IS NOTHING WRONG WITH AN OCCASIONAL TREAT BUT UNHEALTHY FOOD & BEVERAGE CHOICES HAVE BECOME THE NORM RATHER THAN THE EXCEPTION. HEALTHY FOODS CHOSEN AS PART OF THE FESTIVITIES CAN PROVIDE AN OPPORTUNITY TO REINFORCE NUTRITION LESSONS.

These are just a few suggestions; there are lots of health food ideas out there! Google or Pinterest provide lots of ideas that could be used to make healthy eating fun!

This web site provides some ideas for Healthy Classroom Celebrations:

http://cspinet.org/new/pdf/healthy_school_celebrations.pdf





Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School

The Smart Snacks in School nutrition standards apply to any foods sold to students during the school day on the school campus, including foods sold as fundraisers.

What can we sell for a fundraiser? If the item being sold is a nonfood item or a food item that meets the Smart Snacks standards, it can be sold anytime. State agencies can permit occasional exempt fundraisers, allowing the sale of foods that do not meet the standards. Organizations planning fundraisers should work with their school administration before initiating a fundraiser to ensure compliance with the Local Wellness Policy, Smart Snacks standards, and any other local policies that may be in place.

What if the foods do not meet the standards? Generally, foods that do not meet the standards cannot be sold to students on campus during the school day. Organizations planning fundraisers of foods that do not meet the standards must work with their school administration to determine if their fundraiser can be allowed as one of the school's limited exempt fundraisers. It is important to remember that the standards do not apply during nonschool hours, on weekends, and at off-campus fundraising events, though local policies may still apply.

No more frozen pizza sales? No more cookie dough? No more Thin Mints®* cookies? Not necessarily! Many extracurricular programs, such as the school band, sports teams, and the school choir as well as youth-based community organizations such as the scouting programs rely on fundraisers to support their activities. There are ways that these groups can continue to raise money on campus under the standards, if allowed under local policies and approved by the school administration.

First, remember that *all* fundraising activities that take place outside of school are exempt from Smart Snack Standards. Just double-check your Local School Wellness Policy to see if other local school policies are in place!

Sale of frozen pizza, cookie dough and other items preordered and distributed in a precooked state or in bulk quantities (multiple servings in a package) for consumption at home is not required to meet the standards. For example, boxes of preordered Girl Scout cookies intended for consumption at home would not be subject to the standards. Students could take orders and deliver them during the school day for consumption outside of school.

Can we take fundraising orders at school? Yes. Orders may be taken at school as long as the foods being sold meet the Smart Snacks standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school.

Can we deliver the preordered fundraising items at school? Foods that have been purchased through a fundraiser may be delivered on the school campus during the school day if the foods being sold meet the standards or are not intended to be consumed on campus during school hours and as long as students receive permission from the school. However, we encourage

organizations to deliver the foods at a time when parents and caregivers are more likely to be present to collect the items, for example, during specific drop off or pickup times.

Can we sell individual food items that students can eat during the school day? If the foods being sold meet the standards, then you may sell them during the day. However, when the fundraiser includes the sale of food items that do not meet the standards, for example, a doughnut or a candy bar, the fundraiser must be considered an approved exempt fundraiser in accordance with the State agency. The fundraising organization, such as the school band, could then sell doughnuts or candy to students during the allocated exempt fundraising period.

Communication between youth-based organizations and school administration is critical when planning fundraising events on school campus during the school day.

Need more information? We offer a number of tools and resources to help school staff, parents, and students navigate fundraising tactics including the following:

- **Memorandum: Smart Snacks Nutrition Standards and Exempt Fundraisers**
<http://www.fns.usda.gov/sites/default/files/SP36-2014os.pdf>
- **Issue Brief: Fundraisers**
http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf
- **Healthy Fundraising (*USDA Healthy Meals Resource System*)**
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

Other policy guidance and resource materials on Smart Snacks may be found at the Food and Nutrition Service website at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

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Healthy Fundraising Ideas

PROMOTE FAMILY HEALTH AND WELL-BEING

Fundraising events can be an opportunity to send a positive health message to students and families. Candy, baked goods, salty snacks, soda & other foods have little nutritional value and promote

unhealthy habits that can have lifelong impact. Healthy fundraising provides students and families with opportunities and positive reinforcement for increasing physical activity.

Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Fruit & yogurt parfaits
- Trail mix
- Cookbook of family healthy recipes
- School seed store

Other Non-Food Fundraising Ideas

- Auctions (live or silent)
- Carnivals/festivals
- Car wash
- Candles, lotions, soaps, greeting cards, stationary
- Gift wrapping
- Magic show
- Plants, flowers, bulbs, seeds
- Raffle (movie pass, theme bags)
- Raffle (teachers do silly activity)
- Talent show
- Treasure hunt/Scavenger hunt



Fundraisers that Promote Physical Activity

- Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons
- Family obstacle courses
- Teacher-student competitions (volleyball, softball, Frisbee...)
- 30-day fitness & fundraising challenges



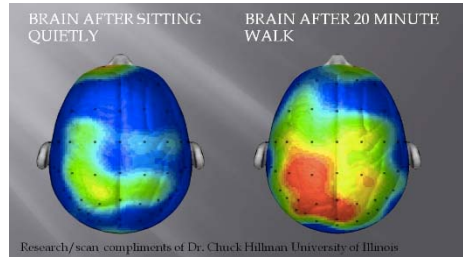


Brain Breaks

**NATIONALLY-RECOMMENDED AMOUNT OF DAILY PHYSICAL ACTIVITY IS 60 MINS.
BEING PHYSICALLY ACTIVE HELPS STUDENTS LEARN BETTER.**

The average attention span of a teenager is about 15-20 minutes long. Class periods are about 44 minutes long. Brain Breaks are short activities that the students can enjoy that will increase their physical activity and improve their concentration. Classroom physical activity breaks improve attention and behavior, but breaks without activity do not. The physical movement increases blood flow bringing more oxygen to the brain and leads to improved concentration.

Students should have a brain brake every 25-30 minutes lasting five minutes or less. Incorporate brain brakes in your class when you feel that your class engagement is lacking.



Examples:

🧠 One- Minute Dance Party:
Play a popular or fun song and have student dance any way they'd like. Works best with younger students.

🧠 Seasonal Movement:
Students move around the classroom as seasonal characters. Example-sail the ocean blue like Columbus, fly on a broom like a witch, gobble like a turkey, carry presents down the chimney like Santa, hide the pot of gold like leprechauns, hide Easter eggs like the Easter bunny.

🧠 More examples can be found online or come up with your own creative fun ideas to get your classroom moving.

ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths