

## SCHOOL DEPARTMENT NUTRITION

The Ellsworth School Committee (ESC) believes the link between nutrition and learning is well documented. The ESC also believes healthy eating patterns and habits are essential if students are to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Studies link healthy eating to the reduced risk of mortality and development of many chronic diseases as adults. Schools have a moral responsibility to help students establish and maintain lifelong, healthy eating patterns. The ESC believes that well-planned and well-implemented school nutrition programs tend to positively influence students' lifelong eating habits.

### DEFINITIONS

For the purpose of this policy the following definitions shall apply:

- Competitive foods: any foods or drinks sold or made available to students on school grounds during the school day other than meals that are part of the National School Breakfast/Lunch Program. This includes á la carte and vending machine sales.
- Nutrition education: a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating patterns.
- Foods of minimal nutritional value: foods which provide less than a minimum of 5 percent of the recommended dietary intake (RDI) for each of eight specified nutrients per serving per 100 calories. The eight nutrients to be assessed are – protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.

### GENERAL FOOD SALES IN ALL ELLSWORTH SCHOOL DEPARTMENT (ESD) SCHOOL BREAKFAST/LUNCH PROGRAMS:

#### A. Sale of Foods and Beverages during the School Day

1. National School Breakfast Program (NSBP) and National School Lunch Program (NSLP) will:
  - Provide breakfast and lunch daily;
  - Operate in accordance with National School Lunch Act of 1996;
  - Prepare and provide meals based on the *Dietary Guidelines For Americans*;
  - Provide a positive eating experience to include:
    - Adequate and pleasant space to eat;
    - Ample time to eat, minimum 10 minutes for breakfast and 20 minutes for lunch after seating;
    - Access to hand washing facilities;
2. Competitive Foods

Only Ellsworth Middle School (EMS), Ellsworth High School (EHS), and Hancock County Technical Center (HCTC) may serve competitive foods.

**B. School Parties/Celebrations**

Food brought into the classroom by students/parents for special occasions such as school parties or celebrations provide an opportunity to reinforce nutrition lessons and put lessons into practice. Foods provided for celebrations will follow the Food Guide Pyramid and the *Dietary Guidelines for Americans*. These foods will include fruits, vegetables, low fat dairy foods, and low fat whole grain products. Foods high in fat and sugars will be used sparingly. This practice will be published in the student handbooks, and reminders will be sent to parents prior to celebrations.

**C. Food Used as Reward/Punishment**

School personnel shall not offer food as a performance incentive or reward and shall not withhold food from students as punishment.

**D. After School Programs**

If participating in the Child Care Food Program, the program will operate in accordance with the NSLP guidelines for After School Programs and provide snacks that meet the set requirements. If not participating in the Child Care Food Program, snacks must follow the *Dietary Guidelines for Americans*.

**E. Student Fundraising Involving Food**

Foods and beverages sold for fundraising purposes shall not be sold while NSBP or NSLP meals are being served. Whenever food and beverages are sold to raise funds for the school, only those items that meet the 5% minimal nutritional value rule and do not exceed 30% of calories from fat, 10% of calories from saturated fat, and 35% of weight from sugar with the exception of fresh fruit and milk may be used.

Any fundraising must comply with the ESC's Fundraising Policy, JJE.

**F. Nutrition Education**

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level K-12. Nutrition education instruction will be reinforced through a positive school nutrition environment.

**GENERAL FOOD SALES IN EMS, EHS, and HCTC (Grades 6-12) SCHOOL BREAKFAST/  
LUNCH PROGRAMS**

**A. Sale of Foods and Beverages during the School Day**

1. *À la Carte*

All *à la carte* competitive foods must follow the current *Dietary Guidelines for Americans* and exceed the foods of minimal nutrition value standards. Food pricing strategies will be designed to encourage students to purchase nutritious items.

## 2. Vending Machines

Only those items that meet the 5% minimal nutritional value rule and follow the Centers for Disease Control (CDC) recommendations for school vending machines will be allowed to be sold in school vending machines. These items shall not exceed 30% of calories from fat, 10% of calories from saturated fat, and 35% of weight from sugar with the exception of fresh fruit and milk.

### D. Pouring Right Contracts

The Ellsworth School Department (ESD) shall not enter into a contract with any vending machine company which requires sales of items that do not meet vending machine guidelines as stated above.

### G. Concession Stands

Foods sold at concession stands must meet the requirements of foods of minimal nutritional value standards.

### H. Trips Utilizing ESD-Furnished Transportation

**If a meal stop is required/desired while ESD students are being transported in ESD vehicles, adults in charge of the trip will, whenever possible, stop at food establishments which offer selections that** meet the requirements of foods of minimal nutritional value standards.

**Note: At all times, student safety is priority. Additionally, bus maneuvering room, the facility's capacity, availability of meal choices, and appropriate atmosphere must also be considered.**

## EXEMPTIONS TO THIS POLICY

The **School Nurse** is exempt when providing health care to individual students during the school day.

**Life Skills Program students** are exempt when their Individualized Education Program (IEP) plan indicates the use of foods of minimal nutritional value for behavior modification (or other suitable need).

**School Events:** Students may be given foods of minimal nutritional value during the school day *for up to three different events per school year* as determined by the building administrator. During these events, foods of minimal nutritional value may not be given during meal times.

**Parents:** This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide any foods they desire for their own child's consumption, but they may not provide restricted items to other children at school. Parents are encouraged to comply with the nutritional guidelines as set forth in this policy.

Cross References: JJE – Fundraising  
US Dept of Health and Human Services, US Dept of Agriculture  
*Dietary Guidelines for Americans*  
Food Pyramid

Adopted: **May 10, 2005**