

## **MSAD #56 NUTRITION POLICY**

The Board recognizes that good nutrition is a prime factor in a student's ability to learn. In addition to families, the school environment plays a vital role in shaping students nutritional health throughout the growing years. It is the Board's intent to encourage the development of healthy, life-long dietary habits by offering food or beverages that contribute to the nutritional needs of children, provide for the development of desirable food habits and enhance the district's health curriculum.

### Food Services

The food services program within the district shall be operated in accordance with accepted nutrition standards. Emphasis shall be placed on offering a variety of foods, which are low in sodium, sugar and fat. Foods with minimal nutritional value will be prohibited. Additionally, food should be served in a pleasant environment, which includes adequate time and space to eat school meals and positive supervision and role modeling in the cafeteria.

Irradiated foods will not be purchased for the district Food Services Program.

### Classroom Activities

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 foods and beverages are sold or offered. These venues include fund-raising, fund-raising events, school stores, parties, rewards, meetings, celebrations and other group events. The Board recommends the following to promote healthy choices for children related to activities supported by the school.

- Offer non-food items to raise funds, such as book, gift-wrap, candles, plants, flowers and school promotional items.
- Include choices that meet the definition of a "Healthy Food." "Healthy foods" are those that meet the following guidelines:
  1. Must be low in fat (3 grams or less per serving) and low in saturated fats (1 gram or less per serving) and contain limited amounts of cholesterol (60 mg or less per serving) and sodium (cannot exceed 360 mg per serving).
  2. Foods that are not raw fruits or vegetables must provide at least 10% of the daily value of one or more of the following nutrients per serving: Vitamin A, Vitamin C, iron, calcium, protein, and fiber. Exempt from this 10% rule are certain raw, canned and frozen fruits and vegetables and certain grain products.
  3. Water- must not contain sugar, caffeine or other ingredients.

4. Juice is 100% fruit/vegetable juice and that information must be included on the label.
- Consider offering non-food items for a reward for celebrations or any other purpose.

### Staff

As role models for students, school staff members should be conscientious in modeling behavior and habits that are consistent with what is taught in the classrooms and expected of students. In an effort to ensure that students do not receive mixed messages regarding healthy foods and beverages, staff are encouraged to role model moderation in the presence of students.

ADOPTED: January 11, 2005