

MILFORD SCHOOL DISTRICT  
Milford, Delaware 19963

POLICY

3304A

**WELLNESS POLICY**

**PURPOSE:**

The Milford School District is committed to promoting and enhancing the health and well-being of all students. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, a positive, safe and health-promoting learning environment must be created at every level, in every setting, throughout the school year. This policy outlines the District's approach to ensuring there are environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

The Milford Child Nutrition Program is managed in accordance with the regulations and policies from the Delaware Department of Education, State Division of Purchasing, the United States Department of Agriculture (USDA), the State Board of Health, and the Milford Board of Education. Continuous goals and objectives of the program are pursued in a professional, efficient and fiscally sound and responsible manner.

**GOALS:**

The goals of this policy are:

- to ensure that Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and State nutrition standards;
- to ensure that Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- to provide Students with opportunities to be physically active before, during and after school;
- to engage Schools in nutrition and physical activity promotion and other activities that promote student wellness;
- to engage the community in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- to establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

**MILFORD SCHOOL DISTRICT WELLNESS COMMITTEE:**

The Milford School District shall work within the existing district wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The wellness committee shall serve as a resource to school sites for implementing those policies. The Milford School District Wellness Committee shall consist of a group of individuals representing the school and community, and will

include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The Superintendent or designee(s) will convene the District Wellness Committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

#### NUTRITION STANDARDS FOR FOOD AND BEVERAGES SOLD AND SERVED IN SCHOOLS:

During each school day the school food service program shall offer breakfast and lunch, as well as snacks for students in organized after-school education or enrichment programs.

In addition:

- Free breakfast and lunch shall be offered in all schools through the USDA Community Eligibility Provision.
- If schools are eligible to administer the After School Snack Program, they will do so.

Each school shall encourage all students to participate in these meal opportunities. The school food service program shall operate in accordance with The Healthy Hunger-Free Kids Act of 2010 and applicable laws and regulations of the State. Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies shall be designed to encourage students to purchase nutritious items. Procedures shall be in place for providing information to families about the ingredients and nutritional value of the foods served. This information may be made available on menus, website, cafeteria menu boards, placards, newsletters, email, or point-of-purchase materials.

Alternative meals shall be made available for students with physician documented food allergies. Information on the ingredients used in preparation of school meals shall be provided to parents upon request, and parents shall be notified about this option.

All foods, especially healthy options like fruits and vegetables, shall be presented in an appealing and attractive manner and served in a clean and pleasant setting. All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation, and workplace safety. Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat. Nutrition guidelines should be considered for all school events including celebrations, promotions and incentives.

#### STAFFING:

Properly qualified nutrition professionals shall administer the school meal programs. The district shall provide annual certification/training via organizations such as the USDA, School Nutrition Association, and National Food Service Management Institute. Staff development programs shall include appropriate certification and/or training programs for

child nutrition directors, school nutrition managers, and cafeteria workers according to their level of responsibility.

Newly hired district food service coordinators shall be registered dietitians or have a four-year degree in nutrition science or dietetics.

#### WATER:

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available in close proximity to where school meals are served during mealtimes.

#### FOOD AND BEVERAGES OFFERED OUTSIDE FEDERAL NUTRITION PROGRAMS:

##### Elementary School

The school food service program shall manage all food and beverage sales to students in elementary schools. All Foods and beverages sold individually in elementary schools shall be compliant with the USDA Smart Snack guidelines.

##### Middle/High School

In middle and high schools, all foods and beverages sold outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, or student stores) during the school day shall meet the USDA Smart Snack guidelines.

Foods and beverages offered outside the reimbursable school meal program, including those served for celebrations, shall meet the USDA Smart Snack guidelines. Any food brought into the school for consumption by students shall be commercially packaged and labeled with ingredients to meet allergen requirements.

#### Competitive Food Service and Standards USDA Regulation 7CFR 210.1:

All foods or beverages sold must meet USDA Smart Snack guidelines. This rule is in effect for the defined school day of midnight to 30 minutes past the end of the school day.

Food provided or offered, but not sold, should meet the Milford School District nutrition guidelines. Any food brought into the school for consumption by students shall be commercially packaged and labeled with ingredients to meet allergen requirements.

All foods served, sold, or given out as free promotion anywhere on school property at any time during the defined school day must meet Competitive Food Service and Standards per USDA Regulation 7CFR 210.11. These foods are defined as foods which provide less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving, and foods which provide less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.

Examples: soda water, water ices, chewing gum, and certain candies (hard candy, Jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn).

## SCHOOL-RELATED PROGRAMS OR NON-SCHOOL SPONSORED PROGRAMS OUTSIDE OF THE SCHOOL DAY:

In order to support our students and their families in leading healthy lifestyles, all school-related programs that occur outside of the school day shall be encouraged to ensure:

- there is a selection of food and beverages that meet the nutritional standards of food sold during the school day;
- food and beverages that meet the nutrition standards are sold at a price equivalent to or lower than similar items that do not meet the standards; and
- food and beverages meeting the standards will be as visible or more visible as items that do not meet the standards.

## REWARDS:

Schools shall not withhold meals or physical activity from students as punishment. Schools shall encourage the use of non-food performance incentives and rewards.

## FOOD MARKETING:

School-based marketing shall promote only foods and beverages that meet the adopted nutrition standards in this policy. Schools shall actively market fruits, vegetables, and 1% and fat-free dairy products. Procedures shall be in place for providing families information about the ingredients and nutritional value of the food served. This information may be made available on menus, website, cafeteria menu boards, placards, newsletters, email, or point-of-purchase materials.

Any food and beverage marketed in the school buildings or on school campuses, including areas adjacent to the building, such as athletic fields, must include only foods and beverages that meet the competitive foods requirements per FNS rule 210.30(c)(iii). This includes the marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing. Under these standards, the logos and products marketed in these areas are required to meet the competitive foods standards for foods sold in schools. This policy does not require these items to be immediately disposed of; however, as these items are replaced, they must be replaced with compliant marketing materials.

## FUNDRAISING AND CELEBRATIONS:

The School District encourages fundraising and celebrations that promote non-food items and/or physical activity. The School District shall provide a list of ideas for healthy fundraising activities. Any food items brought to school shall meet the Milford School District nutrition guidelines.

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY:

Schools shall be encouraged to provide all students with the opportunity to participate in physical activity through physical education, recess, and classroom activities.

## DAILY RECESS:

All elementary school students shall have at least 20 minutes a day of recess, preferably outdoors. Elementary schools shall have a back-up plan in the event that outdoor recess

is not possible due to weather conditions. It is safe for children to be outside when the temperatures are above 20° F, including wind chill factor. Outdoor play time should be limited to 20-30 minutes when temperatures are between 21-32° F. When the outdoor temperature is equal to or higher than 95 ° F including humidity factors there should be no outside activity.

Middle schools should encourage outside activities when possible, and offer meaningful opportunities for physical activity.

#### NUTRITION EDUCATION:

The health education program shall include nutrition education that:

- is integrated within the comprehensive health education program taught at every grade level and may be integrated not only in health education classes, but also in classroom instruction in other subjects, with links to school meal programs, school foods, physical education, nurses, guidance counselors, and health-related community services;
- is based on theories and methods proven by published research to improve behaviors consistent with the state's health education standards;
- emphasizes healthy eating, screen time (including use of electronic devices) and physical activity;
- is developmentally-appropriate and culturally-relevant, such as nutrition promotion activities that include taste testing, farm visits, school gardens, etc.;
- includes measurable goals and outcomes related to student wellness.

#### MONITORING AND POLICY REVIEW:

The Superintendent or designee shall ensure compliance with established state and district nutrition and physical activity wellness policies. In each school, the principal or designee shall ensure compliance with those policies in his/her school and report on the school's compliance to the school district Superintendent or designee.

The Superintendent or designee shall develop a summary report annually on each school's progress in meeting the goals of the district's established nutrition and physical activity wellness policies. That report will be provided to the Milford School Board and distributed to all school principals. A final copy of the report shall be made available on the school district webpage for all stakeholders.

ADOPTED: 6/19/17