

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

In accordance with the federal law, the District has involved parents, students, and representatives of school nutrition, the Board, school administrators, and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy to promote student wellness.

### **NUTRITION EDUCATION AND PROMOTION**

**Nutrition education shall be provided in all Walker County Schools as part of the regular instructional program. At a minimum, goals will include the following:**

1. Nutrition information will be integrated throughout the curriculum consistent with state and federal requirements.
2. Students will have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of extracurricular activities.
3. School cafeteria will be used as a learning laboratory to support classroom instruction.
4. Nutrition information will be promoted district wide by various means. Examples: school and county-wide websites, newsletter, public announcements, activities, bulletin boards, student handbooks, posters, wellness clubs, wellness fairs and/or staff development workshops.

**Additional optional activities might include:**

1. Participating in the Fresh Fruit and Vegetable Program grants as awarded to Elementary Schools
2. Participating in the USDA Team Nutrition program
3. Participating in the Healthier U.S. School Challenge (HUSCC)

### **PHYSICAL ACTIVITY**

**It shall be the goal of each school to regularly engage all students in age appropriate health and physical fitness activities. The district goals will provide physical education consistent with federal and state requirements.**

1. Physical education programs will stress physical fitness and encourage a healthy, active lifestyle for all students.

2. School will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
3. Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
4. Physical education courses will be the environment where students learn, practice and are assessed annually on developmentally appropriate motor skills, social skills and knowledge.
5. Short physical activity breaks between lessons or classes will be provided as appropriate.
6. Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure.

### **OTHER SCHOOL-BASED ACTIVITIES**

**The Superintendent or designee(s) shall develop procedures to promote other school-based activities attainment of the following goals to promote wellness.**

1. After-school programs will encourage physical activity and healthy habit formation daily.
2. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
3. Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs annually.
4. Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment. The committees will meet at least two times a year.
5. School buildings and grounds, buses, and equipment shall meet all current health and safety standards.
6. Safety procedures and appropriate annual training for students and staff shall support personal health and safety.
7. Schools and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.

### **NUTRITION STANDARDS FOR SCHOOLS**

**The Superintendent or designee(s) shall develop procedures to promote wellness in all food services operations and food sales.**

#### **1. School Meals**

- a. The School Nutrition Program will ensure daily that reimbursable school meals, meet the school nutrition program requirements and nutrition standards set forth under the federal USDA Healthy Hunger Free Kids (HHFKA) regulations and state requirements. SEE EXHIBIT 1.
- b. Schools will provide breakfast and lunch meals daily at a free and reduced-priced rate in compliance with local, state, and federal guidelines.

- c. Schools daily will encourage consumption of foods as recommended by the HHFKA which encourage increasing consumption of a variety of fruits, vegetables, whole grain and low fat/fat free dairy products. SEE EXHIBIT 1.
- d. Schools daily will provide to students foods and beverages that are low in fat and sugar and high in fiber (a la carte, vending, school stores, snack bars, and after school programs). Guidelines will be provided by Food and Nutrition Services to the administrators of each of these programs. All offerings must meet the Federal Smart Snack regulations. SEE EXHIBIT 2.
- e. Students with special dietary needs will be accommodated daily as required by USDA regulations.
- f. Drinking water will be available during all school meal periods at no charge to students.
- g. Schools will provide students with adequate time to eat lunch.
- h. Students bringing their breakfast and/or lunch must bring it from home in the morning, and it must be in compliance with their school's procedures.
- i. No outside vendor packaging should be brought into the cafeteria by students or staff. Examples: McDonald's, Wendy's, etc.
- j. Guidelines will be provided by Food and Nutrition Services to the local school Health Advisory Councils to improve the nutritional content of foods and beverages offered as incentives or rewards, in fundraising activities and class parties.

**2. Foods and Beverages Sold Individually – (Examples: foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte items, fundraisers, school stores, etc.)**

- a. School Nutrition Program will approve and/or provide all food and beverages sales to students in elementary grades. Foods and beverages must meet the Federal Smart Snack regulations.
- b. Middle and High Schools selling foods and beverages individually outside the reimbursable school meals programs (including those sold through vending machines, student stores, and/or fundraising activities) during the school day will meet the Federal Smart Snack regulations.
- c. School administrators shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.
- d. School fundraising shall be encouraged to offer healthy food choices or non-food sale items. If foods are sold during the school day, the fundraising requirements of the Smart Snack regulation must be met. However, fundraising food sales are not allowed during meal service. Concessions after school hours which provide food and beverages during optional school events are exempt from the guidelines contained herein, but are encouraged to also offer healthy choices.

**3. The following directive shall be observed in operating the school cafeterias in our system:**

**a. Foods of Minimal Nutritional Value:**

The sale and distribution of foods of minimal nutritional value as defined by USDA regulations is prohibited in:

- 1) Elementary Schools (grades Pre-K through 5):  
From the beginning of the day (12:01a.m.) until the end of the school day or after school program (whichever is later).
- 2) Secondary Schools (grades 6 through 12) in the dining, serving, and kitchen area during breakfast and lunch meal periods.

**b. Competitive Foods:**

- 1) Criteria and Procedure is shown in EXHIBIT 3
- 2) If the Principal approves the sale of competitive foods at school:
  - a. All income from the sale of such foods must accrue to the benefit of:
    - 1) The nonprofit school food service; or
    - 2) The school or student organizations approved by the principal
  - b. They must be sold in locations other than the dining, serving and kitchen areas.
  - c. The school should promote an overall school environment that encourages students to make healthy food choices.

**4. Food Safety and Security**

- a. All foods made available on campus must comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- b. Access to the food service operations are limited to Child Nutrition staff and authorized personnel for the safety and security of the food and facility.

**POLICY IMPLEMENTATION AND EVALUATION**

5. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy. Each wellness team needs to meet at least two times a year with documentation of minutes and sign-in sheets of attendance. Also, the attached questionnaire on implementation will be completed by each school and submitted annually to the superintendent or designee. The questionnaires will then be reviewed by the System Wellness Team at an annual meeting. Results will be shared district-wide by various means. Examples: school and county-wide websites, newsletter, and/or public announcements. SEE ATTACHMENT 1.

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**Policy Reference Disclaimer:** These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

**Note:** *The State of Georgia has moved the Georgia Code. This new environment no longer allows us to link directly to the Georgia Code. For example enter 20-02-0211 in the search window and the Georgia Code will appear.*

<b>State Code</b>	<b>Description</b>
Rule 160-5-6-.01	<u>Statewide School Nutritional Program</u>
<b>US Code</b>	<b>Description</b>
42 USC 1758b	<u>Local School Wellness Policy</u>
42 USC 1758	<u>Program requirements-School Lunch Program</u>

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## **ATTACHMENT 1: POLICY IMPLEMENTATION AND EVALUATION**

**School Name** \_\_\_\_\_

### **WELLNESS POLICY GOALS**

- **Goals for the current school year.**

- **Examples of these goals.**

- **Goals for next year.**

**Attachment I: Continued****Policy Questionnaire**

(To be completed annually and submitted to the Superintendent or designee no later than fifteen (15) working days after the last day of school)

**Nutrition Education**

1. Was nutrition information included in the curriculum consistent with state and federal guidelines?  
YES  NO
2. Was the cafeteria used as a learning laboratory to support classroom instruction?  
YES  NO
3. Were behavior practiced to enhance health and/or reduce health risk?  
YES  NO
4. Was nutrition information provided system-wide through various means? Examples: school and county-wide websites, newsletters, public announcements, activities, bulletin boards, student handbook, posters, wellness clubs, wellness fairs and/or staff development workshops?  
YES  NO

**Physical Activity**

1. Did all students regularly participate in age appropriate health and physical fitness activities?  
YES  NO
2. Were federal and state physical education requirements met during this past year?  
YES  NO
3. Is physical wellness deemed as important as academic wellness in your school?  
YES  NO
4. Does the physical education program stress healthy lifestyle choices and fitness for life activities?  
YES  NO
5. Did each local school conduct an annual fitness assessment program, as approved and funded by the State Board of Education?  
YES  NO

**Other School-Based Activities**

1. Does the after school program set aside time for physical activities?  
YES  NO
2. Did the health and wellness committee collaborate with other school staff to promote a healthy school environment?  
YES  NO

3. Did the committee meet at least twice this year?  
YES  NO
4. Did the health and wellness committee promote health and wellness awareness to staff, students and families?  
YES  NO
5. Did the school learning community cultivate a climate of wellness?  
YES  NO
6. Did the after school program offer healthy snacks?  
YES  NO
7. Does our school, grounds, buses and equipment support personal health and safety?  
YES  NO

### **Nutrition Guidelines**

#### **Nutritional Guidelines for food choices accessible to students other than school lunch program options**

1. Do all foods made available on the school campus comply with the Local Wellness Policy Nutrition Standards?  
YES  NO   
If needed, were corrective actions taken?  
YES  NO  NA
2. Did fundraisers comply with Local Wellness Policy requirements?  
YES  NO   
If needed, were corrective actions taken?  
YES  NO  NA
3. Were there any fund raising programs this past year that promoted physical activity?  
YES  NO
4. Did all foods available on the school campus adhere to food safety standards?  
YES  NO   
If needed, were corrective actions taken?  
YES  NO  NA

#### **School Nutrition Program guidelines for reimbursable school meals**

1. Were students with special dietary needs accommodated according to USDA guidelines?  
YES  NO   
If needed, were corrective actions taken?  
YES  NO  NA
2. Did production records provide evidence that federal guidelines are being met for all reimbursable school meals?  
YES  NO



# EXHIBIT 1

### III New Meal Patterns and Dietary Specifications

The following meal patterns must be implemented in SY 2012–2013 for the NSLP, and phased-in the SBP as specified in the footnotes and regulatory text.

Meal pattern	Breakfast meal pattern			Lunch meal pattern		
	Grades K–5 <sup>a</sup>	Grades 6–8 <sup>a</sup>	Grades 9–12 <sup>a</sup>	Grades K–5	Grades 6–8	Grades 9–12
	Amount of food <sup>b</sup> per week (minimum per day)					
Fruits (cups) <sup>o,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>o,d</sup>	0	0	0	¾ (¾)	¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	¾
Other <sup>f,g</sup>	0	0	0	1	1	1½
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7–10 (1) <sup>j</sup>	8–10 (1) <sup>j</sup>	9–10 (1) <sup>j</sup>	8–9 (1)	8–10 (1)	10–12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8–10 (1)	9–10 (1)	10–12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

#### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	350–500	400–550	450–600	550–650	600–700	750–850
Min-max calories (kcal) <sup>m,n,o</sup>	350–500	400–550	450–600	550–650	600–700	750–850
Saturated fat % of total calories <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740

*Trans fat*<sup>n,o</sup> ..... Nutrition label or manufacturer specifications must indicate zero grams of *trans fat* per serving.

<sup>a</sup> In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013–14). In SY 2012–2013 only, schools may continue to use the meal pattern for grades K–12 (see § 220.23).

<sup>b</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

<sup>c</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>d</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in § 210.10(c)(2)(iii).

<sup>e</sup> The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014–2015).

<sup>f</sup> Larger amounts of these vegetables may be served.

<sup>g</sup> This category consists of “Other vegetables” as defined in § 210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2)(iii).

<sup>h</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>i</sup> At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012–2013), and in the SBP beginning July 1, 2013 (SY 2013–2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014–15).

<sup>j</sup> In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013–2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>k</sup> There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013–2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>l</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup> The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>n</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans fat*, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup> In the SBP, calories and *trans fat* specifications take effect beginning July 1, 2013 (SY 2013–2014).

<sup>p</sup> Final sodium specifications are to be reached by SY 2022–2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014–2015 and 2017–2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

**IV Implementation Timeline**

The following chart provides a summary of the new requirements and

the required implementation dates in the NSLP and SBP. Refer to the regulatory text for details.

New requirements	Implementation (school year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
<b>Fruits Component:</b>							
• Offer fruit daily .....	L .....	.....	.....	.....	.....	.....	.....
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day).	.....	.....	B .....	.....	.....	.....	.....
<b>Vegetables Component:</b>							
• Offer vegetables subgroups weekly .....	L .....	.....	.....	.....	.....	.....	.....
<b>Grains Component:</b>							
• Half of grains must be whole grain-rich .....	L .....	B .....	.....	.....	.....	.....	.....
• All grains must be whole-grain rich .....	.....	.....	L, B .....	.....	.....	.....	.....
• Offer weekly grains ranges .....	L .....	B .....	.....	.....	.....	.....	.....
<b>Meats/Meat Alternates Component:</b>							
• Offer weekly meats/meat alternates ranges (daily min.) .....	L .....	.....	.....	.....	.....	.....	.....
<b>Milk Component:</b>							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk.	L, B .....	.....	.....	.....	.....	.....	.....
<b>Dietary Specifications (to be met on average over a week):</b>							
• Calorie ranges .....	L .....	B .....	.....	.....	.....	.....	.....
• Saturated fat limit (no change) .....	L, B .....	.....	.....	.....	.....	.....	.....
• Sodium Targets <sup>1</sup> .....	.....	.....	L, B .....	.....	.....	.....	L, B
○ Target 1.	.....	.....	.....	.....	.....	.....	.....
○ Target 2.	.....	.....	.....	.....	.....	.....	.....
○ Final target.	.....	.....	.....	.....	.....	.....	.....
• Zero grams of <i>trans</i> fat per portion .....	L .....	B .....	.....	.....	.....	.....	.....
<b>Menu Planning:</b>							
• A single FBMP approach .....	L .....	B .....	.....	.....	.....	.....	.....
<b>Age-Grade Groups:</b>							
• Establish age/grade groups: K-5, 6-8, and 9-12 .....	L .....	B .....	.....	.....	.....	.....	.....
<b>Offer vs. Serve:</b>							
• Reimbursable meals must contain a fruit or vegetable (½ cup minimum).	L .....	.....	B .....	.....	.....	.....	.....
<b>Monitoring:</b>							
• 3-year adm. review cycle .....	.....	L, B .....	.....	.....	.....	.....	.....
• Conduct weighted nutrient analysis on 1 week of menus ...	L .....	B .....	.....	.....	.....	.....	.....

<sup>1</sup>Target 2 and the final target will only be required after USDA evaluates relevant data on sodium intake and human health, as required by Section 743 of the FY 2012 Agriculture Appropriations Act.

# EXHIBIT 2

## EEE-E (1) Wellness Program

Foods of minimal nutritional value and Competitive Foods as defined by USDA regulations:

### “210.11 Foods of Minimal Nutritional Value”

A food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving and in the case of all other foods, a food which provides 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) are prohibited.

The Foods of Minimal nutritional value food items should not be served, sold or given out as free promotion anywhere on school property at any time before 30 minutes after the end of the official school day:

### “210.11 Competitive Foods”

National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010  
Competitive Foods is defined as **all food and beverages sold to students** on the school campus during the school day, other than those meals reimbursable under programs authorized by the National School Lunch Act and the Child Nutrition Act. School Day is defined as the period from the midnight before to 30 minutes after the end of the official school day. School Campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

<u>Competitive Foods Standards</u>		
Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food	To be allowable, a competitive FOOD item must: (1) meet all of proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient or be one of the non-grain main food groups: a fruit, vegetable, dairy product, protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.), or (3) contain 10% of the Daily Value (DV) of naturally occurring nutrient of public	Fresh, frozen and canned fruits and vegetables with no added ingredients except water or, in the case of fruit, packed in 100% juice or extra light syrup, exempt from all proposed nutrient standards.

	<p>health concern (i.e., calcium, potassium, vitamin D or dietary fiber) or;</p> <p>(4) be a combination food that contains at least ¼ cup of fruit or vegetable. If water is the first ingredient, the second ingredient must be one of the above.</p>	
NSLP/SBP entrees and Side Dishes Sold A la Carte	NSLP/SBP entrees and side dishes sold a la carte exempt from all standards except the fat and sugar standards ( $\leq 35\%$ of total calories from fat or $\leq 35\%$ of calories or weight from total sugar.	
Grain Items	Acceptable grain products must include 50% or more whole grains by weight or have whole grains as the first ingredient.	
Total Fats	Dietary fat per portion as packaged $\leq 35\%$ of total calories from fat per portion as packaged.	<p>Reduced fat cheese;</p> <p>Nuts and seeds and nut/seed butters.</p> <p>Exemption does not extend to combination products that contain nuts, nut butters or seeds or seed butters with other ingredients such as peanut butter and crackers, trail mix, chocolate covered peanuts, etc;</p> <p>Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat; seafood with no added fat.</p>
Saturated Fats	$< 10\%$ of total calories per portion as packaged.	Reduced fat cheese
Trans Fats	Zero grams of trans fat per portions as packaged ( $\leq 0.5$ g per portion).	
Sodium	<p>Snack and side items <math>\leq 200</math> mg sodium per portion as packaged for non NSLP/SBP snack items;</p> <p>Entrée items <math>\leq 480</math> mg sodium per portion for non-NSLP/SBP entrée items.</p>	
Total Sugars		Fresh, frozen and canned fruits/vegetables with no added sweeteners except for fruits packed in 100% juice or extra

		<p>light syrup;</p> <p>Dried whole fruits/vegetables, dried whole fruit/vegetables pieces; and dried dehydrated fruits/vegetables with no added nutritive sweeteners.</p> <p>Low fat/nonfat yogurt with less than 30 grams of sugar per 8 ounces.</p>
Calories	<p>≤ 200 calories per portion as packaged including any added accompaniments such as butter, cream cheese, salad dressing etc. for non NSLP/SBP snack items and side dishes sold a la carte;</p> <p>≤ 350 calories for non NSLP/SBP entrée items sold a la carte.</p>	
Accompaniments	<p>Use of accompaniments should be limited when food is sold to students in school. All accompaniments shall be pre-portioned and must be included in the nutrient profile as a part of item served and meet all proposed standards;</p>	
Caffeine	<p>Elementary and Middle School</p> <p>Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances. No caffeine restriction for high schools students.</p>	
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> <li>▪ No caffeinated beverages;</li> <li>▪ Plain water (no size limit);</li> <li>▪ Low fat milk, plain (≤ 8oz);</li> <li>▪ Non fat milk, plain or flavored (≤8 oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; and</li> <li>▪ 100% fruit/vegetable juice (≤ 8 oz).</li> </ul> <p>Middle School</p> <ul style="list-style-type: none"> <li>▪ No caffeinated beverages;</li> <li>▪ Plain water (no size limit);</li> </ul>	

	<ul style="list-style-type: none"> <li>▪ Low fat milk, plain (<math>\leq 8\text{oz}</math>);</li> <li>▪ Non fat milk, plain or flavored (<math>&lt;8\text{ oz}</math>), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; and</li> <li>▪ 100% fruit/vegetable juice (<math>&lt; 8\text{ oz}</math>).</li> </ul> <p>High School</p> <ul style="list-style-type: none"> <li>▪ Plain water (no size limit);</li> <li>▪ Low fat milk, plain (<math>\leq 12\text{oz}</math>);</li> <li>▪ Non fat milk, plain or flavored (<math>\leq 12\text{ oz}</math>), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; and</li> <li>▪ 100% fruit/vegetable juice (<math>\leq 12\text{ oz}</math>).</li> <li>▪ Calorie-free, flavored and/or unflavored, caffeinated or non-caffeinated carbonated water allowed <math>\leq 20\text{ fl oz}</math>, but not during meal service periods;</li> <li>▪ Other calorie free caffeinated or non-caffeinated beverages that comply with the FDA standard of less than 5 kcals/serving. (<math>\leq 20\text{ fl oz}</math>), allowed, but not during the meal service periods.</li> </ul>	
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## EXHIBIT 3

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### THE SALE OF COMPETITIVE FOODS

The Board of Education for Walker County School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The **School day** is defined as the period from the midnight (12:00 am) before, until 30 minutes after the end of the official school day. **School campus** includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

#### Food sold in schools must:

1. Comply with the general criteria:

- Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; 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 fruit and/or vegetable.
- 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).\*\*

\*If water is the first ingredient, the second ingredient must be one of the items above.

\*\*This criterion expires June 30, 2016

2. And meet, at a minimum, the Nutrition Standards for all foods sold in schools:

**Calorie limits:**

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

**Sodium limits:**

- Snack items: ≤ 200 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

3. Or qualify for an exemption from the Nutrition Standards.

4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

#### Beverages sold in schools must:

1. Be one of the allowable beverages for all grades
- 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.
2. Comply with the size limits for each grade
    - Elementary schools may sell up to 8-ounce portions
    - Middle schools and high schools may sell up to 12-ounce portions
    - There is no portion size limit for plain water.
  3. High Schools may allow additional “no calorie” and “lower calorie” beverage options to their 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  $\leq 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.
    - No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  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, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.
- The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

##### **• Exempted Fundraisers**

- Per the State Board Rule 160-5-6-.01, the Board of Education for the Walker County School district will allow thirty (30) fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.
- The exempted fundraisers cannot be in vending machines, school stores, snack bars or a la carte sales.

Questions regarding approved snacks may be directed to School Nutrition Department.