

## **408.0 - CHILD NUTRITION AND WELLNESS**

Understanding the important role nutrition plays in healthy life-style choices and in the educational process, the Superintendent or designee is authorized and directed to develop and implement an efficient and effective nutrition program for the students and employees of the District that is in compliance with state and federal regulations, this policy, and sound nutritional practices.

### **408.1 - Financial Management**

The Child Nutrition Program (CNP) shall financially operate on a non-profit, self-sustaining basis and as a participant in the National School Lunch Program comply with applicable U.S. Department of Agriculture regulations. The District shall be responsible for paying the employer costs of FICA, kitchen utilities and nonpayment of meals provided to students. All other associated costs shall be the responsibility of the CNP. Parents and/or guardians are encouraged to pay for student meals in advance to avoid a negative account balance. Parents and/or guardians may view their student meal balances in the student records software or through the district online payment vendor. Parents and/or guardians may also sign up for low balance notices and/or automatic payments with the online payment vendor.

Parents and/or guardians may request a refund of lunch account balances by contacting the school lunch cashier or the CNP office. Refunds will be mailed by check to the parent/guardian. Cash refunds are not permitted. Balances may also be transferred to a sibling's account at any time by contacting the CNP office.

Parents and/or guardians are responsible for timely meal payments and measures will be taken to collect on outstanding accounts as per Administrative Procedure AP 408.1 <http://vd-p.d91.k12.id.us/AdminPrd/>. Students will be provided a meal regardless of their current account balance. Ala carte menu items are supplemental to the meal and must be paid for at the time of purchase or require a positive account balance.

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### **408.2 - Regular Menu Planning**

In addition to Federal requirements, all menu planning must comply with the Nutrition Standards for Idaho School Meals developed by the Idaho State Department of Education, Child Nutrition Programs. These standards are listed in Administrative Procedure AP408.2. <http://vd-p.d91.k12.id.us/AdminPrd/>

### **408.3 – Ala Carte Menu Planning** (applies to competitive breakfast and lunch time sales)

In addition to the guidelines noted in Policy 408.2, Ala Carte menus must comply with the current Idaho State Department of Education Standards for vending machines and other food in schools. These standards can be found in <https://healthymeals.fns.usda.gov/smartsnacks>

#### **408.4 - Competitive Day:**

Daytime Sales and Vending Machines.

##### **408.4.1 - Competitive Day:**

Sales must meet the standards set forth in Policy 408.3. These standards apply to any food or beverage sold on the school campus during the school day that is not part of a USDA Reimbursable Meal, including food sold in vending machines, school stores, club fundraisers, and by outside vendors. Foods of minimal nutritional value may not be served in the same area where reimbursable meals are served as per Federal requirements. Marketing, including signage, machines and food service equipment, is permitted only for those foods/beverages meeting the competitive food requirements.

##### **408.4.2 - Elementary Schools:**

Vending machines and competitive daytime sales are not allowed in the District's elementary schools.

##### **408.4.3 - Secondary Schools:**

Food and beverages sales outside of the school breakfast, lunch or snack program shall be required to meet the Ala Carte standards found in Administrative Procedure AP408.3. Nutritious foods, such as fruits, vegetables, low-fat dairy products, and low-fat whole grain products will be available wherever food is sold at school.

#### **408.5 - The Role of Food in Rewards, Activities, Concessions, and Parties**

Educators are discouraged from using foods and beverages with low nutritional value as rewards. Concessions and occasional class parties and celebrations are exempt from the above guidelines; however, providing healthful options is strongly encouraged. Healthy options are to be published on the District's website. Only commercially prepared and packaged products or products which have been prepared by District #91 Food Service may be served.

#### **408.6 - The Role of Food in Fundraisers**

All fundraisers, both exempted and compliant must be tracked. Food and beverage sold to students at schools during the school day, other than those foods provided as part of the school meal programs, must meet the Federal Smart Snacks Standards found here: <https://foodplanner.healthiergeneration.org/calculator/>. Candy and other foods with low nutritional value (see Administrative Procedure AP408.3 <http://vd-p.d91.k12.id.us/AdminPrd/> for specific limitations) may not represent more than 20% of the items offered in fundraisers over the course of a school year.

#### **408.7 - Physical Activity**

Physical activity is to be encouraged through active engagement in recess, physical education classes, and intramurals utilizing the use of available space, time, and personnel.

**408.8 - Wellness Education for Students, Parents, and Staff**

1. The school district will make available information that encourages parents to provide their children with nutritious foods, regular exercise, and healthy lifestyle choices. This information is to be available on the district’s web page, through brochures, through district and school newsletters, and parent meetings.
2. Food service staff shall receive the training needed to comply with this policy.
3. Wellness education (nutrition, fitness, safety, physical and emotion health) is to be included through the normal curriculum adoption process in each elementary grade, secondary health classes, and appropriately integrated into other courses.

**408.9 - Monitoring and Compliance**

1. The involvement of administrators, school food service staff, school health professionals, physical education teachers, parents, and students in the development, implementation, and evaluation of our wellness policy is encouraged through a meeting conducted by the superintendent’s designee at least every three years to review Administrative Procedure AP 408.9.
2. The superintendent or designee(s) shall be responsible for monitoring the compliance of this policy. Procedures regarding monitoring of compliance can be found in Administrative Procedure AP408.9. <http://vd-p.d91.k12.id.us/AdminPrd/>

Policy History:

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