

STUDENT NUTRITION

The Appleton Area School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as related to good nutrition and regular physical activity.

B. Support and promote proper dietary habits contributing to students' health status and academic performance.

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the AASD Student Nutrition Standards. A healthy school environment should not be dependent on revenue from high-fat, high-sugar, low nutrient foods to support school programs. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals. Access to plain, drinkable water throughout the school day should be available at no cost to students.

C. Encourage the engagement of students in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity is encouraged in a school's daily education program from grades pre-K through 12. Physical activity includes regular instructional physical education, co-curricular activities, and elementary recess. Substituting any one of these components for the others is not appropriate. Schools are also encouraged to provide students with additional opportunities to be active in and out of the classroom.

D. Support student academic performance.

Educators, administrators, parents, healthcare providers, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met.

Research supports the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. This research should be emphasized to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met.

Adoption Date: June 9, 2003

Amended Date: October 7, 2013

STUDENT NUTRITION**Procedures**

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Hot Lunch/Breakfast Program

- The full meal program will continue to follow USDA Nutrition Standards for Foods in Schools and AASD Student Nutrition Standards.
- The Hot Lunch/Breakfast provider will be expected to follow AASD Student Nutrition Standards when determining the items in a la carte sales.

Lunchroom Climate

A lunchroom environment that provides students with a relaxed, enjoyable climate is encouraged to have:

- adequate space to eat with pleasant surroundings;
- adequate time for meals and
- convenient access to hand-washing facilities before meals.

Fundraising

- All AASD, AASD parent organizations, and non-AASD fundraising projects that include items being sold and consumed within and prior to the instructional day are expected to follow AASD Student Nutrition Standards.
- All fundraising projects occurring after the instructional day are encouraged to align with AASD Student Nutrition Standards.
- The AASD Student Nutrition Standards will be attached to all fundraising project requests when submitted to principals.

Concessions

All AASD concessions for sale at school activities during school and non-school hours are expected to provide a minimum of one healthy option that follows AASD Student Nutrition Standards in each of four categories: entrée, beverage, snack, and candy. Healthier alternatives/versions of all concessions options are also encouraged.

Teacher-to-Student Incentive

Should teachers feel compelled to utilize food items as student incentives, adherence to AASD Student Nutrition Standards is required.

Student Nutrition Education

The Appleton Area School District has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. Schools are encouraged to integrate nutritional themes into daily lessons and school-wide activities to emphasize health benefits of good nutrition, and to provide a healthy supportive school culture.

341.34-Rule (cont.)

Parent Nutrition Education

Nutrition education will be provided to parents at all educational levels. Examples may include handouts, AASD District website postings, and presentations that focus on nutritional value and healthy lifestyles.

AASD Nutrition Committee

AASD Nutrition Committee will meet as needed with the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary. Recommended committee membership is as follows:

- District Food Service Coordinator or designee
- Dietician
- AASD Health Services representative
- Parent representative from each school level
- Student representative from each school level (if possible)
- Educator representative from each school level
- Administrative Representative, Co-Chair
- Health and Human Performance Program Leader, Co-Chair

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AASD STUDENT NUTRITION STANDARDS

The Appleton Area School District strongly encourages sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, The District has adopted the following AASD Student Nutrition Standards governing the sale of food and beverages on school grounds. Sites are expected to study the AASD Student Nutrition Standards and develop building policy using the following AASD Student Nutrition Standards as minimal guidelines.

For All Students at All Times of the Day	Examples
<p>Fruits, vegetables, whole grains, combination products, fat-free and low-fat milk products, lactose-free and soy beverages, per portion as packaged:</p> <ul style="list-style-type: none"> ▪ ≤ 200 calories ▪ $\leq 30\%$ of total calories from fat ▪ $< 10\%$ of calories from saturated fats ▪ Zero trans fat (≤ 0.5 g per serving) ▪ $\leq 35\%$ of calories from total sugars ▪ ≤ 200 mg sodium 	<ul style="list-style-type: none"> • Individual fruits – apples, pears, oranges • Fruit cups packed in juice or water • Vegetables – baby carrots, broccoli, edamame • Dried or dehydrated fruits – raisins, apricots, cherries • 100% fruit juice or low-sodium 100% vegetable juice • Low-fat, low-salt, whole-grain crackers or chips • Whole-grain, low-sugar cereals • 100% whole-grain mini bagel • 8 oz servings of nonfat chocolate milk with ≤ 18 g of total sugars • Low-sodium, whole-grain bars containing sunflower seeds, almonds, or walnuts • Low-salt baked potato chips (≤ 200 mg of sodium) crackers, and pretzels • Low-sodium, raw/dry roasted nuts and seeds are exempt from $\leq 30\%$ total calories from fat
Examples of Items that <i>DO NOT</i> Meet the Recommended Standards	
<ul style="list-style-type: none"> • Potato chips or pretzels that contain too much sugar or salt (i.e., exceeding the values listed above) • Cheese crackers that contain too much fat or sodium • Breakfast or granola bars that contain too much fat or sugar • Ice cream products that contain too much fat or sugar. 	<ul style="list-style-type: none"> • Cakes, cupcakes, or cookies with too much sugar or salt. • Fortified sport drinks or fortified water • Gum, licorice, or candy • Fruit smoothies with added sugar • Beverages or sodas with sugar, caffeine, or artificial sweeteners.