

Agua Fria Union High School District Local Wellness Policy



Agua Fria Union High School District
Board Approved
on

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PURPOSE: Agua Fria Union High School District (AFUHSD) is committed to providing a district-wide environment that fosters and promotes health, well-being, and ability to learn by supporting healthy eating and physical activity. The Agua Fria Union High School District will provide health education, physical education, along with health services, nutrition services, psychological and counseling services. The Agua Fria Union High School District will maintains a safe and healthy school environment.

PREAMBLE:

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and higher academic achievement;

Whereas, the school district will engage students, parents, teachers, food service professionals, health professions and other interested community members in implementing, monitoring and reviewing districtwide nutrition and physical activity polices.

Whereas meals served in our cafeterias, courtyards/snack bars will meet the School Breakfast Program and National School Lunch Program guidelines.

Nutritional Quality of Foods and Beverages Sold and Served on Campus:

School Meals:

Meals served through the School Breakfast Program and National School Lunch Program will:

- Be appealing and attractive to students, parents, guests and staff;
- Be served in a clean and pleasant setting; with adequate time provided for students to eat, at a minimum of 15 minutes
- Meet, at a minimum, nutrition requirements established by SBP, NSLP, local and state statutes and regulations;
- Offer a variety of fruits and vegetables every day; Fruits and vegetables will be locally grown when available, in season and economically feasible.
- Serve only low-fat and fat-free milk; and
- Ensure that half of the bread/grains served are whole grain for breakfast and lunch;
- Offer foods that are low in sugar, sodium and unhealthy fats;
- Breakfast will be offered in all schools in order to provide students with a nutritious meal to begin the school day, increasing student focus and attention in the classroom. Breakfast is of zero charge to both free and reduced students.
- Complete nutritional meals will be priced at a more affordable rate than foods purchased a la carte.
- Nutrition information will be made available on menus, website, cafeteria menu boards, or other printed material or means.
- Meal Benefit Applications will be provided in English and Spanish. If another language is required, information obtaining a Meal Benefit Application, in another language can be obtained at the district office.
- When capable, AFUHSD will provide a Summer Food Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

Beverage and A La Carte items:

- All beverages and a la Carte items sold in school cafeteria, courtyard/snack bar will adhere to the USDA Smart Snack Guidelines. This includes all items sold in school vending machines.
- All foods and beverages available to students before, during and immediately after the regular school day in district schools vending machines will meet the nutritional guidelines outlined in the "USDA Smart snacks" ruling for competitive foods. If they do not meet the nutritional guidelines set by the USDA then vending machines will remain locked during the entirety of the school day and until 30 minutes after the normal school day.
- All food and beverages served on school campuses during the school day (from midnight before school to half an hour after school) shall meet all SBP, NSLP, Healthy, Hunger-Free Kids Act of 2010 and USDA Smart Snack guidelines and regulations.
- All school sites will provide safe clean drinking water, without charge, throughout the school day.

Food Allergies:

- All school sites, will provide, to the best of their ability, to offer alternatives food items for common food allergies, such as; gluten/wheat, lactose and tree nuts.
- Parents/Guardians must provide a completed Dietary Restriction form to ensure food alternatives can be accommodated.
- Substitutions or modifications for children with food allergies, must be based on a prescription written by a licensed physician.
- Substitutions for children without disabilities, are not required, and are taken as a case by case situation.

Medical Meals:

- All school sites will provide, to the best of their ability to offer medical prescribe meals, to qualified students.
- School food service, to the best of their ability, at no additional cost, may provide medical meals to students whose disability restricts their diet as defined in USDA's nondiscrimination regulations, 7 CFR Part 15b.
- If a student's Individualized Education Plan (IEP) includes a nutrition component, the school should ensure the sites Kitchen Manager is involved in the early stages of decisions regarding special meals and/or modifications. The school food service is not required to provide meal services to children with disabilities when the meal service is not normally available to the general student body.
- Substitutions or modifications for children with disabilities must be based on a prescription written by a licensed physician. This must include a statement by the physician identifying the child's disability, how this disability restricts the student's diet, the food or foods to be omitted from the student's diet and the food or choice of foods that must be substituted.
- At no time may a food service employee make substitutions without written instructions by a medical authority.

School Food Service Staff:

- All food service staff will receive ongoing professional development opportunities that include training regarding nutrition and wellness, meal planning, and food safety.
- Food service staff members will embody the importance of respectful and courteous customer service. Providing a friendly, safe atmosphere will encourage our student's participation in the SBP and NSLP.
- All food service staff will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced priced meals.
- AFUHSD will provide electronic payment systems and electronic Meal Benefit Application to expedite payment and application process.

Food Fundraising on school sites:

- To support student's health and school nutrition-education efforts, school food fundraising shall only be allowed on the following holidays/celebrations.
- Martin Luther King Day
- Valentine's Day/Arizona Statehood Day
- President's Day
- St. Patrick's Day
- Good Friday/Easter
- Cinco de Mayo
- Memorial Day
- Labor Day
- Halloween
- Veteran's Day
- Thanksgiving

*Food fundraisers that celebrate the above holidays/celebrations may be exempt from the AFUHSD Wellness Policy and Smart Snack guidelines. **School clubs, classes, organizations, groups, teams, etc. may ONLY PICK ONE DAY for their food fundraiser over the holiday/celebration. Food fundraiser must take place the day before, the day of or the day after the listed holidays/celebrations.***

- School clubs, classes, organizations, groups, teams, etc. must complete and submit the AFUHSD Food Fundraising Exemption paperwork 30 days prior to the holiday/celebration. Approval must be provided for exemption.
- If an outside vendor will be part of the holiday/celebration food fundraiser. A copy of the outside vendor's Permit to Operate, current Insurance policy and current health inspection must be submitted to AFUHSD Food Service Department 15 days before fundraiser.
- School sites may ask for additional exempt days for site specific celebrations, such as, Homecoming, Prom, Celebration Assembly, etc. School sites must complete and submit the AFUHSD Food Fundraising Exemption paperwork 30 days prior to the site specific celebration.

Physical Activity and Physical Education:

- All students, in grades 9-12, including students with disabilities, special health-care needs and in alternative educational settings, will receive daily physical education of 225 minutes/week for the entire school year.
- All physical education will be taught by a certified physical education teacher.
- Students involved in other activities involving physical activity (interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
All school sites will offer a range of interscholastic sports programs. These programs will meet the needs, interest and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. All schools participating in interscholastic activities must be regulated by the AIA (Arizona Interscholastic Association).
- Site administrators, personnel or community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as punishment.

Physical and Health Curriculum:

- Schools shall offer physical/health education programming that include:
- Personal Development (9th Grade)
- Strength & Conditioning (9-12) Personal Development Pre-Requisite
- Sports & Fitness (9-12) Personal Development Pre-Requisite
- Lifetime Fitness (9-12) Personal Development Pre-Requisite
- Adapted Physical Education – Special Needs Students
- 9th grade students are required to spend 50% of the Personal Development class engaged in Physical education and 50% of the Personal Development class engaged in a health curriculum.

Health curriculum will include:

- Stress, Depression, and Suicide
- Improving empathy and self-esteem: stopping stereotypes, prejudices, anger, bullying, and violence.
- Tobacco prevention
- Alcohol prevention
- Drug prevention
- Nutrition
- Sex Ed. (abstinence, sexual health and disease prevention)
The Agua Fria Union High School District requires that all Physical Education teachers be certified for the high school level and be considered highly qualified.
- The physical education program provides adequate space and equipment that conform to all safety standards.
- Class size is consistent with the requirements of instruction and safety measures.
- All Physical Education teachers are required to participate in weekly professional development. Physical Education teachers are given opportunities to have sessions that will help with the addition to reading and writing.

Career and Technical Education School-based Enterprise Exemption (SBE):

A School-based Enterprise (SBE) is an entrepreneurial operation in a school setting that provides goods/services to meet the needs of the market. SBE's are managed and operated by students as hands-on learning laboratories that integrate National Curriculum Standards in Marketing, Finance, Hospitality or Management. SBE's provide realistic and practical learning experiences that reinforce classroom instruction. SBE's may include school spirit wear, food and beverage items, school supplies, signs and banners and more. A School-based Enterprise can also incorporate a Work Based Learning (WBL) experience.

Any Agua Fria Union High School District Career and Technical group/organization may utilize a food-based school store and/or vending machine and be exempt from the AFUHSD Wellness Policy. To be exempt the CTE group/organization must:

- All food/beverage products must follow the USDA and ADE Smart Snack Guidelines.
- All students, volunteers and adults must hold a current Arizona eFood Handler's Card.
- All students, volunteers and adults must follow the MCES guidelines and regulations regarding vending machines, school stores, concession stands or any Health Code that pertains to their project.
- All students, volunteers and adults must follow the AFUHSD and school cash handling policy and procedures.
- All food/beverage based school stores CANNOT operate within the NSLP/SBP Meal Service area. There must be some type of physical barrier (wall, stairs, ramp, etc) between the NSLP/SBP Meal Service area and food/beverage based school store.
- All food/beverage based school stores must submit a list of their Smart Snack food/beverage items to the AFUHSD Food Service Department for approval 15 days before first day of operation.

Reference:

- The AFUHSD will follow and comply with the USDA (5-Day) Meal Pattern, Offer vs. Serve (OVS) for School Breakfast Program.
- Minimum 4 items daily. Must prepare each of 3 required items in required amounts; Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate). Students must have at least 3 items on tray POS. 1 item must be ½ cup Fruit/Juice/Vegetable.

Required	Grade 9-12
Fluid milk - Pasteurized, homogenized fluid cow's milk. Must offer two varieties in fat content and/or flavor	1 cup daily
Fruits/Juice/Vegetables - Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily
Grains/Breads -Daily and weekly minimums must be met. Flexibility for grain maximums. 50% of all grains offered must be whole grain-rich	1 oz/eq (daily) 9-10 oz/eq (Weekly)
1 item of Meat/Meat Alternate - No daily or weekly requirement. 1 item (1oz/eq) counts towards grain weekly requirement	
Calories Weekly Average	450-600
Sodium (mg) Weekly Average	≤640
Saturated Fat (% of total calories) Weekly Average	≤10
Trans Fat Daily	Og/serving

- The AFUHSD will follow and comply with the USDA (5-Day) Meal Pattern, Offer vs. Serve (OVS) for National School Lunch Program.
- Must PREPARE all 5 components in required amounts.
- AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable.

Required- daily	Grade 9-12	Additional Information
Fruit (cups)- minimum amount to count at POS	½ cup daily	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
Total Vegetable (cups)- minimum amount to count at POS	½ cup daily	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
Vegetable Subgroups (cups)	Minimum weekly amounts	
Dark Green	½ cup	No maximum for any subgroup. Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count as a subgroup is 1/8 cup.
Red/Orange	1 ¼ cup	
Beans/Peas (legumes)	½ cup	
Starchy	½ cup	
Other	¾ cup	
To meet weekly requirement, vegetables from ANY subgroup	1 cup	
Grains: Minimum amount to count as a component at POS	2 (oz/eq) daily	50% of all grains offered must be whole grain-rich
Meat/Meat Alternate -Minimum amount to count as a component at POS	2 (oz/eq) daily	
Fluid milk (cups)- Pasteurized, homogenized fluid cow's milk.	1 cup daily	Offer two varieties daily
Minimum-Maximum calories	750-850	Weekly Average
Sodium (mg)	≤1080	Weekly Average
Saturated fat (% of calories)	≤10	Weekly Average
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving	
Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.		

Smart Snacks Standards and Guidelines:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain 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 of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans fat	0g	0g
Sugar	35% by weight or less	35% by weight or less
	Exempt Foods – Food Combinations	
Fresh and frozen fruits and vegetables, no added ingredients		Exempt from all nutrient standards
Canned vegetables (no salt added/low sodium) with no added fats		Exempt from all nutrient standards
RF Cheese (including part-skim mozzarella, Nuts, seeds, or nut/seed butter, Apples with FR cheese, Celery with peanut butter and unsweetened raisins, Whole eggs with no added fat		Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
Seafood with no added fat (e.g. canned tuna packed in water)		Exempt from the total fat standard, but must meet all other nutrient standards
Dried fruits with no added sugars, Dried cranberries, tart cherries, blueberries, sweetened only for processing and/or palatability, with no added fats		Exempt from the sugar standards, but must meet all other nutrient standards
Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats		Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards.

Smart Snacks Standards and Guidelines for Beverages:

Beverage	Smart Snacks Standards
Water- Plain, with or without carbonation	No Limit
Milk- Unflavored or flavored low-fat and fat-free milk; milk alternatives as permitted by NSLP and SBP.	12 fl. Oz
Juice- 100% fruit or vegetable juice, with or without carbonation	12 fl. Oz
Diluted Juice- 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners.	12 fl. Oz
Low- and No-Calorie Beverages, with or without caffeine and/or carbonation; calorie free, flavored water	≤ 20 fl. Oz. 10 calories/20 fl. Oz. Less than 5 calories per 8 fluid ounces.
Other flavored and/or carbonated beverages	≤ 12 fl. Oz. that are labeled to contain ≤ calories per 8 fl oz, or ≤ 60 calories per 12 fl oz.

Arizona Nutrition Standard Definitions:

- **Competitive Food:** means all food and beverages other than meals reimbursed under programs authorized by the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the school campus during the school day.
- **Entrée Item:** an item that includes only the following three categories of main dish food items: (1) A combination food of meat or meat alternate and whole grain rich bread; (2) A combination food of vegetable or fruit and meat or meat alternate; or (3) A meat or meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters.
- **Fundraisers:** an event that includes any activity during which currency/tokens/tickets are exchanged for the sale/purchase of a product in support of the school or school-related activities.
- **National School Lunch Program (NSLP):** Program under which participating schools operate a nonprofit lunch program authorized by 7CFR 210 of the National School Lunch Act.
- **School Breakfast Program:** Program under which participating schools operate a nonprofit breakfast program authorized by 7CFR 220 of the Child Nutrition Act.
- **School Campus:** for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School Day:** for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
- **School Sponsored Event:** an event that occurs outside of the enrolled single classroom and involves several members of the student body. Examples of school sponsored events include field days, spirit days, pep rallies, socials, or other school celebrations.
- **Whole Grain Rich Food:** Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient.

Wellness policy implementation and monitoring:

The district superintendent or designee shall ensure district wide and individual school compliance with the adopted School Wellness Policy. All students shall be serviced by the Local Wellness Policy. The Superintendent or designee shall ensure that all members of the AFUHSD community, including teachers, parents, students, and personnel and the greater community are informed about the Wellness Policy and its implementation.

