

STUDENT NUTRITION PROCEDURES

The De Soto Area School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a 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.

Hot Lunch/Breakfast Program:

- The full meal program will continue to follow the U.S. Government's Nutrition Standards which will be constantly reviewed.
- The Hot Lunch/Breakfast program will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
 - * A la carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - * A la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
 - * adequate space to eat and pleasant surroundings;
 - * adequate time for meals (The American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
 - * convenient access to hand washing facilities before meals.

Fundraising:

- All fundraising projects are encouraged to follow the District Nutrition Standards.
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District Nutrition Standards when determining the items being sold.
 - * Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
 - * Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Teacher-to-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Student Nutrition Education:

The De Soto Area School District has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. Beginning with the 2006-2007 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes, which will be reviewed regularly, include but are not limited to:

**Knowledge of food guide pyramid
*Healthy heart choices
*Sources and variety of foods
*Guide to a healthy diet influences
*Diet and exercise
*Understanding calories
*Healthy snacks
junk food
Healthy breakfast

**Healthy diet
*Food labels
*Major nutrients
*Multicultural

*Serving sizes
*Proper sanitation
Identify and limit

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

De Soto Area School District Healthy Kids Initiative:

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, it is recommended that a District-wide committee be established. The committee would meet a minimum of two times annually with committee membership as follows:

- District Food Service Coordinator
- Director of Nursing

- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

Approved: September 11, 2006

DE SOTO AREA SCHOOL DISTRICT

458-Rule

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- | | |
|----------------------------------|---------------------------|
| *Knowledge of food guide pyramid | *Healthy diet |
| *Healthy heart choices | *Food labels |
| *Sources and variety of foods | *Major nutrients |
| *Guide to a healthy diet | *Multicultural influences |
| *Diet and exercise | *Serving sizes |
| *Understanding calories | *Proper sanitation |
| *Healthy snacks | *Identify/limit junk food |
| *Healthy breakfast | |

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- District food service coordinator
- Director of nursing **{NOTE: school nurse?}**
- Parent representative from each school level
- Student representative from each school level
- Staff member representative from each school level
- Administrative Representative, co-chair
- Physical education and health program leader, co-chair

APPROVED: September 11, 2006

NOTE: These procedures were provided by the district. I coded them separately from the policy. (WASB - 11/06)