

# Healthy School Nutrition Environments



## Local School Wellness Policy Model Guidance

Oklahoma State Department of Education  
Child Nutrition Programs  
January 2006

# SCHOOL WELLNESS POLICY GUIDANCE

## INTRODUCTION

To help combat childhood obesity and improve children’s health, the *Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)* requires each local educational agency that receives funding for United States Department of Agriculture (USDA) Child Nutrition Programs (CNP) to establish a local school wellness policy no later than July 1, 2006.

With this new requirement, the United States Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems such as Type II diabetes, high cholesterol, high blood pressure, gallbladder disease, asthma, and joint problems that are associated with poor nutrition and physical inactivity. This law places the responsibility of developing a school wellness policy at the local level so that the individual needs of each school district may be addressed most effectively.

## MINIMUM REQUIREMENTS

The following **MINIMUM** requirements are established by federal legislation. The legislation requires that each school food authority (SFA) establish:

- Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate.
- Nutritional guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity.
- Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by USDA.
- Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy.
- Involvement of parents, students, representatives of the SFA (a school food service employee or someone who works directly with the CNP), the school board, school administrators, and the public in developing the wellness policy.

Federal legislation requires one school wellness policy *per district*.

# SIX STEPS FOR ESTABLISHING A LOCAL SCHOOL WELLNESS POLICY

Check to see if your school district or school already has written policies. If so, review them to ensure that they meet current Oklahoma law and federal requirements.

There are no standard procedures for developing a school wellness policy. The following steps, adapted from the National Association of State Boards of Education's (NASBE) *Fit, Healthy, and Ready to Learn*, may get you started.

## STEP 1: Form a team.

It is important to recognize any existing efforts underway in the school or community. This might help you determine whether a new team is necessary or whether you can establish a local wellness policy through existing efforts. The law requires (1) parents, (2) students, (3) representatives of the SFA (a school food service employee or someone who works directly with the CNP), (4) the school board, (5) school administrators, and (6) the public to be involved in the process. The SFA may use the school's Healthy and Fit School Advisory Committee and add the required Wellness Policy Team members.

Additional local stakeholders can be invited to join the Wellness Policy Team to provide necessary resources and assist schools in developing appropriate, science-based wellness policies. Examples of potential stakeholders include:

- **Health care providers**, especially pediatricians, dietitians, public health professionals, dentists, and orthodontists.
- **Hospitals and public health departments**, especially those with pediatric services and diabetic clinics.
- **Nonprofit health organizations** such as the American Cancer Society, American Diabetes Association, and the American Heart Association.
- **Physical activity groups** such as the YMCA/YWCA, youth sports leagues, and commercial fitness centers.
- **Community youth organizations** such as Boys and Girls Clubs, Boy/Girl Scouts of America, and faith-based groups for young people.



- **University departments and other governmental agencies**, especially those involved in nutrition, physical activity, and education (e.g., Cooperative Extension Service).

Frequently, members of **EFFECTIVE** policy teams offer a combination of qualities. Often, they:

- Demonstrate interest in improving school nutrition and physical activity in schools.
- Are effective communicators and team players.
- Possess some understanding of the district’s procedural requirements for policy.
- Have policy-related experience in the district.

## STEP 2: Assess the needs.

Before making plans to develop policies, you should assess the needs of your students. Look for data on the education and health status of students through the following Web sites:

<[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)>  
<[www.actionforhealthykids.org](http://www.actionforhealthykids.org)>

The following resources will help you assess your school’s needs:

- **Changing the scene improvement checklist** at <[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)> is a simple checklist to help you take an honest look at where things stand in your school and to help focus on exactly what needs to be done.
- **School Health Index: A Self-Assessment and Planning Guide** at <[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)> is the Centers for Disease Control and Prevention’s (CDC’s) self-assessment and planning guide for physical activity and healthy eating. This tool enables schools to identify the strengths and weaknesses of nutrition policies and programs and to develop an action plan for improvement.
- **Keys to Excellence: Standards of Practice for Nutrition Integrity** at <[www.schoolnutrition.org](http://www.schoolnutrition.org)>. The School Nutrition Association identifies the elements of a quality school nutrition program. This publication provides an easy-to-use evaluation form for assessing program quality and tracking progress.
- **It’s Time for Your School’s Physical Education Check-Up (PDF)** at <[www.aahperd.org/naspe/pdf\\_files/2004PEchecklist.pdf](http://www.aahperd.org/naspe/pdf_files/2004PEchecklist.pdf)> offers a checklist of physical activity measurements. It was created by the National Association for Sport and Physical Education.

## STEP 3: Create policies.

According to the NASBE, a policy provides officially determined objectives that guide the actions of students and employees in the educational system. Policies typically express what should be done, why it should be done, and who should do it. The following resources are available to assist you in wellness policy development.

- ***Making It Happen! School Nutrition Success Stories*** at <[www.cdc.gov/healthyyouth/nutrition/making-it-happen](http://www.cdc.gov/healthyyouth/nutrition/making-it-happen)> was developed by Team Nutrition and the CDC. Thirty-two success stories are featured, and six specific approaches for improving the nutritional quality of competitive foods are identified.
- ***Fit, Healthy, and Ready to Learn*** at <[www.nasbe.org](http://www.nasbe.org)> is a school health policy guide developed by the NASBE that provides sections on nutrition and physical activity policy development.
- ***Changing the Scene: Improving the School Nutrition Environment—A Guide to Local Action*** at <[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)> was developed by Team Nutrition to help schools take action in improving their nutritional environment.
- ***CDC Model for Coordinated School Health Programs*** at <[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)>. This model identifies strategies most likely to be effective in promoting lifelong healthy eating, physical activity, and overall wellness.

Once local input has been gathered, schools can develop goals and guidelines to address their specific situations. For assistance in drafting an effective policy, schools may utilize the following model and sample language provided by the Oklahoma State Department of Education (OSDE), along with other resources as needed.

Goals and guidelines can be developed to best fit the needs and concerns of each local school district—and they may be adopted over time. As the initial goals are met, new nutrition and physical activity goals can be chosen.

The four basic components which should be addressed in a district’s school wellness policy are:

1. Nutrition education goals
2. Physical activity goals
3. Nutrition guidelines/standards
4. Other school-based activities

USDA’s Team Nutrition Web site <[www.teamnutrition.gov](http://www.teamnutrition.gov)> offers recommendations to include in the four components of a wellness policy.

### **STEP 4: Market the established policies.**

This very important step enlists widespread support for the goals and strategies of your school wellness policy. Steps that can assist you in building this support include:

- Involving those affected by the policy.
- Anticipating, responding to, and involving critics.
- Applying communication strategies.
- Involving other student-serving agencies in the community.
- Involving people from a variety of community groups.

It is important to obtain support from schools and your community in order for the policy to be smoothly adopted and widely implemented. Student involvement is also an important component of building awareness and support. Use the resources in *Changing the Scene* to help educate various audiences about your policy initiative. Enlist local media to spread awareness of the district's needs and community leaders to speak out in favor of the proposed solutions. Be prepared for challenges that may arise, and ensure that all spokespeople for the policy are providing a consistent message. When dealing with the education community, it is helpful to identify the potential benefits the policy can have on student learning and academic achievement.

*Making It Happen* contains numerous success stories of districts that built broad local support for school health policy goals.

## **STEP 5: Implement policies.**

Developing and adopting a sound policy is only the beginning. The adoption of a policy does not automatically mean that it will be implemented. Implementation requires good planning and management skills, the necessary resources, consistent oversight, and widespread buy-in by the school staff and the local community. Leadership, commitment, communication, and support are the keys to your success.

Implementation can occur all at once or may be phased-in over time. Your team is in the best position to determine which approach is likely to be the most effective in your district.

The attitude of all school personnel, from individuals serving the food to the personnel who stock vending machines, students, coaches, teachers, and administrators, can have a significant effect on the response to the policy. A positive attitude toward new foods, new physical activity options, or other changes from everyone in the school community can make a huge difference.

Marketing can be an important tool for policy implementation. Consider how marketing principles of product, price, placement, and promotion can work to help with policy implementation.

## **STEP 6: Maintain, measure, and evaluate the effort.**

As required by law, each school district must establish a plan for measuring implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is meeting the policy.

A sustained effort by each district is necessary to assure that new policies are faithfully implemented. Periodically assess how well the policy is being managed and enforced. Reinforce the policy goals with school staff if necessary. Be prepared to update or amend the policy as the process moves on. The school district or individual schools should celebrate policy success milestones.

Evaluation and feedback are very important in maintaining a local wellness policy. You need to document any financial impact to the school food service program, school stores, or vending machine revenues.

It is also important to assess student, parent, teacher, and administration satisfaction with the new policies. A good evaluation plan does not need to be extensive, formal, or put additional undue burdens on staff that are involved in the process. Through the evaluation process, you will be able to answer some basic questions that are very important to policymakers, students, school staff, parents, and the general public:

- ***What changes to nutrition education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred in each school as a result of the district wellness policy?***

For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did any of the campuses change available food options?
- Did participation in the School Breakfast Program (SBP) or National School Lunch Program (NSLP) change?

- ***Did the policy and implementation address the issues identified in the needs assessment?***

For example:

- Is it making a difference?
- What is working?
- What is not working?

- ***How can the impact of the policy be increased to enhance its effect on student health and academic learning?***

Schools may use a variety of methods to measure the implementation of their wellness policy. For example, the school may want to use a checklist or assign implementation dates to its goals and objectives. In addition, the SFA could use the original needs assessment used prior to establishing the wellness policy to evaluate whether changes have been implemented and progress has been made.

# SCHOOL WELLNESS POLICY GUIDANCE

This model wellness policy provides sample language for schools to use in developing their own local policy. It is based on existing USDA guidance as of January 1, 2006. The format of the model wellness policy was developed by the Mississippi Office of Healthy Schools Child Nutrition Programs. The model wellness policy has been adapted for use in Oklahoma schools.

The model contains both minimum policy statements and optional policy statements. *The minimum statements are federal and state legislation that should be included in any school wellness policy adopted by Oklahoma schools.* Schools are encouraged to review the optional policy statements, based on the best practices from other schools, and to adopt those that meet the goals of their communities. Policy statements need to be developed that address the four basic components of a wellness policy:

1. Nutrition guidelines/standards
2. Nutritional education goals
3. Physical activity goals
4. Other school-based activities

*The following model wellness policy is not intended for adoption in its entirety by schools. It is intended for schools to use as a tool in drafting their own policies. With the exception of the minimum policy statements, schools may choose to alter this model, based on community input, to address local concerns and meet local needs.*



# MODEL SCHOOL WELLNESS POLICY

## **Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

## **Overall Goal:**

All students in \_\_\_\_\_ School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in \_\_\_\_\_ School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the \_\_\_\_\_ School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

# NUTRITION GUIDELINES/STANDARDS

## School Meals

### *Minimum Policy Statements:*

- Per USDA Regulations §210.10 and §220.8, school lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- Per USDA Regulation §210.10, school lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulation §220.8, school breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- Per USDA Regulations §210.10 and §220.8, the total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, the total calories from saturated fat in school meals will be less than 10 percent when averaged over one week.
- Per USDA Regulations §210.10 and §220.8, school meals will meet the Dietary Guidelines for Americans.

### *Optional Policy Statements:*

- Qualifying after-school programs will participate in USDA's After-School Snack Program.
- Qualifying school sites will participate in USDA's Summer Food Service Program.
- In addition to following USDA menu-planning system guidelines, school lunch menus will be planned according to the silver or gold criteria specified in the *HealthierUS School Challenge*.
- Healthy food preparation techniques will be implemented. Food items will not be fried.
- Deep-fat fried potato products served as part of a reimbursable meal or as an á la carte item will not exceed three ounces per serving, may not be offered more than once a week, and students may only purchase one serving at a time.
- Fruits and/or vegetables will be offered daily at all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water, or light syrup.
- Schools serving chips must use reduced-fat or baked varieties, rather than the traditional varieties, whenever possible.
- Beverages such as tea, lemonade, and fruit drinks containing less than 50 percent fruit juice will not be offered to students.
- The most nutritious food items offered will be placed on the serving line(s) first to encourage students to make healthier selections.

- Students will be offered a variety of skim and lowfat milk, meat and beans, fruits and vegetables, and whole grains on a daily basis.
- A nutrient analysis of school meals offered to students will be made available upon request.
- School staff will support and encourage student participation in the USDA school meals programs.
- School sites will be encouraged to participate in Farm-to-School by purchasing fresh fruits and vegetables from local farmers when available.

### **Other Food Items Sold on School Campuses**

#### ***Minimum Policy Statements:***

- Per USDA Regulation §210, Appendix B, foods of minimal nutritional value (FMNV) are prohibited from being sold or served during student meal services in the food service area where USDA reimbursable meals are served or eaten.
- Per the Child Nutrition and WIC Reauthorization Act of 2004, beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in elementary schools will not have access to FMNV except on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), students in middle and junior high schools will not have access to FMNV except after school, at events which take place in the evening, and on special occasions.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), diet soda, an FMNV, will be available for sale at the junior high only in vending areas outside of the cafeteria.
- Per Oklahoma Senate Bill 265 (effective school year 2007-2008), healthy food options will be provided at the high school and priced lower than FMNV in order to encourage students and staff to make healthier food choices.

#### ***Optional Policy Statements:***

- Fried food items will not be available for sale as á la carte food items.
- Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campuses. This includes the cafeteria, vending machines, school stores, and concession stands. The district will follow the recommended food items specified in ***Healthy Snack Choices*** provided by the OSDE.
- Snack food items available for sale will contain less than 30 percent or 7 grams of fat per single serving as stated on the Nutrition Facts label (exception: nut and seed mixes).
- Snack food items available for sale will contain less than 10 percent or 2 grams of saturated fat per single serving as stated on the Nutrition Facts label.

- Snack food items available for sale will contain no more than 35 percent sugar by weight or 15 grams per single serving as stated on the Nutrition Facts label (exceptions are fresh and dried fruits).
- Snack food items available for sale will contain less than 480 milligrams of sodium per single serving as stated on the Nutrition Facts label.
- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.



# NUTRITION EDUCATION

## *Minimum Policy Statements:*

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.
- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

## *Optional Policy Statements:*

- MyPyramid nutrition education resources will be used in the cafeteria and classroom.
- The Oklahoma Ag in the Classroom curriculum will be implemented in Grades PK-6.
- Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- All schools will apply with USDA to participate as a Team Nutrition school. Each school will conduct nutrition education activities and promotions that involve students, parents, and the community <[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)>.
- Students, parents, and the school staff will participate in an annual school health fair.
- Family/parent nutrition education opportunities will be provided.
- Advertising and other materials that promote FMNV will be eliminated on all school campuses.
- Students will receive consistent nutritional messages throughout the school, classroom, cafeteria, and school events.
- The Power of Choice* nutrition education curriculum will be implemented in the after-school program.
- Age appropriate USDA Team Nutrition resources will be utilized to teach nutrition education to students.
- School staff will work with local county extension educators to incorporate nutrition education activities in school.
- School staff will promote healthful eating and healthy lifestyles to students and parents.

# PHYSICAL ACTIVITY

## *Minimum Policy Statements:*

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

## *Optional Policy Statements:*

- Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events).
- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school and by installing bike racks at school buildings.
- Students will be encouraged to participate in voluntary before- and after-school physical activity programs such as intramurals, clubs, and, at the secondary level, interscholastic athletics.
- Students and school staff will collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Students will not be denied participation in recess or other physical activity as a form of discipline.
- Recess or other physical activity time will not be canceled for instructional make-up time.
- Staff will serve as physical activity role models for students.
- All playgrounds will meet the recommended safety standards for design, installation, and maintenance.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

# SCHOOL-BASED ACTIVITIES

## *Minimum Policy Statements:*

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals may not be used as a reward or punishment.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.

## *Optional Policy Statements:*

- Students will be provided with a clean, safe, enjoyable meal environment.
- Students will be provided with an adequate amount of time to eat breakfast and lunch. A minimum of 15 minutes will be provided at breakfast and 20 minutes at lunch (after students receive their trays).
- Recess before lunch will be implemented at all elementary schools in order to increase food consumption and nutrient intake, decrease plate waste, and improve cafeteria and classroom behavior.
- The sale of candy as a fundraiser will be prohibited.
- All fundraising efforts and classroom parties will be supportive of healthy eating.
- Classroom teachers and administrators will not use candy or sweets as a reward.
- Elementary schools will be encouraged to participate in the ***HealthierUS School Challenge***.
- Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.

This School Wellness Policy adopted by the Board of the \_\_\_\_\_ at the regularly scheduled meeting on this, the \_\_\_\_\_ day of \_\_\_\_\_ in the year \_\_\_\_\_ .

Signature

\_\_\_\_\_  
SFA Official

Oklahoma State Department of Education

\_\_\_\_\_  
Clerk of the Board

# APPENDIX



## SUMMARY OF RESOURCES

### **Making it Happen! School Nutrition Success Stories**

Food and Nutrition Service, U.S. Department of Agriculture; Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services; and U.S. Department of Education

<[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)> and the CDC Web site  
<[www.cdc.gov/healthyyouth/nutrition/making-it-happen](http://www.cdc.gov/healthyyouth/nutrition/making-it-happen)>

### **Changing the Scene: Improving the School Nutrition Environment**

Team Nutrition

Food and Nutrition Service

U.S. Department of Agriculture

<[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)>

### **Fit, Healthy, and Ready to Learn: A School Health Policy Guide**

National Association of State Boards of Education

<[www.nasbe.org](http://www.nasbe.org)>

### **Guidelines for School Health Programs to Promote Lifelong Healthy Eating**

Division of Adolescent and School Health Centers for Disease Control and Prevention

<[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)>

### **School Health Index: A Self-Assessment and Planning Guide**

(Available in an elementary school version and a middle school/high school version)

Division of Adolescent and School Health Centers for Disease Control and Prevention

<[www.cdc.gov/nccdphp/dash](http://www.cdc.gov/nccdphp/dash)>

### **The Obesity Epidemic: What Schools Can Do**

The State Education Standard, December 2004

National Association of State Boards of Education

<[www.nasbe.org](http://www.nasbe.org)>

### **Keys to Excellent: Standards of Practice for Nutrition Integrity**

School Nutrition Association

<[www.schoolnutrition.org](http://www.schoolnutrition.org)>

### **USDA Team Nutrition**

<[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)>

### **Oklahoma State Department of Education**

Child Nutrition Programs

<[www.sde.state.ok.us](http://www.sde.state.ok.us)>

(405) 521-3327

### **Local School Wellness Policy Guide for Development**

Office of Healthy Schools Child Nutrition Programs

Mississippi Department of Education

<[www.mde.k12.ms.us/HealthySchools](http://www.mde.k12.ms.us/HealthySchools)>

# HEALTHY FUNDRAISING IDEAS

## Things to Do

- Walk-a-thons
- Bike-a-thons
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Fun runs
- Car wash
- Gift wrapping
- Singing telegrams
- Talent shows
- Read-a-thons
- Carnivals
- Dances
- Festivals
- Recycling
- Golf tournament
- Bowling night
- Skate night
- Magic show
- Scavenger hunt/treasure hunt
- Tennis shoe/horseshoe pitching competition
- Raffle (movie passes, theme bags)
- Craft fairs
- Family game night
- 3 on 3 basketball tournaments
- Silent auctions



# HEALTHY FUNDRAISING IDEAS

## Things to Sell

*Made in Oklahoma* products

Garden seeds

Soy candles

School event planners/calendars

Discount coupon books

Plants, bulbs, and flowers

School spirit items

Greeting cards

Crafts

Student artwork

Football or basketball seats

Pet treats and toys

Gift wrap

Holiday wreaths

Gift certificates

Books and cookbooks

Batteries

Football or basketball game shoutouts

Christmas ornaments

School spirit items

First-aid kits

Emergency kits for cars

Rent a parking space

Bumper stickers

License plate holders

Gift baskets

Hats

Newspaper space

Stationery

Garage sale/yard sale

School supplies

Halloween insurance (clean up any soaped windows, cars, yards, etc., the day after Halloween)

Brick memorials

Trail mix

Fruit and nut baskets



# NONFOOD REWARD IDEAS

- Read a book
- Sit by friends
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a *No Homework* pass
- Sing a silly song together
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher or principal
- Start and maintain a vegetable garden
- Dance to favorite music in the classroom
- Get a *Free Choice* time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e., sing)
- Be first in line when the class leaves the room
- Have a teacher read a special book to the class
- Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.)
- Watch a video
- Enter a drawing for donated prizes
- Receive a video store or movie theater coupon



Oklahoma State Department of Education  
Child Nutrition Programs

**FOODS OF MINIMAL NUTRITIONAL VALUE  
FACT SHEET**

**Definition**

The United States Department of Agriculture (USDA) defines foods of minimal nutritional value (FMNV) as those foods which provide **LESS** than 5 percent of the United States Recommended Daily Allowance (USRDA) for each of the eight specified nutrients per 100 calories **AND** less than 5 percent of the USRDA for each of eight specified nutrients per serving. The eight specified nutrients to be evaluated are protein, vitamin A, vitamin C (ascorbic acid), niacin, riboflavin, thiamin, calcium, and iron. In the case of artificially sweetened foods, only the per serving measure would apply.

USDA realizes that states and local school food authorities (SFAs) may find it difficult to apply the 5 percent rule to each food item sold on school premises. Therefore, USDA has established a more practical method to evaluate FMNV. USDA has identified four categories of food items that are considered to be FMNV. States and SFAs must restrict those foods which are included in the four categories of FMNV. (Reference All State Directors' Memo 1980-SNP-52.)

The four categories of FMNV are soda water/carbonated beverages, water ices, chewing gum, and certain candies. The types of food items belonging to each category are defined as follows:

1. **Soda water/carbonated beverages**—A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60°F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweetener or discrete nutrients added to the food, such as vitamins, minerals, and protein.
2. **Water ices**—Water ices are the foods prepared from the same ingredients and in the same manner prescribed for sherbets, except that the mix need not be pasteurized and complies with all the provisions as sherbet (including the requirements for label statement of ingredients), except that no milk or milk-derived ingredient, and no egg ingredient other than egg white, is used. Water ices include foods that are artificially or naturally flavored with nonfruit or nonfruit juice flavorings. However, a frozen product with fruit or fruit juice or with milk or milk products is **NOT** classified as a water ice.

Unless the following types of products have an exemption for a specific product, they are considered FMNV:

Frozen, water-based bars—water ices

Frozen coffee/tea drinks—water ices

Partially frozen drinks—water ices

Frozen pickle juice/brine—water ice

Soda water floats—soda water; while these items contain ice cream which is not an FMNV, the main ingredient is soda water

3. **Chewing gum**—Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
4. **Certain candies**—Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - a. **Hard candies**—A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored; is characterized by a hard, brittle texture; and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.
  - b. **Jellies and gums**—A mixture of carbohydrates which are combined to form a stable gelatinous system of jellylike character; are generally flavored and colored; and include gumdrops, jelly beans, jellied and fruit-flavored slices.
  - c. **Marshmallow candies**—An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white, to which flavors and colors may be added.
  - d. **Fondant**—A product consisting of microscopic-sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
  - e. **Licorice**—A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
  - f. **Spun candy**—A product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.
  - g. **Candy-coated popcorn**—Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

## Child Nutrition Programs (CNP) Regulations and FMNV

Current USDA regulations prohibit the sale of these FMNV during student meal services (7 CFR §210.11[b]). SFAs must ensure that they are complying with the requirements of FMNV in the following areas:

1. Food service area/meal period (Reference All State Directors' Memo 2001-SP-06.)

The term **food service area** refers to any area on site premises where program meals are either served or eaten. Eating areas that are completely separate from the serving lines are clearly part of the food service area. Furthermore, sites may not design their food service areas in such a way as to encourage or facilitate the choice or purchase of FMNV as a ready substitute for, or in addition to, program meals. Similarly, **during meal periods** includes both the time of serving and the time the student spends eating the meal.

2. Access to FMNV
  - a. It is not permissible for a site to serve FMNV during a meal service period in the area where reimbursable meals are served and/or eaten.
  - b. SFAs agree to price the reimbursable meal as a unit. Any FMNV provided with a reimbursable meal **at no additional charge** is in fact being **SOLD** as part of the unit if the FMNV is only available when a reimbursable meal is taken. This violates the prohibition against selling FMNV in the food service areas during meal periods. Further, such arrangements violate the unit price provision in the agreement.

## Oklahoma Law and FMNV

### Effective July 1, 2007

Each district board of education shall ensure that students in elementary schools do not have access to FMNV, except on special occasions.

Each district board of education shall ensure that students in middle and junior high schools do not have access to FMNV except after school, at events which take place in the evening, and on special occasions. The only exception to the minimal nutritional value standard will be diet soda with less than ten calories per bottle or can.

Each district board of education shall ensure that students in high schools are provided healthy food options in addition to any FMNV to which they have access at school. Each district shall provide incentives such as lower prices or other incentives to encourage healthy food choices for high school students.

## **Child Nutrition Programs Wellness Policy**

**Effective July 1, 2006**

As part of their CNP local wellness policy, SFAs must establish nutrition guidelines/standards that address the types of food items that will be available to students on each school campus during the school day. The term **FMNV** does not include foods such as potato chips, chocolate bars, donuts, snack cakes, and cookies. There are many food items considered to be **junk food** that are not included in the definition of FMNV. SFAs should promote student health and the prevention of childhood obesity by further restricting food items that parents, teachers, students, and the public consider to be **junk food**.

**SANDY GARRETT**  
**State Superintendent of Public Instruction**  
**Oklahoma State Department of Education**  
**Child Nutrition Programs**

## HEALTHY SNACK CHOICES

Does your school vending machine need a makeover? Many food items in vending machines are loaded with calories, sugar, fat, and sodium.



Schools should provide healthful food and beverage choices in order to promote student wellness. Snack items sold to students through vending machines, concession stands, and school stores should provide nutrients and not empty calories.

Schools should consider the following recommended nutritional guidelines when evaluating snack food items. Check for the following nutritional requirements per single serving, as stated on the Nutrition Facts label.

- Less than 30 percent or 7 grams of fat (exception for nut and seed mixes)
- Less than 10 percent or 2 grams of saturated fat
- No more than 35 percent sugar by weight or 15 grams (exceptions are fresh and dried fruits)
- Less than 480 mg sodium

## Recommended Healthy Snack Options

### *Foods*

- Nuts/peanuts
- Dried fruits
- Canned fruits
- Trail mix
- Whole-grain cereal bars
- Pretzels
- Baked chips or crackers
- Animal crackers
- Graham crackers
- Baked cereal mix
- Baked fish-shaped crackers
- Granola bars
- Whole-grain chips
- String cheese
- Fresh fruits
- Raw vegetables
- Popcorn
- Lowfat yogurt
- Lowfat baked goods
- Lowfat crackers
- Pudding
- Beef jerky
- Bagels
- Multigrain bars
- Fruit snacks

### *Beverages*

- Bottled water
- 100 percent fruit juice
- Tea (unsweetened or diet)
- Skim milk
- 1 percent milk (flavored or unflavored)
- Sports drinks
- Electrolyte replacement drink
- Fruit-based (no less than 50 percent fruit juice and no added sweeteners)

# SCHOOL WELLNESS POLICY WEB SITES

National Alliance for Nutrition and Activity  
<[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)>

Center for Science in the Public Interest (CSPI) <<http://cspinet.org/schoolfood/index.html>>

National Association of State Boards of Education  
<[http://www.nasbe.org/healthyschools/sample\\_policies/healthy\\_eating.html](http://www.nasbe.org/healthyschools/sample_policies/healthy_eating.html)>

USDA-Team Nutrition  
<[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)>

Action for Healthy Kids  
<<http://www.actionforhealthykids.org>>

School Nutrition Association <<http://www.schoolnutrition.org>>

Centers for Disease Control (CDC)  
<[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)>

Action for Healthy Kids  
<[www.actionforhealthykids.org](http://www.actionforhealthykids.org)>

National Food Service Management Institute  
<[www.nfsmi.org](http://www.nfsmi.org)>

Oklahoma State Department of Education  
<[www.sde.state.ok.us](http://www.sde.state.ok.us)>

Tyson Foods, Inc.  
<[www.tysonfoodsinc.com](http://www.tysonfoodsinc.com)>

# HEALTH AND PHYSICAL EDUCATION WEB SITES

PE Central

<[www.pecentral.org](http://www.pecentral.org)>

CDC's Healthy Youth

<[www.cdc.gov/healthyyouth/physicalactivity.index.htm](http://www.cdc.gov/healthyyouth/physicalactivity.index.htm)>

Action for Healthy Kids

<[www.actionforhealthykids.org](http://www.actionforhealthykids.org)>

PE Links

<[www.pelinks4u.org/index.htm](http://www.pelinks4u.org/index.htm)>

American Alliance for Health, Physical Education, Recreation, and Dance

<[www.aahperd.org](http://www.aahperd.org)>

Oklahoma Association for Health, Physical Education, Recreation, and Dance

<[www.oahperd.org](http://www.oahperd.org)>

PE 4 Life

<[www.pe4life.org](http://www.pe4life.org)>

VERB—It's What You Do!!

<<http://www.verbnow.com>>



# NUTRITION WEB SITES

ORGANIZATION	SITE SPONSOR	WEB ADDRESS	DESCRIPTION OF WEB SITE
Action for Healthy Kids		<a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>	Nutrition and physical activity information for educators and parents.
America on the Move		<a href="http://www.americaonthemove.org">www.americaonthemove.org</a>	A national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life.
American Academy of Pediatrics		<a href="http://www.aap.org">www.aap.org</a>	Information on children's ailments, other topics related to children and their health.
American Dietetic Association		<a href="http://www.eatright.org">www.eatright.org</a>	How to find nutrition professionals in your area; nutrition fact sheets; nutrition tips of the day; National Nutrition Month information.
BeefNutrition.org	National Cattlemen's Beef Association	<a href="http://www.beefnutrition.org/hsn">www.beefnutrition.org/hsn</a>	Parent education handouts, presentation graphics (highlighting protein, iron, and zinc) and body image resources for adolescents ( <i>Mirror, Mirror</i> ) are just a few of the excellent materials available for downloading at this site.
Body Positive		<a href="http://www.thebodypositive.org">www.thebodypositive.org</a>	Resources to teach young children how to have a positive body image and healthy relationship with food; targets <i>tweens</i> (ages 8 through 11).
Center for Disease Control (CDC)	Body and Mind	<a href="http://www.cdc.gov/nccdphp/dnpa">www.cdc.gov/nccdphp/dnpa</a>  <a href="http://www.barn.gov">www.barn.gov</a>  <a href="http://www.cdc.gov/powerfulbones">www.cdc.gov/powerfulbones</a>	Resource for nutrition and activity issues; highlighting national campaigns such as <i>Kids Walk to School</i> and <i>Turn Off Your TV</i> ; also, information on Body Mass Index (BMI).  Fun nutrition information for kids.  Calcium information for girls.
Center for Health and Care in Schools		<a href="http://www.healthinschools.org/home.asp">http://www.healthinschools.org/home.asp</a>	News, resources, grant alerts on topics pertaining to health in schools; childhood obesity addressed.

# NUTRITION WEB SITES (Continued)

ORGANIZATION	SITE SPONSOR	WEB ADDRESS	DESCRIPTION OF WEB SITE
Diabetes Services, Inc.	Diabetes Mall	<a href="http://www.diabetesnet.com">www.diabetesnet.com</a>	The latest diabetic information on food, nutrition, food safety, and health.
5 A Day	Produce for Better Health Foundation Dole Foods National Cancer Institute	<a href="http://www.5aday.com">www.5aday.com</a> <a href="http://www.dole5aday.com">www.dole5aday.com</a> <a href="http://www.5aday.gov">www.5aday.gov</a>	Information on incorporating more fruits and vegetables into your diet; recipes; resources. Wide array of information for kids, parents, and teachers on how to increase consumption of fruits and vegetables. Information on increasing consumption of fruits and vegetables.
Food and Drug Administration (FDA)		<a href="http://www.fda.gov">www.fda.gov</a>	Information on all types of programs sponsored by the FDA, including useful information on nutrition and food safety resources.
Food Fit Company		<a href="http://www.foodfit.com">www.foodfit.com</a>	Up-to-date information for families on nutrition, culinary and fitness resources for a healthier lifestyle.
Healthwindows.com	Healthwindows, Jr.	<a href="http://www.healthwindows.org/fitness.htm">www.healthwindows.org/fitness.htm</a>	A commercial-free zone for kids to live healthy and well, with a section on nutrition and fitness; contains links to numerous other sites.
International Food Information Council	International Food Information Council	<a href="http://www.kidnetic.com">www.kidnetic.com</a>	Games for kids and facts on healthy eating, physical activity about kids for parents and educators.
Kraft Foods	Kraft Kitchens	<a href="http://www.kraftfoods.com">www.kraftfoods.com</a>	Recipes to help busy parents with light dinner meals and activities for fun recipes.
March of Dimes		<a href="http://www.modimes.org">www.modimes.org</a>	Provides a healthy library and nutrition information for newborns and for pregnant women.
National Dairy Council	Nutrition Explorations Mid Atlantic Dairy Association Milk Processor Education Program	<a href="http://www.nutritionexplorations.org">www.nutritionexplorations.org</a> <a href="http://www.dairyspot.com">www.dairyspot.com</a> <a href="http://www.whymilk.com">www.whymilk.com</a>	Interactive nutrition games for students, downloadable resources for teachers and parents. School nutrition information for teachers. Educational resource on importance of milk targeted to moms and teens.

# NUTRITION WEB SITES (Continued)

ORGANIZATION	SITE SPONSOR	WEB ADDRESS	DESCRIPTION OF WEB SITE
National Institute of Health		<a href="http://www.nichd.nih.gov/milk/kidsteens.cfm">www.nichd.nih.gov/milk/kidsteens.cfm</a>	Information for parents and fun games for kids.
Nemours Foundation	KidsHealth	<a href="http://www.kidshealth.org">www.kidshealth.org</a>	Health-related information, including nutrition and fitness, for parents, kids, and teens.
Nutrition.gov		<a href="http://www.nutrition.gov">www.nutrition.gov</a>	A guide to nutrition and health information on federal government Web sites.
Pacific Science Center		<a href="http://www.exhibits.pacsci.org/nutrition">www.exhibits.pacsci.org/nutrition</a>	Kids can play games to make learning about nutrition fun.
Pear Bureau	Pear Bear Healthy Kids	<a href="http://www.uspears.com/justforkids">www.uspears.com/justforkids</a>	Information on pears; their nutritional value, recipes, activities, stories and recipes using pears.
U.S. Department of Agriculture	Food and Nutrition Service	<a href="http://www.fns.usda.gov">www.fns.usda.gov</a>	Information on nutrition assistance programs; child nutrition; food stamps; WIC; commodities.
	Team Nutrition	<a href="http://www.teamnutrition.usda.gov">www.teamnutrition.usda.gov</a>	Nutrition resources for schools: educators, parents, kids, school food service. Order free online; enroll schools to join the program.
	Eat Smart, Play Hard	<a href="http://www.fns.usda.gov/eatsmartplayhard">www.fns.usda.gov/eatsmartplayhard</a>	Promotional program with resources target to kids to promote healthy eating and physical activity.
		<a href="http://www.usda.gov/news/usdakids">www.usda.gov/news/usdakids</a>	Department of Agriculture site for kids.
	Food and Nutrition Information Center	<a href="http://www.nal.usda.gov/fnic">www.nal.usda.gov/fnic</a>	A directory to credible, accurate, and practical resources for consumers, nutrition, and health professionals, educators; printable format educational materials, government reports, research papers, and more.
	HealthierUS School Challenge	<a href="http://www.teamnutrition.usda.gov/HealthierUS/index.html">www.teamnutrition.usda.gov/HealthierUS/index.html</a>	Information about the HealthierUS School Challenge and an application packet.
U.S. Department of Health and Human Services	Health Finder	<a href="http://www.healthfinder.gov">www.healthfinder.gov</a>	A guide to reliable health information for consumers.
	Girl Power	<a href="http://www.girlpower.gov">www.girlpower.gov</a>	Targets health messages to the unique needs, interests, and challenges of girls.
Wheat Foods Council	The Grains Information Center	<a href="http://www.wheatfoods.org">www.wheatfoods.org</a>	Yummy recipes, gorgeous photos, research updates, and professional resources—everything you wanted to know about grains but did not know who to ask. Need some rebuttals to today's low-carb craziness—check here!