

during nonschool hours, weekends, and off-campus fundraising events.

Food items shall:

- Be a “whole grain-rich” grain product that contains 50 percent or more whole grain;
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;
- List the second ingredient as one of the above if water is the first ingredient;
- Contain ten percent of the daily value (DV) of a naturally occurring nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber) (on July 1, 2016, foods may not qualify using the ten percent DV criteria); or
- Be a combination food that contains at least one-fourth cup of fruit or vegetable.

Food shall also meet several nutrient requirements as follows:

- Calorie limits:
 - Snack items: 200 calories or less
 - Entrée items: 350 calories or less
- Sodium limits:
 - Snack items: 200 mg or less
 - Entrée items: 480 mg or less
- Fat limits:
 - Total fat: 35 percent of calories or less
 - Saturated fat: Less than ten percent of calories
 - Trans fat: Zero grams
- Sugar limits: 35 percent of weight from total sugars in food or less

The following nutrition standards for beverages shall apply:

All schools may sell:

- Plain water (with or without carbonation);
- Unflavored low-fat milk;

- Unflavored or flavored fat-free milk and milk alternatives permitted by the National School Lunch Program (NSLP)/School Breakfast Program (SBP);
- 100 percent fruit or vegetable juice; and
- 100 percent fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners.

Elementary schools may sell up to eight-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

High schools may sell:

- Other flavored and/or carbonated beverages less than 20-ounces that are labeled to contain less than five calories per eight-ounce portion, or less than ten calories per 20-ounce portion; and
- Other flavored and/or carbonated beverages less than 12-ounces that are labeled to contain less than 40 calories per eight-ounce portion, or less than 60 calories per 12-ounce portion.

In addition to legal requirements, the District shall establish age-appropriate guidelines for food and beverages at classroom parties or school celebrations and for competitive foods, as well as school-sponsored fundraising activities that involve serving or selling food as specified within the USDA Smart Snacks in School guidelines [see CO].

The following guidelines shall apply:

1. Competitive foods are food and beverages sold or made available to students that compete with the school's operation of the NSLP, SBP, and/or After-school Care Program (ASCP). This includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers during the school day.
 - a. Elementary schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.

Parent involvement activities (i.e., "Muffins for Mom" and "Donuts for Dad): Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.

- b. Middle schools: Not allowed to be provided to students anywhere on school grounds from 30 minutes before to 30 minutes after meal periods.
 - c. High schools: Not allowed to be provided to students during meal periods in areas where reimbursable meals are served and consumed.
2. Fundraisers are considered by the USDA to be events that include any activity during which tokens, currency, tickets, and the like are exchanged for the sale/purchase of a product in support of the school or school-related activity. These activities that involve the sale of food items for consumption during the school day must be in accordance USDA Smart Snacks in School standards. If items sold (via catalog sales) do not meet the Smart Snacks guidelines, they must not be distributed to the students until the end of the school day with the exception of the six fundraising days. Parents may pick these items up anytime during the school day. Students who ride the bus and/or are picked up by a day-care provider may take the catalog sale items home as long as they are not opened and consumed. High school students who drive their own POV and have catalog sales items may take their items home with them after the last school bell. However, items sold (via catalog sales, such as cookie dough, frozen pizza, and the like) that cannot be consumed may be distributed to the students after the last bell.

Accompaniments or combinations of food items that are provided to students in conjunction with the sale of another item must comply with USDA Smart Snacks in School standards since that involves the exchange of currency for the sale/purchase/donation of a food product.

Exempt fundraisers: Schools may sell food and/or beverages as part of a fundraiser that does not meet the Smart Snacks in School policy during the school day for up to six days per school year as long as no food and/or beverages are sold in competition with school meals served or consumed in the food service area. These days or fundraising events shall be reported to the school nutrition director by September 1 of each school year and shall be published on the school calendar.

All school-sponsored (or other nonprofit organizations selling items on school property) fundraising food and beverage items and items sold in vending machines shall be submitted to the school nutrition office using the District fundraising and vending request form. The request shall include the nutrition-

al values of the item(s) so they can be evaluated using the Smart Snacks calculator tool. Requests for items that are already being sold by school nutrition shall not be approved for sale during the school day.

No homemade food items may be sold for fundraisers or given away. Only store-bought items may be provided to students.

3. Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during meal times) under the teacher's guidance. The classroom snack may be provided by school nutrition staff members, teachers, parents, or other groups and should be at no cost to students. Snacks provided to students shall be in accordance with the USDA Smart Snacks in School standards. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only. A list of authorized snacks shall be available upon request and as a link on the District's website on the school nutrition page.

The District shall establish the following exemptions:

1. Smart Snacks "Free Dates": Up to nine "free" days or events during the school year shall be allowed in which students may be given candy items or other restricted food and beverages during the school day. These days or events shall be reported to the school nutrition director by September 1 of each school year and shall be published on the school calendar. However, during these days or events, the items may not be given during meal times in areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) shall continue to be available to all students.

Of these days, elementary campuses shall be permitted to have three "party" days and six "other" Smart Snacks-exempt days.

2. School nurses: This policy shall not apply to the school nurses' provision of health care to individual students.
3. Accommodating Students with Special Needs: This policy shall not apply to special needs students whose individualized education program (IEP) indicates the use of a restricted food item for behavior modification (or other suitable need).
4. Field Trips: This policy shall not apply to school-approved field trips. A school official shall approve the dates and purposes of the field trips in advance.

5. State-Mandated Assessment Test Days: Parents, teachers, and administrators may provide one additional snack to the entire class. These snacks shall follow the Smart Snacks policy. The only exception shall be for parents, who may provide any type of snack(s) they wish for their child only.
6. Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes. This should be done on an occasional basis, and these items may not be provided or sold to other students or other classes. Food and/or beverages provided for students as part of a class or cultural heritage event for instructional or enrichment purposes shall be exempt from the policy. However, these food and/or beverages may not be served during the meal periods in areas where school meals are served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.
7. Athletic, UIL, Band, and Other Competitions: This policy shall not apply to students who leave campus to travel to athletic, UIL, band, or other competitions or functions. The school day shall be considered to have ended for these students.
8. Food from Home: This policy shall not restrict what parents may provide for their own child's lunch and/or snack, but they may not provide restricted items to other children at school.

WELLNESS GOALS
NUTRITION
PROMOTION AND
EDUCATION

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use health course curriculum that emphasizes the importance of proper nutrition [see EHAA].

The District's nutrition promotion activities shall encourage participation in the NSLP, the SBP, and any other supplemental food and nutrition programs offered by the District.

The District establishes the following goal for nutrition promotion: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

In addition, the District establishes the following goals for nutrition education:

1. Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education shall be a Districtwide priority and shall be integrated into other areas of the curriculum, as appropriate.

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

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3. Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.
4. The school nutrition staff, teachers, and other school personnel shall coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information shall be shared with families and the general public to positively influence the health of students and community members.
6. Nutrition and fitness information shall be available on the District's website for employees, parents, administrators, and students to learn more about healthy lifestyles.
7. Guest speakers shall be available to address PTAs or other school-related groups regarding nutrition during National School Lunch week during the beginning of March each school year.

PHYSICAL
ACTIVITY

The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District establishes the following goals for physical activity:

1. The District shall provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Qualified teachers shall be hired to teach physical education and supervise physical activities in the District.
3. Students shall be provided many choices of physical activity, including cooperative and competitive games.
4. The District shall encourage teachers and other adults in the schools to serve as role models for students.
5. Resources shall be readily available for students and teachers about physical education.
6. Physical activity (recess) shall be scheduled, if possible, before lunch time.

OTHER SCHOOL-
BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

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1. Sufficient time shall be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. The USDA recommends 15–20 minutes for breakfast and 18–25 minutes for lunch.
2. Withholding food as punishment (e.g., restricting a child’s selection of milk at meal time or not allowing a la carte items because of behavioral problems) shall be prohibited.
3. Soda or chewing gum shall not be made available to students during the school day with the exception of the allowable free days.
4. All students shall be encouraged to participate in the school meal program. The identity of students who eat free or reduced-price meals shall be protected.
5. A variety of opportunities to participate in physical activities (recess, physical education, and outside school activities) shall be provided.

IMPLEMENTATION

The District athletic and school nutrition directors shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

Texas Department of Agriculture (TDA) shall enforce and diligently monitor schools to ensure compliance with this policy.

If TDA determines that a school has violated this policy, TDA shall disallow meal reimbursement for the day(s) on which the violation occurred and require the school to reimburse the school nutrition account for the disallowed reimbursement.

EVALUATION

The District shall comply with federal requirements for evaluating this policy and the wellness plan.

PUBLIC NOTIFICATION

The District shall annually inform and update the public about the content and implementation of the wellness policy, including posting on its website copies of the wellness policy, the wellness plan, and the required implementation assessment.

RECORDS RETENTION

The District shall retain all the required records associated with the wellness policy, in accordance with law and the District’s records management program. [See CPC and FFA (LEGAL)]