**CHILD NUTRITION PROGRAM**

**Nutrition Education Goals**

The health curriculum shall educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. Nutrition education is a component of the health curriculum and is defined as learning experiences designed to encourage eating and other nutrition related behaviors conducive to health and well-being. The primary goal of nutrition education is to teach students life-long healthy eating behaviors. Topics covered as part of the health curriculum include eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and food sensitivities.

**Nutrition Standards for All Foods Available on School Campus during the School Day**

An individual’s lifelong nutrition habits are greatly influenced by the types of foods and beverages available to them. Nutrition standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size for all foods and beverages sold or served to individuals including those available outside of school meal programs.

1. In order to promote the consumption of nutrient dense foods in the school setting the following nutrition standards governing the sale of food, beverages, and candy will be followed on school grounds:
2. Food

1.) Food items for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of total calories derived from fat.

2.) Food items for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of total calories derived from saturated fat.

3.) Nuts and seeds are exempt from the standards because they are nutrient dense and contain high levels of monounsaturated fat.

4.) The consumption of nutrient dense foods such as whole grains, fresh fruits, and vegetables will be encouraged.

5.) On special occasions the building principal may allow a group to deviate from these guidelines.

1. Beverages—

1.) Elementary students (grades K-5) will be permitted to purchase from vending machines only 1% or skim milk, water, and 100% juice.

2.) Middle school students (grades 6-8) will be allowed to purchase only nutritious and/or lower calorie beverages including 1% or skim milk, water, 100% juice, sports drinks, and low-calorie juice drinks.

3.) High school students (grades 9-12) will be able to purchase a variety of beverage choices from vending machines including bottled water, 1%,skim, or regular milk, 100% juice, sports drinks, and juice drinks

1. Candy—

1.) Elementary students (grades K-5) will not be permitted to purchase candy from vending machines at any time.

2.) Middle school students (grades 6-8) will be allowed to purchase only nutritious and/or lower calorie food items having less than 30% of total calories derived from fat and no more than 10% of total calories derived from saturated fat.

3.) High school students (grades 9-12) will be able to purchase a variety of food choices from vending machines including nutritious and/or lower calorie food items having less than 30% of total calories derived from fat and no more than 10% of total calories derived from saturated fat.

4.) Candy is defined as any item that has sugar including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, or table sugar (sucrose) listed as one of the first two ingredients.

1. The district’s food service program will follow the nutritional guidelines contained in this policy as well as those required by the DPI including those guidelines for portion size.
2. All items sold through the district’s a la carte program will follow the nutritional guidelines contained in this policy.
3. All food and beverage items provided for parties, celebrations, or meetings on school grounds will follow the nutritional guidelines contained in this policy.
4. After-school programs, field trips, or other school eventswill follow the nutritional guidelines contained in this policy
5. Teachers are encouraged to give strong consideration to using nonfood items as part of any teacher-to-student incentive programs and if they feel compelled to use food items as an incentive, are encouraged to adhere to the district nutritional standards.
6. All fundraising projects will be encouraged to follow the district nutrition standards.
7. Although parents will be encouraged to send to school for their children’s lunch or group celebrations only food and beverages that comply with the nutritional guidelines of this policy, the district recognizes that parents may use their personal discretion in selecting such items.

**Free and Reduced Price Program**-- Forms are sent out in school mailings before the beginning of the school year and are available at any time in all school offices. You are encouraged to submit the application if your income falls within the categories listed on the application. Reduced breakfast rates will be $.30 per meal or $13.50 per quarter and reduced lunch rates will be $.40 per meal or $18.00 per quarter.

Note that eligibility for the free or reduced pricing program can be re-calculated at any time throughout the school year. These changes may move a family’s qualifying status to “reduced” or from “reduced” to “free”. If at any time you have any questions about the food service program, would like further information, or need assistance in completing forms for the free and reduced pricing program, please contact Melissa Trepanier in the district office at 758-4862.

For those who qualify for the “free” program, all lunch programs including breakfast and milk are provided free of charge with the only exception being the purchase of a la carte items. The price for the “reduced” program is $.30 for breakfast and only $.40 for lunch. Because all transactions are managed by the computer system, privacy and discretion are maintained and students are not aware if a fellow student is paying the full price, a reduced price, or receiving a free meal.

Your comments about the menus and new choices on the regular serving line as well as in the a la carte room are strongly encouraged and welcomed at any time. Our goal is to provide nutritious meals at affordable prices to enable students to better concentrate on their school work. Please call either Betsy Stanke, food service director, at 758-4500 or the district office at 758-4860.