

Business and Non instructional Operations

Food Service/Child Nutrition Program Policy District Health Wellness Policy

Summary of Policy

It is the goal and policy of the PLC Charter Schools to provide each student access to delicious, enjoyable, and nutritious meals each day. The district shall improve the health of the community's children, and also the children that are serviced at PLC from the surrounding areas, to excel at learning through better nutrition. We shall help our children develop healthy eating habits and lifestyles through instruction and experiential learning. We shall foster in our students an understanding of nutrition and food that will serve them throughout their lifetimes benefiting our entire community. School Leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- a. A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritional foods;
- b. Pleasant eating areas for students and staff with adequate time for unhurried eating;
- c. An overall school environment that encourages students to make healthy eating habits;
- d. Services to ensure that students and staff with nutrition related health problems are referred to appropriate services for counseling or medical treatment; and
- e. Strategies to involve family members in program development and implementation.
- f. Safe drinking water and convenient access to facilities for hand washing and oral hygiene must be available during all meal periods.
- g. Food shall not be withheld from students as punishment.

The Governing Board of PLC recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting academic success.

The district will as resources are available, provide these resources (personnel, equipment, and ongoing maintenance, technology) to implement the Nutrition Policy. The district shall increase its collaboration with other community food and nutrition programs and shall educate students, their families, and staff about non-school based programs such as food stamps, food banks, the Federal WIC Program and other resources.

All employees of the district will support the implementation of the Nutrition Policy related Health Education Policy. PLC shall employ a food service Director who is properly qualified, certified and or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. This Director is required to fulfill and implement the Arizona Department of Education training programs. Cafeteria staff shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments. Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.

The Food Service Operation

A. Financial Management

1. It is acknowledged that the feeding of the children is primarily the family's responsibility. However this program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. The district shall maintain the financial stability of its Food Nutrition programs.
3. The district shall seek increased funding for the Food Nutrition Department to improve the quality of food provided to students by upgrading the district's services facilities and the skills and compensation of Food Nutrition employees.
4. The Food Nutrition program shall aim to be financially self-supporting. However, the program's essential education, support activity and budget neutrality or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
5. The School Nutrition Council will provide a quarterly financial and compliance report to the Board.

Parents/guardians will be encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks, which they may donate for occasional special events. PLC Staff is encouraged to model healthy eating behaviors. PLC will offer wellness programs that include personalized instruction about healthy eating and physical activity.

QUALITY OF FOOD/PROGRAM REQUIREMENTS

- 1) The Food Service Director shall ensure the meals offered of the district's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.
- 2) Sanitation and safety procedures shall comply with the requirements of the Arizona Department Child Nutrition regulations.
- 3) Food of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day. The district shall take efforts to encourage students to make nutritious food choices. Foods will be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits. Foods provided to give a variety of healthy choices at all sites including ethnic and cultural favorites.

4) The Food Service designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the district's food service program. Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans, and follow the ANS guidelines, smart snacks and any other nutrition standard guidelines as set forth by the Arizona Department Child Nutrition Programs. This includes:

- a. A la carte offerings in the food service program;
- b. Food and beverage choices in vending machines;
- c. Food and beverages sold as part of school-sponsored fundraising activities.
- d. Refreshments served at student parties, celebrations and meetings. Rewards and incentives for academic performance should be given careful consideration as to messages they send to students receiving them. If food is included in recognition of academic performance, it should be used in the general celebration of the achievement not as the reward. Such foods must follow the current established guideline for smart snacks. Foods of minimum nutritional value are not to be served/sold to students at any time on campus, from midnight the day prior to school start bell, and 30 minutes after the end of day bell.
- e. Fundraisers and competitive foods are allowed, as long as the proper foods are sold. They are not to be sold during breakfast or lunch mealtimes (from when the first child comes in until the last child leaves) Exempt fundraisers (not required to meet the guidelines) are allowed, but only 3 times per school year. All fundraisers must submit a form stating what is being sold and what the funds are being used for. All fundraisers must be approved in advance, by the Food Service Department.

5) During each school day the foodservice program shall offer lunch under the nutritional guidelines of the USDA's National School Lunch Program. PLC shall encourage all students to participate in this meal opportunity. In particular, PLC shall make efforts to ensure that families are aware of the need-based program for free or reduced-price meals and that eligible family are encouraged to apply. The program shall maintain the confidentiality of the students and families applying for or receiving free or reduced-price meals.

6) The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the state of Arizona. Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. Menus should be planned with input from the students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies shall be designed to encourage students to purchase nutritious items. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.

7) The school food service program shall monitor the nutrient breakdown of their menus. Regardless of the menu-planning format being nutrient or food based, PLC shall analyze the menus offered to students to ensure that USDA guidelines are being met.

8) PLC will encourage classrooms to order foods for classroom parties from the school's food service program or sources providing food compliance with the Arizona Food Code 2000 to ensure compliance with food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines must be implemented to prevent food illness in schools.

9) All food service equipment and facilities must meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation; and workplace safety.

10) All food service personnel shall have adequate pre-service training and must hold a State issued or equivalent training certificate. All food service workers in establishments handling open food must obtain a food handler's card or applicable requirements for each county following the guidelines of the Arizona Department of Health Services.

11) During school hours, home-prepared products are not to be sold on campus due to the potential of food borne illness. After school and weekend activities will discourage the use of home-prepared products for the same reason

12) A Food Service Advisory panel will be formed and meetings will take place on a quarterly basis, to discuss and evaluate the food service program. This panel will consist of students, teachers, other staff members, Food service director, and members of the community. These evaluations will be presented to the Board of Directors on a quarterly basis.

Instructional Program Design

Nutritional education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, kindergarten through twelfth. The nutritional education program shall focus on students' eating behaviors be based on theories and methods proven effective by published research, and be consistent with the state's/district's health education standards/guidelines/framework. Nutrition education shall be implemented to help children learn:

- a. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principal of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage.
- b. Nutrition related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising;

- c. How to assess one's personal eating, set goals for improvement, and achieve those goals.

Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

The Board of PLC shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

The School Environment

1. Recess

Careful consideration of the school lunch environment shall be taken into account when scheduling recess. It is encouraged that schools provide recess before lunch when the schedule permits. The importance of physical activity for children of all ages and supervised playtime for younger children shall be duly acknowledged.

2. Physical Activity

- a. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
- b. Extended periods of inactivity (periods of 2 hours or more) are discouraged. Outdoor and indoor activities will be provided; sunshine provides Vitamin D to the students of PLC.
- c. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- d. Prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education time to complete assignments from other classes.

3. Recommendations for Physical Education during Normal School Day

- a. The district understands that there are state guidelines that need to be met in the area of physical education. PLC is goal oriented and striving for completion of these mandates, such as state-certified phys Ed teachers.
- b. Provide an adequate amount of time for physical education classes. At least 150 minutes per week for elementary students and 225 minutes per week for middle and high school students throughout the entire school year.
- c. Ensure that physical education classes have a teacher/student ratio comparable with those of other classes.
- d. Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students are moderately to vigorously active at least 50% of the time while participating in physical education classes.

4. Encouraging Lifetime Physical Activity (recommendations)

- a. Daily recess should be periods of at least 20 minutes for all elementary students.
- b. There should be a physical activity break between classroom hours.
- c. There should be an after-school intramural program(s) and or activities clubs that meet the needs and interest of all students, including those who are not athletically gifted and those with special health care needs.
- d. The play areas should be utilized by the community as an outreach and intervention against childhood obesity, outside of the normal school day.

This policy may be modified based on Legislation.
Update August 2019

**PLC Charter Schools
Office of Food Service Program**

FROM: PLC Food and Nutrition
SUBJECT: Proposed Wellness Policy

ACTION REQUESTED:

Acceptance of the proposed Wellness Policy as developed by the Food and Nutrition Department of PLC.

BACKGROUND:

At the request of the State of Arizona and the Child Nutrition Program a Wellness Policy must be implemented by August 2, 2013. The Food and Nutrition department of PLC school has met to discuss methods to improve the quality of meals and foods sold on the school campus.

RECOMMENDATION:

Approval of the Wellness Policy

ATTACHMENTS:

Proposed Wellness Policy