



*"Personalizing Education – Challenging Minds."*

## Student Wellness Policy

EKA is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active in order to grow, learn, and thrive. Research indicates a clear connection between good nutrition, student achievement, and classroom behavior.

This student wellness regulation has been developed to comply with the Nevada Department of Agriculture guidelines as stated in the Nevada's School Wellness Policy as well as the Child Nutrition Program (CNP) and with the federal statute: Healthy, Hunger-Free Kids Act of 2010. The following wellness regulation will be in effect at EKA:

### I. Nutrition Standards

A. Nutrient standards will apply to all foods and beverages sold or given away to students from one-half hour before school starts until one-half hour after the end of the regular school day (see exemptions for holidays, birthday parties, etc.). Only approved snacks and beverages may be offered. The food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens. Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.

B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues, including but not limited to, student stores, vending machines, and cafeteria a la carte lines. This regulation also applies to fund-raising activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.

C. Food and beverage choices sold or given to students will meet **ALL** the following nutrient standards:

Calories:	Snack/Side Item:	Less than or equal to 200 calories per item as served.
Calories:	Entrée:	Less than or equal to 350 calories per item as served.
Sodium:	Snack/Side Item	Less than or equal to 200 mg per item as served
Sodium:	Entrée:	Less than or equal to 480 mg per item as served
Fat:	Total Fat:	Less than or equal to 35 percent total calories from fat
	Saturated Fat:	Less than 10 percent total calories from saturated fat
	Trans Fat:	Zero calories from trans fat
Sugar:	Total Sugar:	Less than 35 percent by weight



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- D. In addition to the above nutrient standards, food items must meet at least **one** of the following criteria:
1. Be a grain product that contains greater than 50% whole grains by weight or have whole grains listed as the first ingredient on the food label.
  2. Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods.
  3. Be a combination food that contains at least one-quarter (1/4) up fruit and/or vegetable.
  4. (If water is the first ingredient listed, the second ingredient must meet one of the above criteria.)
- E. Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students upon approval by the Superintendent.

## **II. Beverage Standards**

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake, including herbal supplements, cannot be sold or given away during the school day.

- A. Allowable Beverages Include:
1. Plain water: No size limit
  2. Milk – Unflavored nonfat, unflavored low-fat, or flavored nonfat milk:
    - a. Elementary School: Less than or equal to 8 fluid ounces per serving.
    - b. Middle and High School: Less than or equal to 12 fluid ounces per serving.
  3. Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners):
    - a. Elementary School: Less than or equal to 8 fluid ounces per serving (recommended size is 4 to 6 fluid ounces).
    - b. Middle and High School: Less than or equal to 12 fluid ounces per serving (recommended size is 8 fluid ounces).
- B. Other Allowable Beverages – High School Only:
1. NonCarbonated calorie-free beverages less than or equal to 20 fluid ounces per serving and:
    - a. Less than 5 calories per 8 fluid ounces; or
    - b. Less than or equal to 10 calories per 20 fluid ounces
  2. NonCarbonated lower-calorie beverages:
    - a. Less than or equal to 12 fluid ounces per serving and less than or equal to 60 calories. Eight fluid ounce servings must be less than or equal to 40 calories.



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### **III. Caffeine**

All foods and beverages in elementary schools and middle schools must be noncarbonated and caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances (e.g., chocolate milk). Caffeine is permitted at the high school level at the discretion of the Superintendent.

### **IV. Incentives and Rewards**

Schools and Teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections I and II of this regulation.

### **V. Contracts**

All vending and food purchasing contracts will include a statement requiring compliance with this Regulation. All vending contracts must be reviewed and approved by the Superintendent.

### **VI. Exempt Areas**

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

### **VII. Revenue**

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics and/or activities.

### **VIII. Fundraising**

All items sold to students, by the school, during the school day, must meet the Smart Snacks Nutrition Standards, there are no exemptions.

### **IX. Special Occasions**

All foods for special occasions must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. Foods must meet the nutrient and beverage standards within this regulation with the exception of an activity that is part of a learning experience related to the reinforcement of established lesson plans in the classroom. Food labels must be clear of any type of peanut/tree nut product.

### **X. Recess**

Recess before lunch is recommended, but will be left to the discretion of the school administrator.



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#### **XI. Meal Consumption**

- A. Students will be allotted at least 20 minutes to consume the lunch meal.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.

#### **XI. Physical Activity**

- A. Students will be provided the opportunity for at least 30 minutes daily for moderate to vigorous physical activity.
- B. Passing periods do not qualify as physical activity time.
- C. Teachers, school personnel, and community personnel will not use physical activity, or withhold opportunities for physical activity (e.g., recess, physical education), as punishment.
- D. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

#### **XII. Marketing**

Only marketing consistent with Smart Snacks Nutrition Standards is allowed on the school campus. This includes any advertising and other promotions on the school campus during the school day (oral, written, or visual). School districts must identify and eliminate all marketing and advertising on school property which does not currently meet the Smart Snacks Nutrition Standards as leases, agreements, or contracts are renewed or items are replaced.

#### **XIII. Nutrition and Wellness Education**

Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources, will be disseminated to students through the health and physical education curricula.