

### **Section 3.4z-2: Wellness Policy**

The Butler County Board of Education is committed to providing a school environment that enhances learning and development of life-long wellness practices. To comply with this policy, the Butler County Board of Education adopts the following goals:

- The Butler County Board of Education's Child Nutrition Program complies with federal, state, and local requirements. The Butler County Board of Education Child Nutrition Program is accessible to all students. All Butler County school-based activities are consistent with the wellness policy goals.
- Butler County Schools will provide nutrition education that is appropriate for students. Nutrition education will be integrated into students' curriculum to teach and foster life-long healthy eating. Examples include:
  - Newsletters/flyers provided to students and parents
  - Development of strategies to bring in outside resources to provide nutritional education
  - Information provided during open house and parenting days
  - Information posted on school system website and public access channel 23
- Butler County Schools will provide opportunities for students to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to ensure students' regular participation in physical activity, and to teach short and long-term benefits of a physically active and healthful lifestyle. This is provided through
  - Elementary students receive a minimum of sixty (60) minutes of health education per week and 30 minutes of physical education per day.
  - High school students receive a minimum of 1/2 unit of health education.
  - Physical activity will be integrated across curricula and throughout the school day.
  - Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills and knowledge.
  - Time allotted for physical activity will be consistent with state standards.
  - A physical education period will be provided which is not used as punishment or reward.
  - Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
  - Adequate equipment is available for all students to participate in physical education.
  - The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- All foods and beverages provided to students during the school day will be consistent with the Current Dietary Guidelines for America.
- Butler County Schools will provide a safe, comfortable, pleasing school environment that allows ample time and space for eating meals. Food and/or physical activity will not be used as a reward or punishment.
- Teachers will be strongly encouraged to set examples for students by adhering to the wellness policy and promoting habits for life-long healthy eating.

## **Dietary Guidelines:**

Students' life-long eating habits are greatly influenced by the types of foods and beverages made available in their daily environment. The Butler County Board of Education has established the following guidelines for all foods and beverages sold or served to students during the school day. The school day is defined as the period of time that students board a bus or by other means arrive at school until after the end of the last scheduled class and students exit from the campus or a school bus.

### **1. Beverages in All Schools**

- All beverages in the school will be plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners. (There is no portion size limit for plain water. Elementary school may sell up to 8-ounce portions of milk and juice. Middle and High School may sell up to 12-ounce portions of milk and juice.

#### **Additional Beverage Options for High Schools**

- No more than 20-ounce portions of: Calorie-free, flavored water (with or without carbonation) Other flavored and / or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces.
- No more than 12-ounces portions of: Beverages with  $\leq 40$  calories per 8 fluid ounces, or  $60 \leq$  calories per 12 fluid ounces

### **2. Foods of Minimal Nutritional Value in All Schools (Including Vending Machines and School Stores)**

Nutrition standards for any food sold in school must:

- Be a "whole grain-rich" grain product; or
- Have the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/ or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- If water is the first ingredient, the second ingredient must be one of the food items above.

Foods must also meet several nutrient requirements:

- Calorie limits:  
Snack items: ≤ 200 calories  
Entree items: ≤ 350 calories
- Sodium limits:  
Snack items: ≤ 230 mg\*\*  
Entree items: ≤ 480 mg
- Fat limits:  
Total fat: ≤ 35% of calories  
Saturated fat: < 10% of calories  
Trans fat: zero grams
- Sugar limit:  
≤ 35% of weight from total sugars in foods

### **3. Sack Lunches/Foods Brought from Home**

Sack lunches prepared at home, pre-packaged meals or purchased fast foods and the accompanying beverages consumed in the cafeteria at meal service times should be packaged in unlabeled, non-glass containers. These food items are not to be shared with other students at school. While requiring unlabeled containers does not keep students and parents from bringing unhealthy foods or beverages for school meals, it does restrict their appearance so that other students would not know what the product contained and want to copy them. This too will help to keep from compromising the nutritional guidelines and promote student health.

### **4. School Fundraisers in All Schools**

All fundraising activities that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. All events outside the school day are not affected by this requirement and booster clubs, etc. are free to select items for sale for specific fundraising and concession sales as long as the activity does not conflict with this position.

- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and at off campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

**5. Measurement and Evaluation**

- It shall be the responsibility of the local school/parent committee to select and monitor all food and beverages sold to students during the school day.
- It shall be the responsibility of the local school administrator and the CNP Director to implement and evaluate the compliance of wellness policy standards approved by the Butler County Board of Education
- Measurement and evaluation shall be based on policies adopted by the Butler County Board of Education, those set by the State of Alabama Department of Education and Federal and State laws.
- The Superintendent of Education for the Butler County Board of Education will have the final authority over the measurement and implementation of all wellness policy standards.

*(Approved November 20, 2014)*