

Cactus park Wellness policy

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Introduction

Cactus Park Elementary's School Wellness Policy has based on and developed using Nevada's wellness policy in addition to the USDA's Smart Snacks Nutrition Standards for all Foods Sold in Schools, Interim Final Rule and the Local School Wellness Policy Implementation, and Proposed Rule as required by the Healthy, Hunger-Free Kids Act of 2010. These state and federal standards are subject to change. As changes are made, Cactus Park Elementary's policy will be updated to comply with the federal minimum requirements.

Smart Snacks Nutrition Standards for all Foods Sold in Schools

Cactus Park Follows the above standards to make healthier snacks available to students. These snacks meet common-sense standards for fat, saturated fat, sugar, and sodium, while promoting products that have whole grains, low- fat dairy, fruits, vegetables or protein foods as their main ingredients. The standards come from the Healthy Hunger-Free Kids Act of 2010 that supports efforts to encourage healthy habits and establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. These standards cover all meals, snacks, and beverages sold to or consumed by students.

Cactus Park Wellness Policy Taskforce Leaders:

Karli Casto, Founding Principal
Naomi Wills, Operations Manager
Molly Couture, Operations Consultant

This taskforce will work with teachers, students, and parents to build on the continued development, implementation, and review on the policy. This includes regular newsletters that invite parents to weigh in and teachers will work with the operations team to ensure they have healthy food and beverage options for any class or school events. The team will also consult with representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public as well with community outreach and staff inclusion.

Cactus Park Elementary's School Wellness Policy

1. Advisory Group

Cactus Park has established a diverse team made up of committed school and community stakeholders to assess the school needs and develop a policy that meets the operational realities of the school district and works toward improved health and wellness outcomes for schoolchildren. The group will meet twice a year to review and update the local school wellness policy (LSWP), as needs change, goals are met, new information emerges, and the annual review is completed.

2. Wellness Policy Coordinator

Cactus Park will establish LSWP leadership who fully understands the LSWP requirements, can facilitate the development and implementation of the LSWP, and has the authority and responsibility to ensure policy compliance. This Coordinator will be announced each school year.

The Operations Manager will be responsible for reporting the status of Policy implementation annually. They will inform the Nevada Department of Agriculture (NDA) of their name(s), position(s), and contact information by September 30th of each school year. If the designated wellness policy coordinator changes, Cactus Park will notify NDA within 60 days.

3. Recordkeeping

Cactus Park will retain basic records demonstrating compliance with the LSWP that include the following documentation: Compliance with the requirements of advisory group representation, triennial assessment of the LSWP, annual LSWP progress reports for each school under the jurisdiction, and comply with the following public notification requirements:

- a. LSWP website address
- b. Reports on progress towards LSWP goals
- c. Summary of events and activities related to LSWP implementation

The name, position(s)/title, and contact information of the designated wellness policy coordinator will be shared with the public each school year. There will also be information on how individuals and the public can get involved with the advisory group.

4. School Wellness Policy Goals

Cactus Park will measure and report progress for goals within the following categories:

- a. Nutrition promotion and education
- b. Physical activity
- c. Other school-based activities that promote student wellness.

5. Incentives & Rewards

Cactus Park will discourage staff and teachers from giving food as an incentive. They must also adhere to the Smart Snack Nutrition Standard Guide when providing any food or beverage.

Any and all items sold to students on the Cactus Park school campus during the school day must meet the Smart Snacks standards.

6.

7. Fundraising

All items sold to students at Cactus Park's campus or events during the school day must meet the Smart Snacks Nutrition Standards, there are no exemptions.

8. Special Occasions

Cactus Park Elementary will allow foods that exceed the established nutrition parameters during special occasions. This includes observance of state and national holidays: for established observances such as Christmas, Hanukah, and Kwanzaa; School Community observances, such as birthday parties or Valentines Day; as part of a learning experience related to the reinforcement of established lesson plans in the classroom.

The sale of foods as part of a business enterprise or fundraising activity is not allowed unless the food item(s) meet the Smart Snacks Nutrition Standards.

9. Revenue

Cactus Park will track revenue from the sale of campus food during the school day in accordance to the following standards:

Federal Standard: All revenue from the sale of non-program foods purchased with funds from the non-profit school food service account shall accrue to the non-profit school food service account of the participating school food authority.

Nevada Revised Statute: Revenue accounting must be in accordance with NRS 233B.050

10. Meal Consumption

Cactus Park intends for this policy to allow each student adequate time to eat their meals and time spent acquiring the meal is not included in the time to consume the meal. Students will have at least 15 minutes to consume breakfast and at least 20 minutes during the lunch meal.

11. Physical Activity

Cactus Park will provide the opportunity for moderate to vigorous physical activity for at least 30 minutes during each regular school day (as defined by USDA). Passing periods do not qualify as physical activity time. In addition, teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

12. Marketing

Cactus Park only allows marketing consistent with Smart Snacks Nutrition Standards on the school campus. This includes any advertising and other promotions on the school campus during the school day (oral, written, or visual).

Cactus Park will 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.

13. Smart Snacks Nutrition Standards

All foods and beverages available for sale or given away to any student on the school campus during the school day **must** meet all of the following nutrition standards.

Calories (includes any accompaniments):

Snack/Side Item: 200 calories max per item as served

Entree: 350 calories max per items served

Sodium:

Snack/Side Item: 230mg max per item as served

Entree: 200mg max per items served

Fat:

Total Fat: 35% of calories max max per item as served

Saturated Fat: Under 10% of calories

Trans Fat: 0g per serving

Sugar:

Total sugar: Less than 35% of total weight (e.g.in grams)

14. Specific Nutrient Standards for Food

In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria;

Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label; **OR**

Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy or protein foods; **OR**

Be a combination food that contains at least 1/4 cup fruit and/or vegetable; **OR**

Contain 10% Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber

*If water is the first ingredient, the second ingredient must meet one of the above criteria.

15. Beverages

Allowable beverages vary by grade level and address container size. However all beverages sold on the school must be non-carbonated. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.

Beverages for all:

Water Plain, no size limit

Milk Either non-fat OR unflavored low-fat; 8 fl oz max

Juice 100% fruit and/or vegetable, can dilute with water, no added sugars; 8 fl oz max

No beverages can contain caffeine with the exception of trace amounts of naturally occurring caffeine.

16. Chewing Gum

Sugar-free chewing gum is exempt from all competitive food standards and may be sold to students at the discretion of the school district.