

## **JHH**

### **ROCHESTER SCHOOL DEPARTMENT HEALTH AND NUTRITION POLICY**

#### *Introduction*

The Mission of the Rochester School Department is to ensure quality educational experiences. Scientific research has identified a positive relationship among adequate nutrition, physical activity, and academic success, and early healthy lifestyle choices can have lifelong benefits in the prevention of many debilitating ailments. The Rochester School System Health and Nutrition Policy is designed to provide healthy food choices while in school, encourage physical activity, and improve health education of our students.

#### *Rochester School Snack Sales and Vending Machine Sales Nutrition Guidelines*

All schools will have a designated in-school volunteer as the contact person for compliance with the policies.

#### Snack and Vending Machine Sales -

All snack foods sold to students during School Hours in locations overseen by the School District shall meet the following guidelines:

- **Fat** - no more than 35% of total calories from fat or 7 grams maximum per serving (with the exception of nuts or seeds).
- **Saturated Fat and Trans Fat** - no more than 10% of calories from saturated fat and/or trans fat or 2 grams maximum per serving
- **Added Sugar** - no more than 30% by weight or 15 grams maximum per serving (excludes sugars naturally occurring in fruits, vegetables and dairy).
- **Sodium** - No more than 480 mg per serving
- **Serving Size** - Sale of items containing more than one serving per size is discouraged.

#### *Beverage and Vending Machine Beverage Sales*

All beverages sold to students during School Hours in locations overseen by the School District shall meet the following guidelines:

- **Juices** - 100% fruit and vegetable juice only, 16 oz. or smaller container
- **Water** - Pure water, nothing added
- **Milk** - 1% fat or less, 4 grams per ounce or less total sugars (i.e., lactose + added sweetener) 10-16 oz. Container or less
- **Flavored Water** - Not carbonated unless exempted by the USDA, No caffeine. Minimum 5% RDA of specified nutrients\* (\*Vitamin C, Vitamin A, niacin, riboflavin, thiamin, calcium and iron). No more than 10 calories per 8 oz serving from sugar or other calorie sweeteners. Only non-caloric sweeteners approved by USDA

#### *Noncompliant Beverages:*

- **Sports Beverages and Sodas** - Regular and diet (Available only 30 minutes after the last instructional period of the day.)

If items do not meet the above listed criteria, the Superintendent may approve those items for sale on an annual basis.

### *Rochester Schools Milk Purchasing Policy*

The Rochester School System requests that Milk purchasing as of the Fall of 2004 consist of no more than 20% higher fat milk (whole milk and 2% milk) and the remaining 80% to consist of lower fat milks (1% milk, skim milk and flavored milks). All the current choices will continue to be offered, but in changed percentages. The program will be monitored to assure that the choices are available, to meet federal guidelines.

### *Background*

The recommended choices for this policy, nonfat (skim) and 1 percent (low-fat) milk, contain 86 to 105 calories in each eight-ounce glass, and 0.4 to 2.4 grams of fat. Whole milk is appropriate for toddlers and for people who are having trouble getting all the fat and calories they need. But at 155 to 160 calories and almost 9 grams of fat per glass, it's not the best choice for most children, especially those who consume more fat and calories than they need.

### *Wellness Policy*

The Board recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases. The Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the entire learning environment be aligned to positively influence a student's understanding, beliefs, and habits as they related to good nutrition and physical activity.

A District-wide wellness advisory committee will be established with the purpose of assessing the nutrition and physical activity environment throughout the district and making recommendations to the Board for a comprehensive wellness program. The committee may consist of representation from parents, students, the school's food service program, the School Board, administration, and the public. Program implementation will be monitored and progress evaluated, with an annual report to the Board.

As part of the program, students will be given opportunities to gain the knowledge, skills, behavior, and motivation needed to be physically active for life through daily activity offerings such as recess periods, physical education classes, walking programs, the integration of physical activity into the academic curriculum, and after-school programs including intramurals, interscholastic athletics, and physical activity clubs. The Board directs the building principals to encourage student physical activity on a daily basis.

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