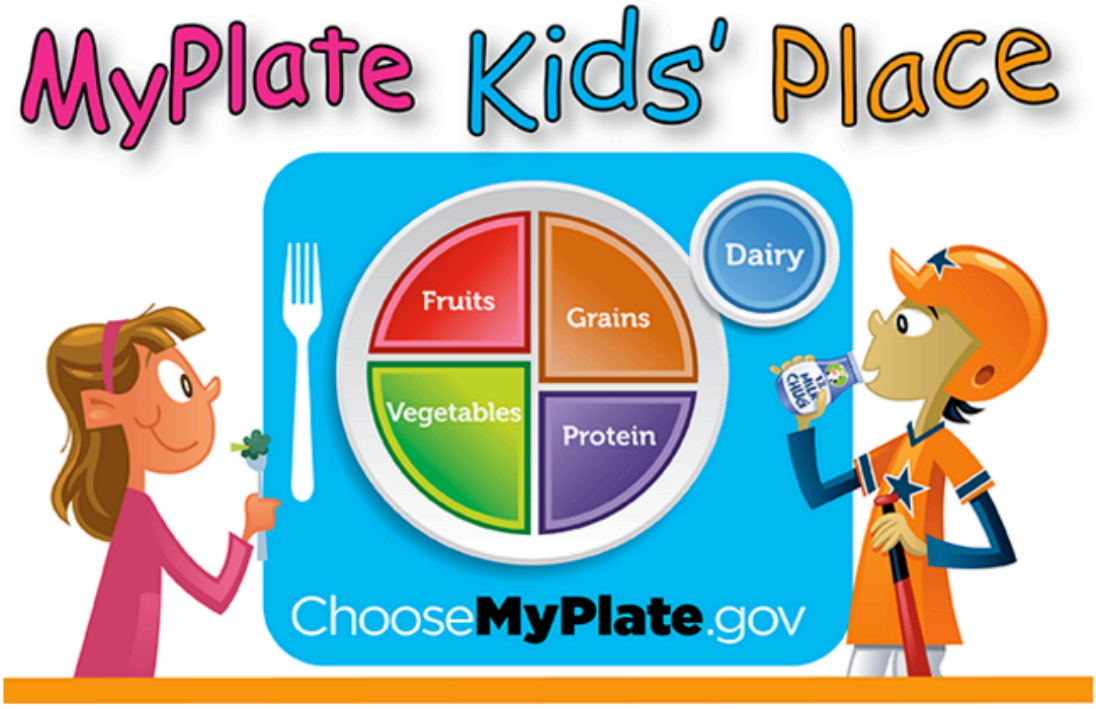
OAK LAWN-HOMETOWN
School District 123

# LOCAL WELLNESS POLICY

**December, 2015**



# Summary

The Board of Education of Oak Lawn - Hometown School District 123 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle, and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

The purpose of the Wellness Policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, and the Illinois School Code, including without limitation, goals for nutrition education, physical activity, guidelines for foods available during the school day, including reimbursable meals, and a plan for measuring implementation.

The Board of Education of Oak Lawn - Hometown School District 123 adopted School Board Policy 6:50 on September 26, 2006 and updated the policy on March 26, 2012. The Wellness Policy is presented in its entirety on the following pages.

## 6:50 School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school activities, and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content*.
- Unless otherwise exempted, all students will be required to engage daily during the school day in a physical education course. See Board policy 6:60, *Curriculum Content*.
- The curriculum will be consistent with and incorporate relevant Illinois Learning Standards for Physical Development and Health as established by the Illinois State Board of Education.

Nutrition Guidelines for Foods Available in Schools During the School Day

Students will be offered and schools will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture. In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall control food sales that compete with the District's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional value, as defined by the U.S. Department of Agriculture, in the food service areas during the meal periods and comply with all applicable rules of the Illinois State Board of Education.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Superintendent or designee shall provide periodic implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy. This report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy

Community Input

The Superintendent or designee will invite suggestions and comments concerning the development, implementation, and improvement of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and community.

LEGAL REF.:

Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec. 204.

Child Nutrition Act of 1966, 42 U.S.C. §1771 *et seq*.

National School Lunch Act, 42 U.S.C. §1758.

Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §1758b, PL 111-296.

42 U.S.C. §1779, as implemented by 7 C.F.R. §210.11.

105 ILCS 5/2-3.139.

23 Ill.Admin.Code Part 305, Food Program.

ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 4:120 (Food Services)

ADOPTED: March 26, 2012

# Wellness Policy Requirements

***Nutrition Education***

A) Healthy Eating Goals/ Healthy Choice Posters in Cafeterias
B) Web Sites for families (Attachment 1)
C) Student Worksheets (Attachment 2) - Sample

***Physical Activity***

A) Board Policy 6:60 outlines Physical Education Curriculum

***Nutrition Guidelines/School Based Activities***

A) Follow USDA Nutrition Standards (Attachment 3 & 5)
B) Meet Regularly with Food Service Representative and Nutritionist to evaluate menu content
C) Continually evaluate ala carte items
D) School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

***Principal Support***

A) Provide school newsletter articles information regarding nutrition
B) Websites for nutrition and physical activity supplies (Attachment 1)
C) Provide healthy options for school functions (Attachment 4)

***Reimbursable School Meals***

A) Guidelines and Recommendations (Attachment 5)

***Measure Implementation***

A) Cafeteria meeting/training to promote healthy meal options
B) Members of administration eat lunch with students and ask for input about meals
C) Dialoging with parents and administrators regarding the lunch program

***Who's Involved***

A) Food Service Director
B) Administrators
C) Principals
D) Food Service Provider
E) Food Service Staff
F) Students
G) Parents

**ATTACHMENT 1**

Reference Links for Families:

2005 USDA Dietary guidelines for Americans
http://health.gov/dietaryguidelines/2015/

Accommodating Children With Special Dietary Needs in the School Nutrition Programs
http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf

Action for Healthy Kids (AFHK)
http://www.actionforhealthykids.org

Eligibility Guidance for School Meals Manual
http://www.fns.usda.gov/cnd/Guidance/eligibility_guidance.pdf

Food Distribution Handbook (for commodities)
http://www.isbe.net/business.htm

Household Eligibility Documents
http://www.isbe.net/nutrition/htmls/household_eligibility.htm

Illinois Nutrition Education and Training (IL NET)
http://www.kidseatwell.org

Illinois School Nutrition Association (ILSNA)
http://www.ilsna.net

Illinois State Board of Education (ISBE), Nutrition Programs Division
http://www.isbe.net/nutrition

Menu Planner for Healthy Adult and Student Meals
http://www.choosemyplate.gov/

Institute of Child Nutrition
http://www.nfsmi.org

Road to SMI Success: A Guide for School Foodservice Directors
http://www.fns.usda.gov/tn/food-service-professionals

Template for Food Safety Program Using Hazard Analysis and Critical Control Point's (HACCP) Standard Operating Procedures
http://www.fns.usda.gov/sites/default/files/Food_Safety_HACCPGuidance.pdf

## ATTACHMENT 2

# Nutrition Standards
# Visit http://www.choosemyplate.gov/ for a full list of nutrition standards and exercise suggestions for kids, teens and adults

Sample Resource for Kids 5 to 10 available at choosemyplate.gov:

ATTACHMENT 3

**Healthy Food & Beverage List for Classroom Parties & Celebrations**
**(This list does not apply to individual student lunches.)**

- Healthy Food and Beverages must meet the fat and sugar content guidelines of the National School Lunch Program.
  - Fat is not to exceed 30% per serving
  - Sugar is not to exceed 20 grams per serving
- All processed, non-raw, items must be store-bought and packed by the manufacturer with ingredient label
- Treat bags will be sent home unopened
- All items should be free of peanut products and nut oils, including all items listed below. **Please check nutrition labels** before bringing any items to school
- For safety reasons, this list may be altered, for classrooms designated allergy free

## Fruits & Vegetables

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit wedges/slices or canned fruit
Dried fruits
Organic unsweetened fruit wraps
Frozen fruit pops

## Snacks

Pretzels (not Snyders)
Popcorn
Crackers
Rice Krispy Treats and or non-gelatin crispy treats
Chips with salsa or low-fat dip
Rice Cakes

## Dairy

Low-fat yogurt
Low-fat string cheese, single-serve
Cottage Cheese or cheese cubes
Flavored soymilk fortified with calcium
Low-fat pudding cups
Ice Cream

## Bread/Pasta

Pizza
Bread sticks with marinara
Low-sugar cereal with fat-free or low fat milk
Bagels with low-fat cream cheese
Pasta salad

## Meats

Lean meats (turkey, ham, chicken, etc.)

## Beverages

Water
Fat-free or low-fat milk
100% fruit or vegetable juice
Lemonade

## Non-food Items

Non-food items for parties in the classroom are welcomed. Examples include pencils, coloring books, stickers, erasers, crayons, books, colored chalk, bookmarkers, play-doh and gift certificates.

## Exceptions

Exceptions to this list may include special holiday traditions (i.e. candy houses) and curriculum related activities (i.e. ice cream socials, cultural presentations). Parents will be notified of these activities in advance by permission slip. Individual health-related exceptions to our Wellness Policy may be made upon approval by the school nurse.

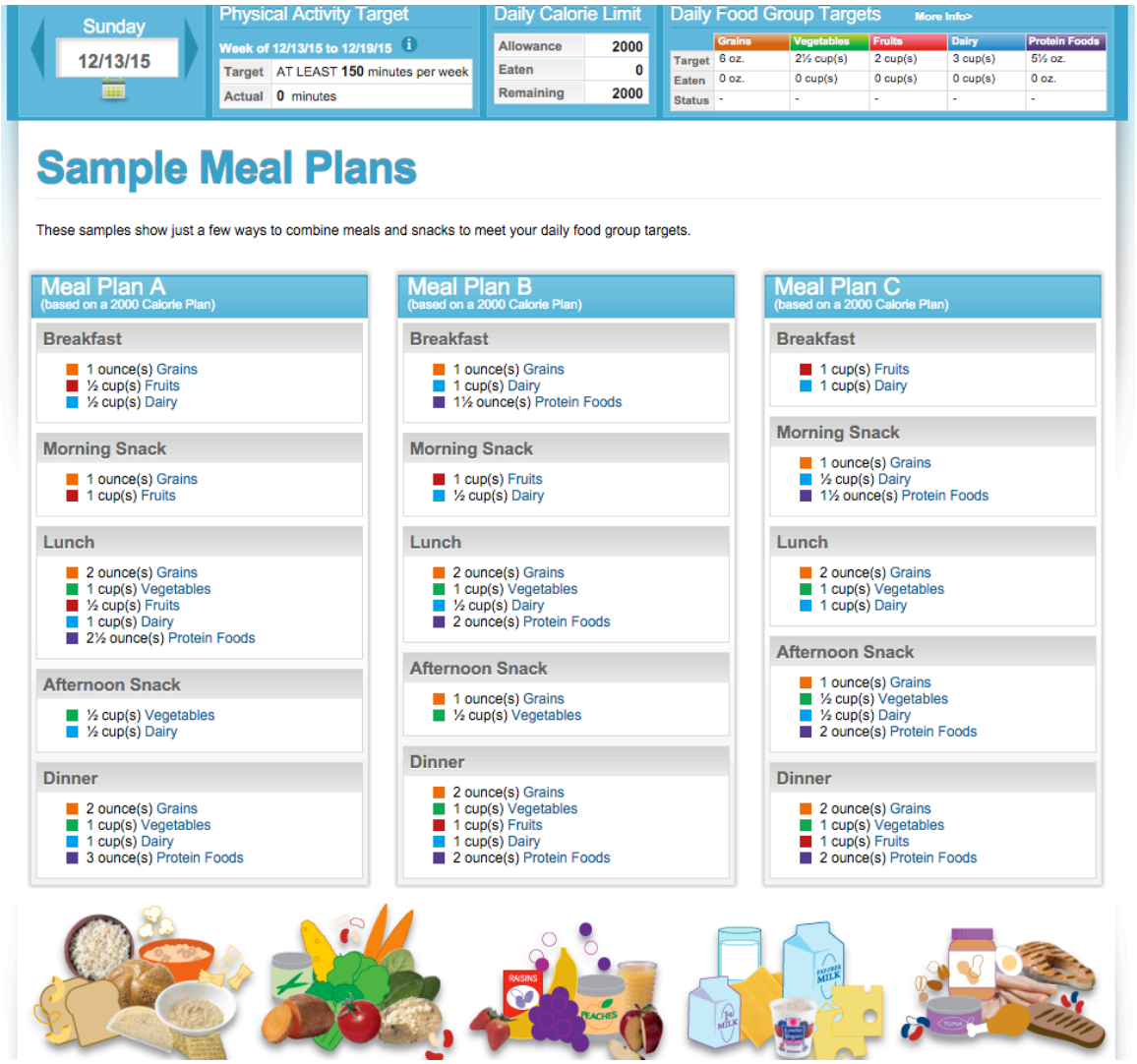
## Birthday Treats

Classroom birthday treats must be non-food, non-edible, non-food items; see list noted above

**ATTACHMENT 4**

## Calorie and Nutrient Standards/Meal Plans

Visit www.supertracker.usda.gov/samplemealplans.aspx for customizable food plans and tracking



Sunday
12/13/15

**Physical Activity Target**
Week of 12/13/15 to 12/19/15

| | |
|---|---|
| Target | AT LEAST **150** minutes per week |
| Actual | **0** minutes |

**Daily Calorie Limit**

| | |
|---|---|
| Allowance | 2000 |
| Eaten | 0 |
| Remaining | 2000 |

**Daily Food Group Targets** More Info>

| | Grains | Vegetables | Fruits | Dairy | Protein Foods |
|---|---|---|---|---|---|
| Target | 6 oz. | 2½ cup(s) | 2 cup(s) | 3 cup(s) | 5½ oz. |
| Eaten | 0 oz. | 0 cup(s) | 0 cup(s) | 0 cup(s) | 0 oz. |
| Status | - | - | - | - | - |

# Sample Meal Plans

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

### Meal Plan A
(based on a 2000 Calorie Plan)

**Breakfast**
- 1 ounce(s) Grains
- ½ cup(s) Fruits
- ½ cup(s) Dairy

**Morning Snack**
- 1 ounce(s) Grains
- 1 cup(s) Fruits

**Lunch**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Fruits
- 1 cup(s) Dairy
- 2½ ounce(s) Protein Foods

**Afternoon Snack**
- ½ cup(s) Vegetables
- ½ cup(s) Dairy

**Dinner**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy
- 3 ounce(s) Protein Foods

### Meal Plan B
(based on a 2000 Calorie Plan)

**Breakfast**
- 1 ounce(s) Grains
- 1 cup(s) Dairy
- 1½ ounce(s) Protein Foods

**Morning Snack**
- 1 cup(s) Fruits
- ½ cup(s) Dairy

**Lunch**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

**Afternoon Snack**
- 1 ounce(s) Grains
- ½ cup(s) Vegetables

**Dinner**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 1 cup(s) Dairy
- 2 ounce(s) Protein Foods

### Meal Plan C
(based on a 2000 Calorie Plan)

**Breakfast**
- 1 cup(s) Fruits
- 1 cup(s) Dairy

**Morning Snack**
- 1 ounce(s) Grains
- ½ cup(s) Dairy
- 1½ ounce(s) Protein Foods

**Lunch**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy

**Afternoon Snack**
- 1 ounce(s) Grains
- ½ cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

**Dinner**
- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 2 ounce(s) Protein Foods

# ATTACHMENT 5

## Meal Planning Approach and Timeline:

**Exhibit C-1**

**Nutrition Standards in the National School Lunch and School Breakfast Programs – Updated Jan. 2014**

| | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|---|---|---|---|---|---|---|
| | *Grades K-5*[a] | *Grades 6-8*[a] | *Grades 9-12*[a] | *Grades K-5* | *Grades 6-8* | *Grades 9-12* |
| **Meal Pattern** | **Amount of Food[b] Per Week (Minimum Per Day)** | | | | | |
| Fruits (cups)[c,d] | 5 (1) [e] | 5 (1) [e] | 5 (1) [e] | 2½ (½) | 2½ (½) | 5 (1) |
| Vegetables (cups)[c,d] | 0 | 0 | 0 | 3¾ (¾) | 3¾ (¾) | 5 (1) |
| Dark green [f] | 0 | 0 | 0 | ½ | ½ | ½ |
| Red/Orange [f] | 0 | 0 | 0 | ¾ | ¾ | 1¼ |
| Beans/Peas (Legumes) [f] | 0 | 0 | 0 | ½ | ½ | ½ |
| Starchy[f] | 0 | 0 | 0 | ½ | ½ | ½ |
| Other [f,g] | 0 | 0 | 0 | ½ | ½ | ¾ |
| Additional Veg to Reach Total[h] | 0 | 0 | 0 | 1 | 1 | 1½ |
| Grains (oz eq) [i] | 7 (1) [j] | 8 (1) [j] | 9 (1) [j] | 8 (1) | 8 (1) | 10 (2) |
| Meats/Meat Alternates (oz eq) | 0 [k] | 0 [k] | 0 [k] | 8 (1) | 9 (1) | 10 (2) |
| Fluid milk (cups) [l] | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| **Other Specifications: Daily Amount Based on the Average for a 5-Day Week** | | | | | | |
| Min-max calories (kcal)[m,n,o] | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories)[n,o] | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg)[n, p] | ≤ 430 | ≤ 470 | ≤ 500 | ≤ 640 | ≤ 710 | ≤ 740 |
| Trans fat[n,o] | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. | | | | | |

[a] In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).
[b] Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.
[c] One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
[d] For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" s u b g r o u p s as defined in §210.10(c)(2)(iii).
[e] The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).
[f] Larger amounts of these vegetables may be served.
[g] This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).
[h] Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[i] At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
[j] In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
[k] There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
[l] Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
[m] The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
[n] Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
[o] In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
[p] Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.

Food and Nutrition Service, United States Department of Agriculture

## Implementation Timeline for Final Rule—Jan. 2012

**Exhibit C-2**

***Nutrition Standards in the National School Lunch and School Breakfast Programs***

**ALL meal pattern and nutrition standards requirements indicated by the USDA for implementation through the 2014–2015 School Year for both the National School Lunch and School Breakfast Programs MUST be implemented for the 2012–2013 Contract Term** with the only exception of the sodium targets, which must be implemented as required in subsequent Contract Terms, if applicable.

| New Requirements | Implementation (School Year) for NSLP (L) and SBP (B) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 2012/13 | 2013/14 | 2014/15 | 2015/16 | 2016/17 | 2017/18 | 2022/23 |
| **Fruits Component** | | | | | | | |
| • Offer fruit daily | L | | | | | | |
| • Fruit quantity increase to 5 cups/week (minimum 1 cup/day) | | | B | | | | |
| **Vegetables Component** | | | | | | | |
| • Offer vegetables subgroups weekly | L | | | | | | |
| **Grains Component** | | | | | | | |
| • Half of grains must be whole grain-rich | L | B | | | | | |
| • All grains must be whole-grain rich | | | L, B | | | | |
| • Offer weekly grains ranges | L | B | | | | | |
| **Meats/Meat Alternates Component** | | | | | | | |
| • Offer weekly meats/meat alternates ranges (daily min.) | L | | | | | | |
| **Milk Component** | | | | | | | |
| • Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk | L, B | | | | | | |
| **Dietary Specifications (to be met on average over a week)** | | | | | | | |
| • Calorie ranges | L | B | | | | | |
| • Saturated fat limit (no change) | L, B | | | | | | |
| • Sodium Targets<br>o Target 1<br>o Target 2<br>o Final target | | | L, B | | | L, B | L, B |
| • Zero grams of trans fat per portion | L | B | | | | | |
| **Menu Planning** | | | | | | | |
| • A single FBMP approach | L | B | | | | | |
| **Age-Grade Groups** | | | | | | | |
| • Establish age/grade groups: K-5, 6-8, 9-12 | L | B | | | | | |
| **Offer vs. Serve** | | | | | | | |
| • Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum) | L | | B | | | | |
| **Monitoring** | | | | | | | |
| • 3-year adm. review cycle | | L, B | | | | | |
| • Conduct weighted nutrient analysis on 1 week of menus | L | B | | | | | |

Food and Nutrition Service, United States Department of Agriculture

## Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list in not all-inclusive.

| | |
|---|---|
| **Dark Green Vegetables**<br>▪ bok choy<br>▪ broccoli<br>▪ collard greens<br>▪ dark green leafy lettuce<br>▪ kale<br>▪ mesclun<br>▪ mustard greens<br>▪ romaine lettuce<br>▪ spinach<br>▪ turnip greens<br>▪ watercress | **Beans and Peas***<br>▪ black beans<br>▪ black-eyed peas (mature, dry)<br>▪ garbanzo beans (chickpeas)<br>▪ kidney beans<br>▪ lentils<br>▪ navy beans<br>▪ pinto beans<br>▪ soy beans<br>▪ split peas<br>▪ white beans |
| **Starchy Vegetables**<br>▪ cassava<br>▪ corn<br>▪ fresh cowpeas, field peas, or black-eyed peas (not dry)<br>▪ green bananas<br>▪ green peas<br>▪ green lima beans<br>▪ plantains<br>▪ potatoes<br>▪ taro<br>▪ water chestnuts | **Other Vegetables**<br>▪ artichokes<br>▪ asparagus<br>▪ avocado<br>▪ bean sprouts<br>▪ beets<br>▪ Brussels sprouts<br>▪ cabbage<br>▪ cauliflower<br>▪ celery<br>▪ cucumbers<br>▪ eggplant<br>▪ green beans |
| **Red & Orange Vegetables**<br>▪ acorn squash<br>▪ butternut squash<br>▪ carrots<br>▪ hubbard squash<br>▪ pumpkin<br>▪ red peppers<br>▪ sweet potatoes<br>▪ tomatoes<br>▪ tomato juice | **Other Vegetables (continued)**<br>▪ green peppers<br>▪ iceberg (head) lettuce<br>▪ mushrooms<br>▪ okra<br>▪ onions<br>▪ parsnips<br>▪ turnips<br>▪ wax beans<br>▪ zucchini |

*For more information on Beans and Peas, refer to http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html.

*Choose My Plate.gov*, United States Department of Agriculture