

BUSINESS AND NONINSTRUCTIONAL OPERATIONS

Food Service/Child Nutrition Program

The Board of Education recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board also recognizes the school's role, as part of the larger community, to promote family health and provide a sound foundation for future physical well-being.

The district will, as resources become available, provide adequate personnel, equipment and maintenance to implement the Nutrition Policy.

Parents/guardians will be encouraged to support the District's nutrition education efforts by considering nutritional quality when selecting any snacks, which they may donate for occasional special events.

(cf. 3312 – Contracts)

(cf. 3551 – Food Service Operations/Cafeteria Fund)

(cf. 3553 – Free and Reduced Price Meals)

(cf. 3554 – Other Food Sales)

(cf. 5141.32 – Child Health and Disability Prevention Program)

(cf 6142.8 – Comprehensive Health Education)

QUALITY OF FOOD

The Superintendent or designee shall ensure the meals offered by the District's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs.

The Superintendent or designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal laws and do not impair student participation in the District's food service program.

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-11445.

All foods available to students during school hours shall be:\

1. selected so as to contribute to students' nutritional well-being and the prevention of disease.
2. prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
3. provided to give a variety of healthy choices including ethnic and cultural favorites.

Food Services/Child Nutrition Program, continued

Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students.

Healthy food choices (fresh fruits and vegetables, whole grains, dairy products) should be promoted in school activities involving staff, students, and community.

STUDENT ACCESS

The site will ensure that each student will have access to healthy food choices through breakfast and lunch programs.

Access to fundraising through food sales will be equitable for all student organizations and classes.

MAINTENANCE OF A HEALTHY ENVIRONMENT

The site will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.

Adequate space in a pleasant surrounding will be developed so that students can be encouraged to eat nutritious meals.

The Superintendent or designee will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

Legal Reference:

EDUCATION CODE

[38080-38103](#) Cafeteria, establishment and use

[45103.5](#) Contracts for management consulting services; restrictions

[49430-49436](#) Pupil Nutrition, Health, and Achievement Act of 2001

[49490-49493](#) School breakfast and lunch programs

[49500-49505](#) School meals

[49510-49520](#) Nutrition

[49530-49536](#) Child Nutrition Act

[49540-49546](#) Child care food program

[49547-49548.3](#) Comprehensive nutrition services

[49550-49560](#) Meals for needy students

[49565-49565.8](#) California Fresh Start pilot program

[49570](#) National School Lunch Act

HEALTH AND SAFETY CODE

[113700-114455](#) California Uniform Retail Food Facilities Law

Food Services/Child Nutrition Program, continued

CODE OF REGULATIONS, TITLE 5

[15510](#) Mandatory meals for needy students

[15530-15535](#) Nutrition education

[15550-15565](#) School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

[1751-1769h](#) School lunch programs, including:

[1751](#) Note Local wellness policy

[1771-1791](#) Child nutrition, especially:

[1773](#) School breakfast program

U.S. CODE OF FEDERAL REGULATIONS, TITLE 7

[210.1-210.31](#) National School Lunch Program

[220.1-220.21](#) National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION

PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division:

<http://www.cde.ca.gov/ls/nu>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC):

<http://www.nal.usda.gov/fnic>

Policy Adopted: 07/06/2006

**Kings River Union Elementary School District
Kingsburg, CA**

Food Service/Child Nutrition Program

Goals and Strategies

1. Ensure that a healthy and nutritious breakfast, lunch, and snacks during nutrition, after school, and the summer months is available to every student at every school so that students are prepared to learn to their fullest potential.
 - a. The District shall maintain the financial stability of its Child Nutrition Service programs.
 - b. The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
 - c. The District shall ensure that all qualified children become eligible for free and reduced meals.

2. Ensure the nutritional quality and quantity of all foods served or made available to students and staff.
 - a. The Child Nutrition Service program will ensure that all foods sold through its' program comply with SB 19 standards.
 - b. The Child Nutrition Service program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - c. The District shall exercise control over all vending machines on it's property including vendors, locations, contents, and appearance.
 - i. Vending machines accessible to students shall only dispense SB 19 compliant foods and beverages.
 - ii. Vending machines accessible to staff shall dispense SB 19 compliant and non-compliant foods and beverages in appropriate proportion.
 - d. Child Nutrition Service will serve food in quantities appropriate to the needs of students at their age level.

3. Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.
 - a. Child Nutrition Service shall work with school site leadership to improve cafeteria décor and atmosphere.
 - b. Child Nutrition Service shall solicit student preferences in planning menus and snacks through focus groups, surveys, and taste tests of new foods and recipes.
 - c. KRUESD staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.

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Goals and Strategies (cont.)

- d. Students will be provided sufficient time to eat and socialize with classmates.
 - e. Custodial staff shall adjust clean up times to coincide with the end of student's lunch period.
2. Ensure that nutrition education becomes an integral part of the KRUESD educational program.
 - a. The District shall create increased training opportunities for all staff on basic nutrition and nutrition education.
 - b. Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
 - c. The District shall develop a program aimed at connecting the classroom and the cafeteria, allowing students to collaborate with Child Nutrition Service personnel in designing a menu to coincide with a classroom lesson.
 3. Ensure all food and beverage not served through Child Nutrition Services meet basic nutrition standards.
 - a. Non-nutritious foods, including but not limited to candy, soft drinks, and chewing gum, cannot be sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends).
 - b. The District will encourage alternative fundraising strategies such as sales of non-food items, promotion of physical activity, and/or sales of nutritious food items.

Goals and Strategies (cont.)

4. Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity.
 - a. Increase the amount of class time spent engaging in moderate-to-vigorous activity through curriculum and/or teacher training.
 - i. The Physical Activity Program will decrease time spent on competitive sports (which can exclude potential participants) and increase emphasis on teaching fitness and lifelong recreational aerobic activities.
 - b. Develop lunch time and after school activities that involve physical activity such as walking clubs, organized sport games, and increased access to sports equipment.
5. Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.

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- a. Bring in local experts in sports or activities not traditionally taught during P.E. classes in the after school setting.
 - b. Partner with fitness clubs and off campus physical activity classes allowing students and staff access to special rates.
 - c. Increase the amount of physical activity-related enrichment classes.
6. Establish and sustain a Child Nutrition and Physical Activity Advisory

Committee (CNPAAC).

- a. The Child Nutrition and Physical Activity Advisory Committee will discuss nutrition and physical activity related topics of concern in the school community and help make policy recommendations to the Board of Trustees.
 - b. The Advisory Committee shall include, but is not limited to, the following members:
 1. A minimum of two Community/Parent representatives.
 2. The Superintendent.
 3. A Child Nutrition Services representative.
 4. One school site Principal.
 5. Program Coordinator and Project Facilitator from Children and Family Services.
 6. District Nurse.
 7. Two teachers with at least one being a physical education teacher.
 8. Two middle school students.
 9. An independent evaluator.
 - c. The Advisory Committee shall meet at least six times during the year at hours convenient for public participation.
9. Increase community knowledge of nutrition and physical activity as it relates to childhood and adult health.
- a. Increase opportunities for parents/community to participate in garden/nutrition related classes offered through extended day program.
 - b. Provide nutrition information monthly through district newsletter and menu.
 - c. Involve parents/community in annual evaluation of program services and delivery to improve quality, access, and knowledge of services.