

BOARD POLICY

NUTRITION AND PHYSICAL FITNESS

The Board recognizes that students who are healthy and physically fit are more able to learn and benefit from instruction. To support this need, the District has created a Food Service Program to provide nutritious meals to students as defined in Policy 8500/8500P. The District has also adopted a Health and Fitness Curriculum, as defined in Policy 2120/2120P.

Students have access to healthy, nutritious meals either prepared by District Food Service staff or provided by the family from home. Beyond meals, however, the Board adopts the following standards and directs the superintendent to develop procedures that clarify implementation steps.

Food Availability Beyond the Meal Program

The Board acknowledges that the incidence of childhood obesity, diabetes, and food allergies has increased over the last decade and recognizes the role of the District in ensuring access to healthy and nutritious foods at school. In addition to concerns about life-threatening conditions that can result from food allergies or food-borne germs, there are also concerns about the amount and types of foods that are available in classrooms. The Board directs the superintendent to ensure that the following expectations are communicated to all staff and families.

1. Schools should encourage healthy food choices at celebrations and identify ways to recognize or celebrate without food or food distribution.
2. If parents or staff members wish to distribute food to students, they are encouraged to purchase packaged food that meets the nutrition standards and to open and share that food at the time of consumption. This practice will help ensure food safety for all involved. Foods prepared at home may be provided to others at events outside the school day or using school facilities, consistent with the requirements of Policy 4331/4331P.
3. Foods prepared in class must meet safe handling requirements defined by Whatcom County Health Department. A Food Handlers Permit, provided by Whatcom County, is required for staff members who prepare food in class. Food prepared in class must have a clear curricular connection.
4. Food items may not be sold as a fund raising activity at a time that is in competition with District Food Service mealtimes and may be regulated based on nutrition standards if sold during the school day or thirty (30) minutes before or after school.

Vending Machines for Food and Beverages

Students and staff may have access to food and beverages from vending machines as identified below. All contracts for vending shall be managed through the Business Office and follow procedures for such contracts as defined in Policy and Procedure 6220.

