

### **Nutrition and Healthy Living**

The board believes that children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program. To implement the program, the superintendent shall adopt and implement a comprehensive curriculum on health, fitness and nutrition consistent with the Essential Academic Learning Requirements (EALRs). The curriculum will provide opportunities for developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professions in the development of the curriculum is encouraged.

Evaluation procedures will utilize classroom-based assessment or other strategies and will be in place by the end of the 2008-2009 school year.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

The district shall take a proactive effort to encourage students to make nutritious food choices. The superintendent shall ensure that:

- 1. Schools shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- 2. Nutritious meals served by the school nutrition and food services operation complies with state and federal law.

### **Nutrition Standards**

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals

served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

The superintendent shall establish rules for the sale of food during the school day to encourage the eating of nutritious breakfasts and lunches. Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture, shall not be sold or served on school premises until 30 minutes after the end of the last lunch period.

Any food sales of an occasional nature must have the prior approval of the principal. Products supplied through vending machines shall be in compliance with District Policy 6702 – Vending Machine Services. No food or drink items shall be offered in vending machines in any school building unless they have been approved by the building principal.

### **Food Services Program**

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent to administer the food services program, provided that any decision to enter into a contract with a private food service agency shall require the approval of the board.

Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the board. Should the board approve a food donation, the superintendent shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

### **Free and Reduced-Price Food Services**

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

**Surplus Commodities**

The district may use food commodities made available under the Federal Food Commodity Program for school menus.

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| Cross References: | Board Policy 2100        | Instructional Program Offerings  |
| Legal References: | RCW 28A.235              | Surplus or Donated Food<br>Commodities for School Hot<br>Lunch Programs        |
|                   | 28A.235.120              | Lunchrooms — Establishment<br>and operation — Personnel<br>for — Agreement for |
|                   | 28A.235.130              | Milk for children at school<br>expense   |
|                   | 28A.623.020              | Nonprofit meal program for<br>elderly — Authorized —<br>Restrictions           |
|                   | 69.04                    | Food, Drugs, Cosmetics, and<br>Poisons   |
|                   | 69.06.010                | Food service worker permit   |
|                   | 69.06.020                | Permit exclusive and valid<br>throughout state — Fee                           |
|                   | 69.06.030                | Diseased persons — May not<br>work — Employer may not<br>hire                  |
|                   | 69.06.050                | Permit to be secured within<br>fourteen days from time of<br>employment.       |
|                   | 69.06.070                | Limited duty permit  |
|                   | 7 CFR, Parts 210 and 220 |  |
|                   | 7 CFR, Part 245.5        |  |

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