

Policy Guidelines

Component 1: A Commitment to Nutrition & Physical Activity

- A. The Saranac Central School District (CSD) School Nutrition Committee shall oversee the school nutrition policy and review annually.
- B. Specific concerns/questions regarding this policy may be forwarded to the Saranac School Food Services Director/ Nutritionist.
- C. Nutrition Education will be encouraged across the curriculum and physical activity will be encouraged daily.
- D. The Saranac CSD Food Services department will participate in decisions and guidelines that will affect the school nutrition environment.

Component 2: Quality School Meals:

- A. Saranac CSD will offer breakfast & lunch meals that are in compliance with USDA nutrition standards. These meals will provide $\frac{1}{4}$ student RDA's (recommended dietary allowances) at Breakfast and $\frac{1}{3}$ student RDA's at Lunch for calories and certain vitamins & nutrients. Students & Staff are encouraged to promote & participate in these programs.
- B. School Meal menus will demonstrate good menu planning principles and feature a variety of quality choices that are tasty, healthy attractive, and are served at the proper temperature.
- C. Food Safety will be a key part of the school food service operation. Food Service staff will demonstrate safe food handling practices and ensure appropriate food temperatures in the preparation and service of all foods.
- D. Saranac CSD food service staff will take part in training on a regular basis according to current professional development standards.
- E. Food preparation methods will not include deep fat frying, defined as foods that are cooked by total immersion into hot oil or other fat. This definition does not include foods that are stir-fried or sautéed.
- F. Students will be given the opportunity to provide input on local, cultural, and ethnic favorite foods/ meals of students through individual student councils.
- G. School personnel will encourage students to choose and consume full meals for maximum nutritional benefit.
- H. Foods of Minimal Nutritional Value (FMNV) should not be sold in competition with school meal service hours. (See Attachment A)

- I. Ala Carte sale of foods and beverages in all cafeterias will be evaluated to offer only items that are in compliance with NYS School Food Service Association, Clinton County Health Department, and the School T.A.B.L.E. See standards listed in Attachment B.

The following maximum portion size restrictions pertain to all foods and beverages served or made available to students during breakfast & lunch meals in the cafeterias with the exception of school meals, which are governed by USDA regulations.

| <u>Food or Beverage</u> | <u>Portion Size</u> |
|--|---------------------|
| Chips, (baked varieties or no more than 7 gms. of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, meat jerky, pretzels | 1.5 oz. |
| Low fat cookies/ granola bars | 2 oz. |
| Frozen desserts, ice cream | 4 oz. |
| Low fat yogurt | 8 oz. |
| 1 % or fat free milk (1% or fat free flavored milk) | 8 oz. 16 oz. |
| Beverages other than low fat milk or those restricted as FMNVs (no limit on water) | 12 oz. |
| Fruit drinks and frozen slushes (must contain a minimum of 25% fruit juice) | 12 oz |

- J. School personnel will schedule enough time so that students do not have to spend too much time waiting in the lunch line (at least 10 minutes to eat breakfast & at least 20 minutes to eat lunch).

Component 3: Other Healthy Food Options:

- A. The School Nutrition policy recommends the following guidelines regarding nutrition standards for foods and beverages that are available to students and the school community including: on school premises before and after the school day, special events, fundraisers, vending machines, parties, meetings, celebrations, or sporting events, and any school functions.

Food Guidelines will include: a variety of choices where the majority are **SERVE MOST OFTEN/ SERVE SOMETIMES** foods and beverages. (See Attachments C).

Majority definition – at any location/ event at least 75% of the choices are Serve Most Often/ Serve Sometimes foods and beverages with the majority being Serve Most. A maximum of 25% of the choices will be **SERVE LEAST** foods and beverages. (See Attachment D).

When Serve Least choices are offered, portion sizes will be controlled to the smallest serving size available. Example: Soda– 8 oz. can, if available.

Long Term goal: to gradually decrease the number of Serve Least foods and beverages with the above listed events/ occasions to less than 10%.

- B. Classroom snacks provided by parents/ guardians or school staff should follow the school nutrition policy. Foods may be taken from the **Serve Most Often/ Serve Sometimes** list. The school nutrition policy committee recognizes that special occasions occur in classrooms, although this policy recommends that teachers follow examples of healthy food items. For information and examples of “Classroom Snacks That Make The Grade” refer to Attachment E.
- C. School staff shall use food as a reward sparingly, and should Choose foods from the **Serve Most Often choices.** Whenever possible, alternatives to food as a reward should be used. (See Attachments F).
- D. School Staff who hold meetings where food and beverages are provided are encouraged to follow this policy. A guideline for Healthy meetings providing other food suggestions from the NYS Department of Health is included in Attachment G.
- E. Fundraising involving food should adhere to the guideline that recommends 75% of the choices are **SERVE MOST/SERVE SOMETIMES** foods and beverages with the majority being Serve Most and a maximum of 25% of the choices are **SERVE LEAST** foods and beverages. Our goal is to expose children and our community to healthier options.
- F. This policy encourages clubs and organizations associated with Saranac CSD to use non-food items or foods from the **Serve Most/ Serve Sometimes** food list suggestions to raise funds. (See Attachment H & I for creative fundraising ideas).

- G. This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV for their own child's consumption, but they may not provide restricted items to other children at school.
- H. The Saranac Food Services Department will provide nutritional information to student homes that will offer suggestions for serving safe and nutritious foods for children and adults. This information will be provided on the back of the monthly menu.

Component 4: Suggested pricing and promotion:

- A. Serve Most/ Serve Sometimes foods and beverages are competitively priced (have less of a mark up) and whenever possible, priced to be less expensive than Serve Least choices.
- B. Serve Most/ Serve Sometimes options are promoted by placing these items in easy to see/ access locations in vending machines, at events, with concessions, and any other school function.
- C. Serve Most/ Serve Sometimes foods and beverages will be promoted by various means, such as theme days or "sale of the week" for example.
- D. Saranac CSD will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- E. Healthy eating and physical activity will be promoted to students, and the community at school events, when applicable.

Component 5: Nutrition Education:

- A. Schools will link nutrition education activities with the coordinated school health program.
- B. When applicable, nutrition education will be offered in the cafeteria and coordinated with the classroom nutrition curriculum.
- C. The School Food Services Director/Nutritionist will assist Teachers with resources needed to teach nutrition education.