

ADMINISTRATIVE RULE – Board Policy #246

NUTRITION EDUCATION:

Goal #1: The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition emphasized in Family and Consumer Science curriculum in middle school and high school.
- Food diary completed by students during health.
- K-2 students get this in “Healthy Habits”.
- Provide healthy meals and snacks in the cafeteria.
- H.S. – 10th grade health – a required course for graduation.

Goal #2 – District staff shall cooperate w/ agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

(Example)

- The food service department will join forces w/ PANA (Pa Advocates for Nutrition and Activity) and have each school cafeteria participate in the “Great American Apple Crunch” in month of October and the “Go for the Greens” event in March.
- High school – students do a required nutrition project in required health class.
- Nutritionist/Dietician as guest speakers during health classes.
- Require a sports nutrition program for all coaches and athletes before each season. (Nurse talks at middle school & high school level.)

PHYSICAL ACTIVITY:

Goal #1 – Age appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

- Walking club for students around playground during spring/fall.
- Avon Grove Intermediate, middle school and high school have intramurals.

Goal #2 – District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

- Penn London Elementary has P.E. once every 7 day cycle – about 25 times per year.
- AGI has approximately 110 days per school year.
- High school has P.E. every day for one semester per grade level.
- Middle school has health or P.E. every day.

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OTHER SCHOOL BASED ACTIVITIES:

Goal #1 – Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

- Wellness Committee should meet quarterly to review and update implementation of policy.

Goal #2 – Students shall be provided a clean and safe meal environment.

- Cafeteria tables will be washed after each lunch period.
- All school lunchrooms will have adult supervision.

Goal #3 – Students shall have access to hand washing or sanitizing before meals and snacks.

- Sanitizing stations have been provided by the school nurse and will be strategically placed in each cafeteria. Hand washing will be enforced by classroom teachers before snack time.
- Hand washing is stressed throughout the health curriculum.

Goal #4 – Nutrition content of school meals shall be available to students and parents/guardians.

- The Director of Food Services will provide the nutritional information for the school menus on the district website each month. Each school cafeteria manager's office and the District office lobby will maintain a hard copy of nutrient labels and recipes of the foods that are available in each school cafeteria.

NUTRITION GUIDELINES

Goal #1 – All competitive foods available to students in district schools shall comply with the established nutrition guidelines as listed in the **District Nutrition Guidelines**.

- See the **District Nutrition Guidelines**.

AGSD Wellness Policy Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - A la Carte food items
 - A la carte food items must comply w/ USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (7CFR 210 and 220)
 - Portion sizes will not exceed the serving size of foods served in the NSLP or SBP.
 - A la carte foods will include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or nonfat dairy items.

AGSD Wellness Policy

Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - A la Carte food items (continued)
 - At least 50% of the food items offered will meet all of the following criteria per serving:
 - ◆ Fat- except for nuts, seeds, and nut butter, not more than 35% of total calories from fat
 - ◆ Sugar – except for fruit without added sugar, not more than 35% of weight from total sugar
 - ◆ Calories – not more than 250 calories per serving
 - K-6 students may only purchase a maximum of 2 a la carte food snacks and/or beverages daily

AGSD Wellness Policy

Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - A la Carte Beverages
 - A la carte beverages must comply with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (7CFR 210 and 220)
 - A minimum of 50% (75% for grades K-6) of the beverages offered will be:
 - ◆ Water, unflavored (any size)
 - ◆ 50-100% fruit juice (not to exceed 12 oz)
 - ◆ Milk, 1% low fat or nonfat, flavored or unflavored (not to exceed 16 oz)
 - K-6 students may only purchase a maximum of 2 a la carte food and/or beverage items daily

AGSD Wellness Policy Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - Vending Machine Food Items
 - The sale of Foods of Minimal Nutritional Value will not be allowed in vending machines that are located in areas accessible to students until after the end of the school day.
 - A minimum of 50% of the food items should reinforce the importance of healthy choices.

AGSD Wellness Policy Nutrition Guidelines

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AGSD Wellness Policy Nutrition Guidelines

◆ Source of Competitive Foods:

■ Fundraisers

- At least 50% of fundraising activities will not involve the sale of food and/or beverages
- Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period and will comply with USDA regulations prohibiting the sale of Foods of Minimal Nutritional Value (7CFR 210 and 220)

AGSD Wellness Policy

Nutrition Guidelines

◆ Source of Competitive Foods:

■ Classroom Parties/Celebrations & Snacks

- Foods and beverages for classroom curricular and/or extra-curricular celebrations will not compete with the National School Lunch or School Breakfast Programs.
- Classroom celebrations will offer no foods of minimal nutritional value minimal.
- Classroom snacks and Birthday treats will reinforce the importance of healthy choices and guidance will be provided to parents/guardians



AGSD Wellness Policy Nutrition Guidelines

◆ Source of Competitive Foods:

■ Rewards

- Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e. Guest chef, field trip to a farm or farmers market, etc.)

AGSD Wellness Policy Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - School Store
 - Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be sold.
 - A variety of nutritious foods, such as fruits, whole grains and low fat or non fat dairy items should be available
 - At least 50% of the beverages offered will be:
 - ◆ Water, unflavored (any size)
 - ◆ 50-100% fruit juice (not to exceed 12 oz)
 - ◆ Milk, 1% low fat or nonfat, flavored or unflavored (not to exceed 16 oz)

AGSD Wellness Policy

Nutrition Guidelines

- ◆ Source of Competitive Foods:
 - Concession Stands/School Dances/PTO events
 - Concession stands will offer a minimum of three (3) healthy snacks at all events.
 - School dances will offer a minimum of three (3) healthy snacks and no soda will be offered.
 - PTO events which are held at school will offer a minimum of three (3) healthy snacks or 50% of the total items available, whichever is less.



AGSD Wellness Policy Nutrition Guidelines

◆ Source of Competitive Foods:

■ Faculty Lounges

- The faculty is encouraged to set the example for students in making healthy food and beverage choices.
- A minimum of 50% of the choices for foods and beverages will be healthy.