

## STUDENT WELLNESS PROGRAM

(Regulations for food provided in school district facilities)

Snacks in Schools - Classrooms that may need snack time due to timing of lunch will need principal approval.

Snacks for those classrooms that have late lunch in the elementary classroom must be off the District's approved snack list. This list is a peanut/tree nut free list only. These approved snacks may be in a zip lock baggie, but it is preferred that all snacks for the individual student be in the original package. The approved snack list may be further restricted for particular classrooms or grade levels depending on whether other students in the class have food allergies or other chronic conditions that require no exposure to certain types of food.

Snacks in the 7-12 classrooms may only be consumed in areas designated for food consumption.

Snacks will be permitted for individual students to be consumed in the nurse's office because of IEP or health needs.

### Food for Instructional Purposes

Classroom teachers are permitted to use food for instructional purposes. This food must come from the approved list.

Classroom teachers are not allowed to use candy and other food items as a reward for student achievement. Other reinforcers such as encouragement, stickers, certificates and other creative strategies should be used by teachers and staff.

Teachers may eat at their desks in their classrooms but need to take proper precautions to clean areas where food has been consumed. This allows for students to still come to teacher's classrooms during lunch time for extra help or attention, and allows staff to eat "on the run" if they are trying to do work in their classroom during the lunch period.

### Food for Celebrations

Birthdays and other celebrations for individual students - Parents can bring special food for their own child's birthday to be served only at lunch time in the cafeteria, but may not bring in a treat for other students. Party favors or non-food items, however, may be distributed.

Parties in the elementary schools can take place twice a year in the classrooms for the winter holiday and for Valentine's Day. There will not be any food served at these parties.

The District discourages the consumption of food at parties and instead encourages students to participate in crafts and other activities to celebrate. Physically active ways to celebrate include taking the children on a nature walk, going on a scavenger hunt, or participating in indoor or outdoor games that require students to be physically active.

For other celebrations for customs, holidays or for rewards in the elementary schools, we are encouraging food that meets the USDA nutritional guidelines to be served in the cafeteria. Approval for permission for these parties will be submitted to the principal two weeks in advance. A detailed menu must be provided to the teacher and/or nurse for approval with one week notice. Tables must be cleaned and sanitized by the teacher or custodian after the event.

For grades 7-12, any classroom celebrations/rewards must take place in designated areas, i.e., cafeteria, home economic rooms, other rooms that have been designated for food consumption. The purpose of limiting food to designated areas is because food in classrooms that have not been cleaned and sanitized after food consumption could cause issues for students who have allergies who use the same rooms later in the school day. Approval for permission for these celebrations should be submitted to the principal two weeks in advance of the event. A detailed menu must be provided to the teacher and nurse with one-week notice.

#### After School

These food regulations do not impact activities that take place after school hours including team or club meals, open houses, or vending machines and extracurricular concessions. School activities and food offered after the school day, however, should encourage and support lifelong wellness practices. Activities in classrooms after school in which food is consumed should be carefully scheduled to ensure that rooms are cleaned and sanitized before classroom instruction the next day.

#### Before School

Students participating in the school breakfast programs at each of our schools will be required to eat in the school cafeterias. The principal in consultation with the school nurse may allow certain grade levels or classrooms to bring food from the school breakfast program back to their classroom if there are safety procedures in place to assure that students with allergies are not exposed to foods that are dangerous to them.