



# **El Dorado County Office of Education Charter Alternative Programs**

## **Wellness Plan**



**March 2017**

**El Dorado County Office of Education  
Charter Alternative Programs  
Wellness Plan**

**Preamble**

Whereas, children require access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have increased significantly in children and adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, there has been a decrease in the percent of high school students participating in sufficient vigorous physical activity;

Whereas, only too few children (2 to 19 years) eat a healthy diet consistent with the five main food groups illustrated through USDA's **MyPlate** campaign, recommendations found at <https://www.choosemyplate.gov/>;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, **Charter Alternative Programs (CAP)** is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of CAP that:

- CAP will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing county-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at CAP programs will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, CAP will participate in available federal school meal programs.
- CAP will provide nutrition education and encourage physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS**

### **I. School Health Councils**

CAP will create, strengthen, or work within existing school councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

**School Meals:** Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain

**Breakfast / Lunch:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- El Dorado County Office of Education (EDCOE) Food Services in Child Development Programs Services (CDPS) will, to the extent possible, operate a School Breakfast / Lunch Program.

- EDCOE CDPS will, to the extent possible, utilize methods to serve school breakfasts/lunches that encourage participation, including serving “grab-and-go” meals or snacks during the morning break.
- CAP programs that serve meals to students will notify parents and students of the availability of the School Meal Program.
- CAP will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals:** CAP will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, the school will promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go”.

**Meal Times and Scheduling:**

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:00 a.m. and 1:00 p.m.
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk)

**Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the County Office of Education’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for school nutrition managers, and workers, according to their levels of responsibility.

**Sharing of Foods and Beverages:** Schools should discourage students from sharing their foods or beverages with one another during meals, given concerns regarding communicable diseases, allergies, and other restrictions on some children’s diets.

**Food and beverages consumed individually (i.e., foods consumed by students outside of reimbursable school meals, such as through after school programs and field trips).** All foods

and beverages outside the reimbursable school meal programs during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Beverages:**

- Allowed: Water or seltzer water<sup>1</sup> without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)
- Not Allowed: Soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine)

**Foods:**

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined
- Will have no more than 35% of its *weight* from added sugars<sup>2</sup>
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes
- If possible, a choice of at least two fruits and/or non-fried vegetables will be offered. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines)

**Portion Sizes:** Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- One ounce for cookies
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream

- Eight ounces for non-frozen yogurt
- Twelve fluid ounces for beverages, excluding water
- Portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits

**Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. CAP will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

**Celebrations:** The school should limit celebrations that involve food during the school day to no more than once per month. Each celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). CAP will disseminate a list of healthy celebration ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances): Whenever possible, foods and beverages offered at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages consumed individually (above).

### III. Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion:** CAP programs aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Links with school meal programs, other school foods, and nutrition-related community services
- Teaches media literacy with an emphasis on food marketing

- Includes training for teachers and other staff

**Integrating Physical Activity into the Classroom Setting:** For students to receive the maximum amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television
- Opportunities for physical activity will be incorporated into other subject lessons
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

**Communications with Parents:** CAP will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. CAP will provide parents with a list of foods that meet CAPs' snack standards and ideas for healthy celebrations/parties and rewards. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

CAP will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools:** School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).<sup>3</sup> School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>4</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentives programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products, in-school television; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a

la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Staff Wellness:** CAP highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. In order to promote health and wellness, healthy foods and activities will be incorporated into CAP program functions and events.

#### IV. Physical Activity Opportunities and Physical Education

**Daily Physical Education (P.E.) K-12:** All students, including students with disabilities, special health-care needs, and in alternative educational settings, will be encouraged to participate in daily physical education (or its equivalent of 150 minutes/week for elementary school students and 400 every 10 school days for middle and high school students (EC01222)). When activities, such as mandatory school-wide testing, make it necessary for students to remain seated for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School:** After-school and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., physical education) as punishment.

**Use of School Facilities Outside of School Hours:** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

#### V. Monitoring and Plan Review

**Monitoring:** The Deputy Superintendent or designee will ensure compliance with established CAP nutrition and physical activity wellness plans. The administrator or designee will ensure compliance with those plans and will report on the school's compliance to the County Office of Education Superintendent or designee.

School service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the executive director. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received an SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.



The executive director or designee will develop a summary report every three years on compliance with the established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school councils, parent/teacher organizations, school principals, and school health services personnel in CAP.

**Policy Review:** CAP will, as necessary, revise the wellness plan and develop work plans to facilitate its implementation.

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<sup>1</sup> Seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

<sup>2</sup> If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

<sup>3</sup> Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

<sup>4</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

*Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) **mandates** each district participating in the National School Lunch Program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program) to adopt a district wide school wellness policy by the beginning of the school year after July 2006.*