

**Edinburg Public School District #106**  
**600 South 5<sup>th</sup> Street**  
**Edinburg, ND 58227**

## **Healthy School Nutrition Environment**

The link between good nutrition and learning is well documented. Good nutrition and improved health optimizes student performances and ensures that no child is left behind. In addition, healthy eating patterns are essential for students to achieve their full physical and mental growth. Furthermore, healthy eating habits are usually carried on throughout one's adult life once they are established. It has been demonstrated that healthy eating reduces the risk of developing chronic diseases in both children and adults. It is also linked to reduced risk of mortality at younger ages.

Schools have a responsibility to help students and staff establish and maintain lifelong healthy eating patterns. A healthy school nutrition environment has been shown to positively influence students' eating habits for life.

The Edinburg Public School promotes a healthy nutrition environment. The District supports and promotes:

**1. A comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical education.

Every student in grades K-12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level, either a physical education class or competitive sport each year. Restricting activities, such as withholding recess or physical education, as a form of punishment for misconduct will be discouraged.

A healthy school environment should not be entirely dependent on revenue from high-fat, high-sugar, low nutrient foods to support school programs.

School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment.

School personnel are encouraged to be good role models.

Noon recess will be held before lunch for grades K-6 whenever possible.

All school personnel will be encouraged to wash hands before lunch.

**2. Proper dietary habits contributing to students' health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District's nutrition standards.

Nutrition facts will be made available for all food and drinks sold through our vending machines and hot lunch program whenever possible.

Advertising on all vending machines located on school property must include healthy educational messages.

Recognizing that people eat or drink an entire package or container, it is recommended that small serving sizes continue to be offered. (e.g. 12 oz. of soda pop in addition to 20 oz. or larger size, etc)

Pop machines will not be placed in the elementary area.

Emphasis should be placed on foods that are nutrient dense per calorie, whether they are served or sold.

Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals and snacks.

Use of vending machines will be monitored more closely with possible restrictions being added as needed.

Routine distribution of candy, pop, or other high calorie food as a reward should not be allowed.

**3. A sequential program of nutrition instruction that is integrated throughout the school health education curriculum and coordinated with the food service program.**

The nutrition classes should be taught by well-qualified and well-supported staff and should be aimed at influencing students' eating habits as well as advancing their knowledge and attitudes.

**4. A food service program that employs well-qualified staff who sufficiently serve appealing choices of nutritious foods that comply with or exceed federal and state standards.**

**5. Pleasant eating areas for students and staff with adequate time for unhurried eating.**

Everyone should have a minimum of 20 minutes to eat lunch.

## 6. Marketing of healthy eating.

Promote healthy eating to students, parents, teachers, administrators, and the community.

Give students positive, motivating messages about healthy eating and physical activity throughout the school setting.

Reduce or eventually eliminate advertising that promotes less nutritious food choices.

### District A la Carte and Fundraising Standards

#### Area

#### Standards

##### School Day

Defined as from the beginning to the end of the instructional day.

##### Food Standards

- \* Less than or equal to 35% fat per serving.
- \* Sugar not first ingredient.
- \* Nuts and seeds allowable in the food service; candy is not.

##### Beverage Standards

- \* Greater than or equal to 30% fruit juice.
- \* No added sweetener as the first ingredient.
- \* Less than or equal to 35% of calories from fat per serving.
- \* Vending machines with sales of pop shall include a healthy choice of water and/or juice as outlined above.

##### Additional Items

It is recognized that there may be RARE special occasions when the Principal may allow a school group to deviate from these standards.

## Fundraising

## Food and Beverage Standard

\* All food fundraising on campus, for sale or consumption within the instructional day will be expected to follow the district nutrition standards.

Edinburg Public School encourages fundraising without selling food items. If food items are to be off campus, fundraising projects are encouraged to follow the district nutrition standards. If meat is sold as an entrée, there should be no more than 5 grams of fat per ounce.

## Concessions

## Beverage Standard

Fruit-based drinks (greater than or equal to 30% fruit juice) and/or water shall be offered at any location where beverages are sold.

## **Proposed Monitoring and Evaluation Component**

### Timeline:

- |             |   |
|-------------|---|
| August 2006 | Reappoint committee and have meetings to determine any changes. Reassess the Edinburg School Nutrition Plan as developed and implemented in the spring of 2004. Present the policy to the Board of Education for the first reading. |
| Sept. 2006  | Second reading and adoption of the policy. Implement the policy.  |

Additional items:

The Superintendent will work with the Food Service Director and Principals to ensure compliance with established district-wide nutrition and physical activity policies.

The Food Service Director will ensure compliance with nutrition policies within the school food service areas and will report this matter to the Superintendent.

The Michigan Team Nutrition Healthy School Nutrition Environment Assessment was completed in the spring of 2004 and was the cornerstone of the Edinburg Nutrition Plan. This assessment will be repeated every 3 years to help review policy compliance, assess progress, and determine areas in need of improvement.

The Wellness Policy will be reassessed at least every 3 years to identify and prioritize needs for the coming three years, including policy changes that may be recommended. The goal will be to develop an environment that supports healthy eating and physical activity for everyone for their entire life.

The committee should consist of, at a minimum:

- Head Cook
- FACS/Health Teacher(s)
- Superintendent
- Principals
- PE Teacher(s)
- One Board member
- Two Parents
- Two Students