

School Nutrition and Wellness

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The School District of Monticello promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices in order to maximize their potential. Decisions made in all school programming need to reflect and encourage positive nutritional messages and physical activity.

The policy of the School District of Monticello is to:

- A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. This includes:
 - Implementation of a comprehensive K-12 Health Curriculum to help students develop the knowledge, skills, attitudes and behaviors for life-long healthy eating habits.
 - Instruction a comprehensive K-12 Physical Education Curriculum that teaches children the importance of physical exercise and exposes students to a wide range of physical activities in order to develop the knowledge and skills to be physically active for life.

- B. Support and promote proper dietary habits contributing to students' health status and academic performance. This includes:
 - Ensuring that all students have access to healthy foods that are nutrient dense per calorie during the school day and at school functions.
 - Reducing access to foods of minimal nutritional value.
 - Allowing sufficient time for students to eat lunch and socialize in the designated cafeteria area.
 - Encouraging school groups and organizations to comply with District Nutrition Standards in their fundraising efforts.
 - Enabling all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

District Nutrition Standards

The School District of Monticello strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the District has adopted the following Nutrition Standards governing the sale of food, beverages, and candy on school grounds. The following District Nutrition Standards are minimal guidelines.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 7 grams of 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits, and vegetables.

Beverages:

- Vending machines in common areas open to students may sell milk, 100% fruit juice, sports drinks, flavored water, seltzers and diet or unsweetened teas. Concession stand sales are also limited to the same beverage selections.
- Students will not be allowed to consume soda pop during the school day, including bringing it in lunches or snacks.

The Role of Food Service:

- Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all U.S. Government Nutritional Standards.
- Encourage and promote healthy living by implementing nutrition education materials into the meal program.
- Minimize the sale of foods of low nutritional value during school and meal service hours.

Legal references: Wisconsin Child Nutrition and WIC Reauthorization Act of 2004

Cross References: 2131, Instructional Goals

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