



Food Served in After School Programs

All foods served in organized, after school programs or activities must utilize the After School Snack Program or follow the nutritional guidelines for that program as established by USDA.

Those standards can be obtained from the Child Nutrition Office or on USDA's web site

Physical Activity

Physical activity should be an integral part of classroom activity in elementary grades and all students in middle and high schools should have an opportunity for and be encouraged to participate in physical activities during the day.

Elementary Schools

Each site based school council in elementary schools will develop an assessment tool to determine each child's level of physical activity.

Elementary teachers will be provided examples of ideas of how physical activities can be incorporated in other areas of instruction.

Elementary schools will develop a wellness policy that includes moderate to vigorous physical activity each day for every child.

Middle and High Schools

Middle and high school teachers will be provided examples of ideas of how physical activities can be incorporated in areas of instruction.

Teachers will make students aware of the importance of physical activity to overall long-term health. Teachers will encourage students to exercise.

Food Prepared as a Part of Classroom Instruction

Teachers will be encouraged to use rewards other than food. If food is used as a reward, it MUST be not be given until 30 minutes past the end of the last lunch period. Suggestions for non-food rewards can be found on the Child Nutrition web site at <http://www.hardin.k12.ky.us>

Any lesson or class activity that incorporates food to be consumed shall be taught after lunch (with the exception of middle or high school classes scheduled prior to lunch). If foods are used, they must be an integral and necessary part of the lesson and every effort should be made to use foods of high nutritional value when possible. All foods used in classes shall be sealed commercially and from a reputable source.

Anytime food is used as a part of instruction, those lesson plans must first be approved by the principal.



The following activities are exempt from the competitive food rules:

- * Up to three parties as designated by the school's site based council annually
- * Field Day (1) at each school annually
- * State testing window with approved snacks only

Nutrition Education

Nutrition education should be embedded in all areas of the curriculum. Healthy eating habits should be promoted at both the district and school levels.

Nutrition education will be provided at all grade levels as a part of practical living instruction and as identified in Kentucky's Academic Expectations, Program of Studies, and Core Content for Assessment.

Cafeterias will be utilized as a learning laboratory and provide nutrition education training for students. Healthy eating habits will be promoted by:

- ✓ Communicating the importance of good eating through newsletters, websites and other communication with parents and students. Healthy food consumption will be encouraged at all school activities as described throughout this document.
- ✓ All school menus will emphasize the importance of helping students develop good eating habits by providing tips on healthy snacks and nutritional information on foods provided.

The Child Nutrition Program will provide information to the learning community to include materials and references related to nutrition education.

The Child Nutrition Program will work closely with the instructional department to identify ways nutrition education and healthy eating habits might be integrated in curriculum activities and to provide resources as requested.

The Child Nutrition Director and Professional Development Coordinator will collaborate to develop nutrition education training for teachers and aides.

HARDIN COUNTY SCHOOLS' WELLNESS POLICY



HELPING YOUR KIDS MAKE THE GRADE

Definitions

School day means the period of time between the arrival of the first student at the school building and the end of the last instructional period.

School day approved beverage means water, 100% fruit or vegetable juice, and low fat milk.

Competitive foods means any food or beverage item sold or served in competition with the National School Breakfast and National School Lunch programs, excluding any food or beverage sold a la carte in the cafeteria.



Portion Size

Prepackaged food sold shall not exceed the following packaging limits:

- 1.25 ounces for baked chips, popcorn and cereal;
- 1.5 ounces for crackers, hard pretzels and pita chips
- 1.75 ounces for trail mix, nuts, dried fruits, seeds, peanut butter or cheese-filled crackers;
- 1.25 ounce for cookies
- 1.5 ounces for cereal bars, granola bars and animal or graham crackers; and
- 8 ounces for low-fat yogurt.

Beverage sizes

- In middle schools, no more than 12 ounce servings.
- In high schools, no more than 16.9 ounce servings.



Sales

Competitive food and ala carte sales shall ***not*** be permitted in elementary schools during the school day.

Competitive foods shall ***not*** be permitted in middle and high schools until *30 minutes past the end of the last lunch period.*

During the school day, products sold or served to students outside the National School Breakfast and National School Lunch programs shall be limited to:

- A school day approved beverage;
- Fruit;
- Non-fried or non flash-fried vegetables;
- Low-fat yogurt;
- Nuts and Seeds;
- Dried fruit with no sugar added; or
- Other food items that contain no more than
 - Thirty (30%) calories from fat;
 - Ten (10%) calories from saturated or trans fat; and
 - Fourteen (14) grams sugar per serving.
- Ala carte items cannot be sold in elementary schools
- Only the following items may be sold as ala carte items in middle or high schools:
 - Items permitted to be sold to students as listed in above
 - A reimbursable meal component

Carbonated beverages may not be sold or served to any student during the school day.

Food Sales at Sporting Events and Other After School Concessions

Healthy food alternatives will be offered at school sporting events and other after-school concessions.

A list of healthy food alternatives will be provided to schools via HCS Child Nutrition website.

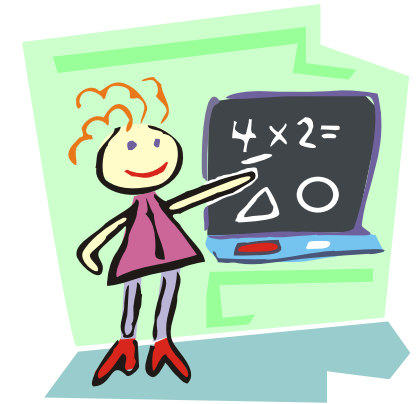
A nutrient analysis of all foods sold in schools will be available on Hardin County Schools' web site.

Parent and Community Involvement

The Child Nutrition program should utilize a comprehensive communication and marketing strategy designed to provide information about and promote the benefits of the program to all members of the learning community.

Partnerships will be developed with a variety of community resources to promote health and wellness throughout the district.

District staff will promote participation in enjoyable physical activity in the community, by providing information on the HCS Community Education web page regarding community health and wellness activities and programs



Food Sales for Fundraising

Individual food items will not be sold to students as a fund-raiser during the school day.

Schools are encouraged to use items other than food items as fund-raisers.

Food Served at School Parties

- ✍ School parties are limited to three (3) per classroom each year (fall, winter, and spring). School parties must be held in compliance with the competitive food rule, at least 30 minutes past the end of the last lunch period.
- ✍ To insure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade. Site Based Councils at each school will determine and notify teachers if fewer than three parties are permitted in a classroom per year.
- ✍ At least some healthy food and beverage choices are encouraged at school parties.