

Healthful Options for School Functions

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below:

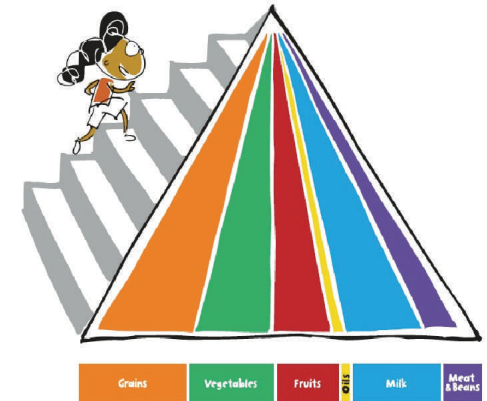
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges/slices (melons, pineapple, oranges, peaches, kiwi, plums, pears, mangos, apples, etc.)
- Fruit salad
- Cereal and low-fat milk
- 100% fruit juice or vegetable juice
- Frozen fruit pops with fruit juice as the first ingredient
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins, granola bars and cookies (graham crackers, fig bars, etc.)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Break sticks with marinara
- Fat-free or low-fat flavored yogurt, fruit parfaits or pudding cups
- Fat-free or low-fat milk and milk products (string cheese, cottage cheese, etc.)
- Flavored soy milk fortified with calcium
- Pure ice cold water

This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.

**Understanding
&
Achieving**

Wellness

A publication and policy of
USD 320 Wamego Public Schools



5 Guidelines for Healthy Living

1. Be physically active every day.
2. Eat more from some food groups than others
3. Choose healthier foods from each group
4. Eat every color every day
5. Take one step at a time

Visit Mypyramid.gov to create your personalized food guide pyramid.

Why so much emphasis on wellness?

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- Almost 9 million children and adolescents in the United States are overweight.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- The consequences of overweight and obesity may include:
 1. Type 2 diabetes
 2. Heart disease
 3. High blood pressure
 4. Stroke
 5. Some types of cancer
 6. Gallbladder disease
- According to the Kansas Health Institute, the cost of treating obesity-related medical problems in Kansas in 2004 was \$657 million dollars. This level of spending cannot be sustained without serious financial implications.
- Poor eating habits are of serious concern for many reasons. It is estimated that as many as 7 to 8 percent of females in the United States suffer from anorexia nervosa and/or bulimia nervosa in their lifetimes. These two eating disorders can cause many severe complications and have the highest mortality rates of any psychiatric disorder.
- Only 2% of children (2 to 19 years of age) eat a health diet consistent with the five main recommendations from the Food Guide Pyramid.

USD 320's Wellness Policy Con't

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7. To the maximum extent practicable, all students in our district will participate in available federal school nutrition programs.
8. Schools will provide nutrition education and physical education to foster lifelong habits of health eating and physical activity, and will establish linkages between health education, school nutrition programs and related community services.
9. **Vending Machines:** Students will not be allowed access to or the use of vending machines in schools with the exception of vending machines that sell water products. If vending machines, other than those containing water products, are in a school, they must be located in an area that is generally not accessible to students.
10. **Soda:** Students are not allowed to have soda in school during the normal school day. Teachers are allowed to have soda in the staff workroom or in their classroom outside of the scheduled class time. Personnel working out of offices are requested to be discreet in their consumption of soda during the workday.

What is USD 320's Wellness Policy?

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USD 320 Wamego 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 USD 320 Wamego that:

1. Wellness guidelines will be implemented as specified in the Kansas State Department of Education's Wellness Policy Report for each school level.
2. Students, parents, teachers, food service professionals and other interested community members will be engaged in developing, implementing, monitoring and reviewing the district-wide nutrition and physical activity policies.
3. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
4. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
5. 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.
6. Students will be provided with adequate time to eat in settings that are clean, safe and pleasant.

What are American children eating?

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- Good nutrition during the school years is vitally important for helping children grow strong, succeed in school and establish healthy habits for a lifetime. Sadly, the current eating habits of many American children are falling short of the mark.
- More than 60 percent of children and adolescents in the United States eat too much fat and saturated fat and not enough fruits and vegetables.
- Only 39 percent of children eat enough fiber (found in fruits and vegetables, whole grains, and legumes such as lentils, chick peas and black beans).
- Eighty-five percent of American females do not consume enough calcium. During the past 25 years, consumption of milk, the largest source of calcium, decreased 36 percent among adolescent females.
- At the same time, average daily soft drink consumption doubled among adolescent girls, and almost tripled among adolescent boys.
- Between 18 and 20 percent of calories consumed by children and adolescents come from added sugars. The Dietary Guidelines for Americans express concern that consuming excess calories from foods high in added sugars may contribute to weight gain or lower consumption of more healthful foods.

Why do schools need a wellness policy?

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- Approximately 33 percent of high school students do not participate in sufficient vigorous physical activity and 72 percent of high school students do not attend daily physical education classes.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes.
- 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.

All of these health problems are preventable with proper diet and adequate physical activity! That's why having the knowledge and skills to practice a healthful lifestyle are so important!

Schools alone cannot solve the nutritional problems of children. It will take the combined efforts of families, schools, communities, government agencies, health providers, the food industry and the media to make significant progress.

However, schools do play an especially critical role. The U.S. Congress and the Kansas Legislature recognized this important role when they passed the laws discussed on the following page.

What are the laws on Wellness Policies?

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Federal Law

Public Law 108-265 reauthorized federal Child Nutrition Programs which include the National School Lunch Program and School Breakfast Program. Section 204 of this law requires that not later than the beginning of the 2006-2007 school year, local educational agencies participating in the school meal programs must establish a local "school wellness policy" that, at a minimum:

- Includes nutrition guidelines for all foods available on the school campus during the school day;
- Provides an assurance that guidelines for school meals are not less restrictive than those set by the U.S. Secretary of Agriculture;
- Includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
- Establishes a plan for measuring implementation of the local wellness policy; and
- Involves parents, students and representatives of the "school food authority" (i.e. school nutrition program), the school board, school administration and the public in development of the local wellness policy.

State Law

The 2005 Kansas Legislature passed SB154. This new law supports the federal requirement for local wellness policies by directing the Kansas State Board of Education to "develop nutrition guidelines for all foods and beverages made available to students in Kansas public schools during the school day . . . In developing such guidelines, particular attention shall be given to providing healthful foods and beverages, physical activities and wellness education with the goals of preventing and reducing childhood obesity."

The state law also requires that "When establishing the wellness policy of the school district, the board of education of each district shall take into consideration the guidelines developed by the state board . . ."