

FOOD SERVICE/CHILD NUTRITION PROGRAM

Rationale

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potentials, optimal physical and mental growth, and lifelong health. Healthy eating is demonstrably linked to reduced risk of obesity, diabetes, heart disease, cancer, and many other chronic diseases in later life. Schools can assist parents in helping students establish and maintain lifelong, healthy eating patterns. The California Department of Education states that: "Research has found a clear connection between nutrition and learning. Children and youth will be ready to learn and achieve to their full potential only if they are well nourished and healthy." Further, the state legislative has passed a number of laws regarding food sales at school sites. The district will adhere to these laws and include them in the district's administrative regulations. The district wishes to promote healthy eating and support the needs of children from all socioeconomic backgrounds. The following policy statements will support this belief.

1. Maintain high nutritional quality of all foods made available to district students while they are in school, both through the school food service program and sales by other groups.
 - a. Serve foods that meet USDA nutrition guidelines and all other requirements for participation in the National School Lunch and Breakfast program.
 - b. Prepare food in compliance with local health department regulations and California Uniform Retail Food Facilities Law.
 - c. Comply with all current and future State and Federal legislation and regulation on foods served to students.
 - d. Use menus that promote the consumption of healthy and nutrient dense foods and limit food products with poor nutritive value.
 - e. Select USDA commodities that meet the above criteria.
 - f. At the elementary, middle, and high schools, only the following beverages can be sold: water; 100 percent milk, including soy and rice beverages; 100 percent fruit juices; and fruit based drinks that are composed of no less than 50 percent fruit juice and have no added sweeteners.
 - g. At the elementary, middle, and high schools, individual food items sold must have no more than 35 percent of calories from fat, 10 percent of calories from saturated fat, and 35 percent sugar by weight with the exception of fresh fruits and vegetables, and nuts and seeds.

FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)

2. Create an overall school environment that is consistent with the goal of promoting healthy eating among the students.

Menus and information on the nutritional content of foods served and sold will be posted at each site daily.

3. Promote the consumption of fresh fruits and vegetables and include one vegetarian option on each lunch menu.
4. Use food preparation practices and packaging that promote sustainability and environmental responsibility to the extent practicable within financial constraints.
5. This policy will be implemented within budget limitations.

Implementation

This policy was implemented, except as noted in the administrative regulations, and was effective immediately for K-8, and allowed the high schools to delay implementation until July 1, 2005.

*Legal Reference:*EDUCATION CODE

35182.5 *Contracts, non-nutritious beverages*

38080-38103 *Cafeteria, establishment and use*

45103.5 *Contracts for management consulting services; restrictions*

49430-49436 *Pupil Nutrition, Health, and Achievement Act of 2001*

49490-49494 *School breakfast and lunch programs*

49500-49505 *School meals*

49510-49520 *Nutrition*

49530-49536 *Child Nutrition Act*

49540-49546 *Child care food program*

49547-49548.3 *Comprehensive nutrition services*

49550-49561 *Meals for needy students*

49565-49565.8 *California Fresh Start pilot program*

49570 *National School Lunch Act*

HEALTH AND SAFETY CODE

113700-114437 *California Retail Food Code*

CODE OF REGULATIONS, TITLE 5

15510 *Mandatory meals for needy students*

15530-15535 *Nutrition education*

15550-15565 *School lunch and breakfast programs*

15566-15568 *California Fresh Start Program*

15575-15578 *Requirements for foods and beverages outsider federal meals program*

FOOD SERVICE/CHILD NUTRITION PROGRAM (continued)

Legal Reference: (continued)

UNITED STATES CODE, TITLE 42
1751-1769h School lunch programs, including:
1751 Note Local wellness policy
1771-1791 Child nutrition, especially:
1773 School breakfast program
CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS
Nutrition Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007
Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006
CALIFORNIA DEPARTMENT OF EDUCATION MANAGEMENT BULLETINS
06-110 Restrictions on Food and Beverage Sales Outside of the School Meal Program, August 2006
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Healthy Children Ready to Learn, January 2005
CALIFORNIA PROJECT LEAN PUBLICATIONS
Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS
Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles, June 2005
Dietary Guidelines for Americans, 2005
WEB SITES
CSBA: <http://www.csba.org>
California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>
California Department of Public Health: <http://www.cdph.ca.gov>
California Healthy Kids Resource Center: <http://www.californiahealthykids.org>
California Project LEAN (Leaders Encouraging Activity and Nutrition):
<http://www.californiaprojectlean.org>
California School Nutrition Association: <http://www.calsna.org>
Centers for Disease Control and Prevention: <http://www.cdc.gov>
National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>
National Association of State Boards of Education: <http://www.nasbe.org>
School Nutrition Association: <http://www.schoolnutrition.org>
U.S. Department of Agriculture, Food and Nutrition Information Center:
<http://www.nal.usda.gov/fnic>

Policy
adopted:

PALO ALTO UNIFIED SCHOOL DISTRICT
Palo Alto, California