



# **WICHITA PUBLIC SCHOOLS**

Unified School District No. 259  
Sedgwick County  
State of Kansas

## **Student Wellness Guidelines Manual**

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# Student Wellness Guidelines Manual

The Unified School District No. 259 *Student Wellness Guidelines Manual* is intended to set forth guidelines for use by all school staff, families and members of the community to help make significant progress in solving the nutritional problems of children. Schools have especially important critical roles to play. The U. S. Congress and the Kansas legislature have recognized the important role of schools when passing the recent legislation.

When developing these guidelines, particular attention has been given to providing healthful foods and beverages with the goals of preventing and reducing childhood obesity.

Please review the policies relating to student wellness:

P7500 Student Wellness: Overview

P7501 Student Wellness: Health Education

P7502 Student Wellness: Physical Activity

P7503 Student Wellness: Nutrition Guidelines for Students

P6791 Physical Education

P7400 Food Service Programs

## Monitoring Requirements

Building principals have the responsibility of ensuring building compliance with student wellness policies and guidelines. To ensure compliance, principals shall review policies and guidelines with staff at the beginning of each school year. Throughout the year, principals shall routinely monitor for compliance, providing assistance to staff members as needed.

## Smart Snacks in Schools

As a part of the Healthy, Hunger-Free Kids Act (HHFKA) of 2010 passed by the U.S. Congress, nutrition standards for all foods sold in schools were established to promote a healthy school environment. These requirements went into effect July 1, 2014. An increasing body of research tells us that giving school children healthy food options at school will help them make healthier choices and can reduce their risk for obesity. **The law specifies that the nutrition standards shall apply to all food sold outside the school meal programs, on the school campus, and at any time from the midnight before to 30 minutes after the end of the official school day.** The Smart Snacks standards apply to a la carte in the cafeteria, school stores, snack bars, vending machines, fundraising, and other venues where food is sold to students during the school day. These standards are detailed in the charts following.

Individual schools must maintain records of products sold to students during the school day to show that these products meet Smart Snacks standards. These records would include receipts, nutrition labels, specifications, and any other proof that the food or beverage meets the standards. In Kansas, each school organization recognized by the Board of Education may conduct one fundraiser per semester (with each fundraiser lasting no longer than two days) that does not meet the Smart Snacks standards. Receipts, nutrition labels, etc. are not required for these foods and beverages, but each school must maintain records that document when, where, and what was sold in the exempt fundraisers held at that site.

The following website should be used to determine if a food product meets the standards:

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/)

## Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> <li>(1) meet all of the proposed competitive food nutrient standards; and</li> <li>(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i></li> <li>(3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i></li> <li>(4) be a combination food that contains at least ¼ cup fruit and/or vegetable; <i>or</i></li> <li>(5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.</li> </ol> <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> <li>• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</li> <li>• Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</li> <li>• Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.</li> </ul>
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program, or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the total fat standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</li> <li>• Seafood with no added fat is exempt from the total fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> <li>• Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</li> <li>• Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</li> <li>• Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</li> </ul> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served ( $\leq 0.5$ g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> <li>• Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</li> <li>• Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</li> </ul>

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> <li>Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</li> </ul>
Sodium	<p>Snack items and side dishes sold a la carte: <math>\leq 230</math> mg sodium per item as served. Effective July 1, 2016, snack items and side dishes sold a la carte must be: <math>\leq 200</math> mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq 480</math> mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: <math>\leq 200</math> calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: <math>\leq 350</math> calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> <li>Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</li> </ul>
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<b><i>Beverages</i></b>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> <li>Plain water or plain carbonated water (no size limit);</li> <li>Low fat milk, unflavored (<math>\leq 8</math> fl oz).</li> <li>Nonfat milk, flavored or unflavored (<math>\leq 8</math> fl oz), including nutritionally equivalent milk alternatives as permitted by the</li> </ul>	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> <li>• 100% fruit/vegetable juice (≤8 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤8 fl oz).</li> </ul> <p>Middle School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (≤12 fl oz); and</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz).</li> </ul> <p>High School</p> <ul style="list-style-type: none"> <li>• Plain water or plain carbonated water (no size limit);</li> <li>• Low-fat milk, unflavored (≤12 fl oz);</li> <li>• Non-fat milk, flavored or unflavored (≤12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;</li> <li>• 100% fruit/vegetable juice (≤12 fl oz);</li> <li>• 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤12 fl oz);</li> <li>• Other flavored and/or carbonated beverages (≤20 fl oz) that are labeled to contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz; and</li> <li>• Other flavored and/or carbonated beverages (≤12 fl oz) that are labeled to contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz.</li> </ul>	

## Health Codes

Staff and students must follow all applicable health codes when serving and/or selling food items. A license is not required for the sale of baked goods, or items that are not potentially hazardous foods. Occasional sale of potentially hazardous foods\* (less than seven days in a calendar year) is allowed if foods are prepared on site or are obtained from a licensed commercial source. The Kansas Department of Agriculture should be contacted for guidance at 785-564-6700.

A current Kansas Food Service License is required for the sale or serving of potentially hazardous foods\* in the same location seven or more days in any calendar year, and the Kansas Food Code must be followed. The Kansas Food Code identifies a system of safeguards designed to minimize the hazards that lead to food borne illness.

The Kansas Food Code can be found at:

<http://agriculture.ks.gov/docs/default-source/fsl--handouts/kansas-food-code.pdf?sfvrsn=2>

Contact the Kansas Department of Agriculture at 785-564-6700 for information regarding licensing.

The United States Department of Agriculture Food Safety and Inspection Service (FSIS) regulations limit the resale of most food items containing meat. (Certain items, including commercially prepared pizza and sandwiches, are exempt from the requirement.) Except for the exempt items, food items containing meat (including meat tacos, and fried or otherwise cooked chicken) may not be purchased from a commercial restaurant and resold because of FSIS inspection requirements.

\*Potentially hazardous foods as defined by the current Kansas Food Code include: cooked or raw meat and dairy products; heat treated vegetables and starches such as cooked rice, beans, potatoes, and pasta; other foods such as sprouts, melons, tofu, garlic in oil, etc.



## **Classroom Food Safety**

During the school year food may be frequently stored, prepared, or eaten in the classroom. Snacks are important for providing children energy for learning. In addition, preparing or tasting foods can be valuable teaching activities. However, improper handling of food can cause food borne illness. Symptoms may resemble stomach flu and are caused by eating contaminated food. Help protect your students . . .

### **FOLLOW SIMPLE RULES**

- Keep all food clean
- Keep hot foods hot
- Keep cold foods cold

### **KEEP ALL FOOD CLEAN**

Keep everything that comes in contact with food clean.

- Always wash hands before eating and handling foods. Wash your hands thoroughly in warm, sudsy water (at least 20 seconds). Repeat washing between food handling.
- Use clean towels, dishcloths, cooking dishes, and utensils.
- Scrub work surfaces and disinfect cutting boards.
- Avoid cross contamination of foods by using separate cutting boards and cutting utensils for meat and fruits/vegetables.
- Never taste with the stirring spoon!
- Wash dishes in hot (140° F) soapy water, then rinse well.
- Avoid chipped or cracked dishes that can harbor bacteria.

## KEEP HOT FOODS HOT

Between 40° and 140°F, bacteria will double every 20 to 30 minutes.

- Cooked foods should be held at temperatures higher than **135°F**. Temperatures between **135°** and 159°F prevent bacteria growth.
- High temperatures (160° to 212°F), kill most bacteria. That is the reason meats, such as ground meat and poultry, should register an internal temperature of 160°F.

## KEEP COLD FOODS COLD

- Foods should be refrigerated at a temperature between 34° and 40° F.
- Rapidly cool any cooked foods and never leave foods at room temperature.
- Below 32°F, which is freezing, bacteria will not grow, but will survive. Frozen foods should be stored at 0°F for long-term storage.

For more classroom information and educational activities for the classroom on food safety:

[www.cfsan.fda.gov/~dms/educate.html](http://www.cfsan.fda.gov/~dms/educate.html)

## Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with nutrients to support growth and learning. Parties are an opportunity to celebrate. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods.

Food allergies and special dietary needs, including diabetes, are becoming increasingly common in the general population and should be considered when planning food at school. Check with the school nurse for guidance.

Salsa & low-fat chips

Angel food cake with fruit toppings

### Assist Hydration

Water (flavored)

### Promote Fruits and Vegetables

Fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges

Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears and apples

Fruit salad or fruit added to gelatin

Fresh Fruit with yogurt dipping sauce

Apples with caramel dip

Fruit and cheese kabobs

Fruit with whipped topping

Dried fruit – raisins, cranberries, apples, and apricots

100% vegetable or fruit juice -orange, apple, grape, cranberry or applesauce singles

Fruit smoothies

Berry parfaits with vanilla yogurt

Vegetable tray with low fat dip

Celery & peanut butter, celery & squeeze cheese

Carrots, celery, broccoli, cauliflower, cucumbers with dip

**Grains**

Trail mix or cereal mixes  
Granola bars, graham crackers  
Banana, carrot or zucchini bread  
Bagels & cream cheese  
Pasta salad  
Bread sticks with marinara  
Low-fat pretzels or  
popcorn Graham or animal  
crackers

**Dairy**

String cheese or small packets of cheese  
Yogurts in a cup or in a tube, smoothies  
Low-fat pudding cups  
Low-fat milk (plain or flavored) – plain, chocolate,  
strawberry, vanilla  
Cheese quesadillas

**Easy Ideas for Protein**

Low fat beef jerky  
Nut assortments/trail mix  
Peanut butter w/ apples or celery  
Salami, cheese and whole grain  
crackers  
Pizza with low-fat toppings – veggies, lean ham

### **What about Birthday Cake?**

Once in a while a piece of birthday cake can fit into a healthy diet. However, if each student brings in cake for his or her birthday, eating cake becomes a regular occurrence. Keep cake a “sometimes” food by having all students with birthdays in the same month celebrated on one day. Try to limit parties with cake and other sugary or high fat foods to once a month or less and provide alternative foods for children with special dietary needs, including allergies and diabetes.

## **Alternatives to Using Food as a Reward**

Teachers, administration, parents, and the community often offer kids food as a reward for “good” behavior. Typically, “food rewards” have little or no nutritional value, but are used because they are easy, inexpensive treats that are thought to bring about short-term behavior change. Teachers and staff are encouraged to reward students with non-food items. Using food as a reward sends a mixed message that highlights the conflict between nutrition education taught in the classroom and the school environment. It encourages over-consumption of foods high in added sugar and fat that can lead to overweight and may displace more nutritious foods. Food as a reward teaches kids to reward themselves with food, even when they are not hungry.

### **Zero Cost Alternatives**

Sit at the teacher’s desk  
Sit by friends  
Eat lunch with the teacher/principal  
Make a delivery to the office  
Be the classroom helper  
“No homework pass”  
Read outside  
Extra recess time  
Class walking break  
Listen/dance to appropriate music  
Watch a video  
Free choice time  
Game Day  
Listen to a book on tape  
Extra computer time  
Teacher performs special skill (i.e., sing, dance)  
Teacher reads a special book to the class

### **Low-Cost Alternatives**

Books  
Enter drawing for donated prizes  
Stickers  
School supplies  
Movie/video coupons  
Trading cards  
Stamps  
Trip to the treasure box  
Coloring books  
Art supplies  
Gift certificates to school store  
Physical activity equipment

# Healthy Ideas for Fundraising

## Benefits of Healthy Fundraising

### **Healthy kids learn better:**

- Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools and childcare centers must also provide an environment that supports healthy behaviors.

### **Provides consistent messages:**

- Fundraising with healthy foods and non-food items demonstrates a commitment to promoting healthy behaviors. It supports the lessons children are learning about health, instead of contradicting them.

### **Promotes a healthy school or childcare environment:**

- Children need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy fundraising alternatives is an important part of providing a healthy school or childcare environment.

## List of Ideas for Fundraising

Schools can help promote a healthy learning environment by using non-food items as fundraising alternatives. Ideas adapted from *Creative Financing and Fundraising*, California Project Lean, California Department of Health Services, 2002.

### Items You Can Sell

Balloon bouquets	Pet treats/toys/accessories
Batteries	Pocket calendars
Books, calendars	Pre-paid phone cards
Brick/stone/tile memorials	Rent a special parking space
Bumper stickers, decals	Scarves
Buttons, pins	School Frisbees
Candles	School spirit gear
Coffee cups, mugs	Spirit/seasonal flags
Cookbooks	Stadium pillows or seats
Crafts	Stationery
Coupon books	Student directories
Customized stickers	Temporary/henna tattoos
Discount cards	T-shirts, sweatshirts
Emergency kits for cars	Valentine flowers
First aid kits	Yearbook covers
Flowers, plants, bulbs	
Foot warmers	
Gift baskets	
Gift certificates	
Hats	
Holiday wreaths	
House decorations	
Jewelry	
License plates or holders	
Magazine subscriptions	
Newspaper space, ads	

### Things You Can Do

Auction (teacher does something for kids)

Bike-a-thons

Bowling night/bowl-a-thon

Car wash

Carnivals

Chess, checkers or other tournaments

Craft Show

Cow Pie Bingo

Dances

Family/glamour portraits

Festivals

Fun runs

Garage Sales

Game Night

Gift-wrapping service

Golf tournament

Karaoke competition

Kiss the Pig

Jump-rope-a-thons

Magic show

Penny War

Read-a-thons

Recycling cans/bottles/paper

Save It or Shave It

Scavenger Hunts

Science fairs

Singing telegrams or singing valentines

Skate night/skate-a-thon

Spelling bee

Talent shows

Tennis/horseshoe competition

Treasure hunt/scavenger hunt

Walk-a-thons

Workshops/classes

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