

## Diocese of Fort Worth, Office of Catholic Schools

### Wellness Policy/School Year 2016 – 2017

#### **Purpose and Goal**

There is a well-documented link between nutrition and learning: healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students establish and maintain lifelong, healthy eating patterns, to reduce childhood obesity, and to make nutritious and enjoyable food choices. In addition, school staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

**Classroom Nutrition Education:** Sequential health education will be taught or supervised by qualified teachers. This sequence shall include the standards and curriculum set forth by The Texas Department of Agriculture and Square Meals. Nutrition education will demonstrate the interrelationship between good nutrition, physical activity, and health. Staff development is available at the local Education Service centers for teachers and food service staff on basic nutrition and nutrition education.

Schools are encouraged to use food as an integrator of education about human events, history, and celebrations, and shall encourage classes to use food and cooking as part of a learning experience that sheds light on customs, history, traditions, and cuisine of various countries and cultures.

Whenever possible, schools shall as a part of the core curriculum integrate hands-on experiences in gardens, in kitchens, and on field trips teaching students how food reaches the table and the implications that has for their health and future.

Promoting healthy eating habits can be accomplished by encouraging students to eat the balanced school breakfast/lunch provided to them and guiding the students not to overeat.

Students should be mindful about wasting food and encouraging them to remember there are children in their own neighborhoods, around our country, and the world who do not have enough to eat.

Inviting a local “chef” to school is another avenue that can be explored in school communities; to have them share their knowledge and skills with students and encourage the students to take an active interest in food, production and preparation, and selection of healthy foods for them to lead productive and healthy lives.

Healthy menus can be developed by students and teachers in the classroom and shared with their school community and family while promoting healthy decision making regarding their food choices.

**Physical Activity:** Schools shall provide a quality physical education program that meets the requirements set forth by Texas Catholic Conference and the Diocese of Fort Worth for each grade level. Schools are encouraged to institute programs for students to participate in that support physical activity in and out of school.

Participation in the President's Physical Fitness program is recommended for schools. Recess periods are provided during the school day in which physical activity is encouraged and promoted. The schools should provide balls, jump ropes, and other equipment to facilitate and encourage students to exercise while they play.

**Foods of Minimal Nutritional Value**, as defined by federal regulation, Square Meals: (FMNV), *are not allowed to be provided to students anytime, anywhere on school premises by anyone, until after the end of the last scheduled class of the school day. (Including guest speakers).*

*Soda water:* Includes any carbonated beverage, including those added nutrients such as vitamins, minerals and protein.

*Water ices:* Includes any frozen, sweetened water such as popsicles and other "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

*Chewing gum:* Includes any flavored products made from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

*Certain Candies:* Includes any processed food made predominantly from sweeteners or artificial sweeteners, including hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.

### **Nutrition policy exemptions**

Elementary classrooms may serve one nutritious snack per day in the morning or afternoon, (not during regular meal periods for that class) under the teacher's guidance. The classroom snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students. Prepackaged snacks must comply with the fat and sugar limits of the Texas Public School Nutrition Policy, and must be single-size servings. All snacks, (homemade and prepackaged) may not contain any FMNV's or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.) However, this does not apply to snacks students bring from home solely for their own consumption.

Elementary classroom birthday parties, that includes foods otherwise restricted by the policy are permitted at student birthday parties. It is recommended such parties be scheduled after the end of the class lunch period so that these celebration will not replace a nutritious lunch.

The nutrition policy does not apply to students who leave campus for campus-approved field trips or to travel to sanctioned athletic, band or other competitions. The school day is considered

to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

Certain exemptions are allowed for school nurses, students with special needs, and up to three school wide events preapproved by campus officials. (NOTE: Federal regulations do not allow FMNV's to be sold or given away during meal periods where reimbursable meals are served/consumed, including during any exempted events.)

### **Nutritional Standards for All Foods Sold in School Guidance for School Principals and Staff**

The Healthy, Hunger-Free Kids Act required the USDA to establish nutrition standards for competitive food sold in schools. USDA's interim final "Nutrition Standards for All Foods Sold in School," was effective July 1, 2014. These science-based nutrition standards promote healthy school environment and apply to all foods sold outside of the reimbursable school nutrition program meals, such as:

- A la carte cafeteria sales
- Snack bars
- Fundraisers
- School stores
- Vending machines

#### **Definitions:**

- **Competitive food** – All food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under the National School Lunch Program and the School Breakfast Program.  
**School campus** – All areas of the property under the jurisdiction of the school that is accessible to students during the school day.  
**School day** – The period from midnight before to 30 minutes after the end of the official school day.  
**A La Carte** – Menu items sold individually and, therefore, not part of the school nutrition program's reimbursable meals.
- **Fundraisers:**  
Schools may use foods and beverages that meet the competitive foods standards to raise funds for schools sponsored events, clubs, and activities. These standards do not apply to items sold off-campus or during non-school hours. Schools may adopt stricter standards through their Local School Wellness Policy. Fundraisers for food and beverage items that do not meet Smart Snacks **may not** occur at any time during the school day. Parent organizations and extracurricular groups that wish to sell foods or beverages for fundraising purposes should be appraised of these standards.

- **Beverages:**  
Allowable beverages for all grades include plain water, low-fat (1%) milk (unflavored), nonfat milk (flavored and unflavored), and 100% fruit and /or vegetable juice. Although federal regulation allow High schools the additional flexibility to sell other flavored and/or carbonated diet and low-calorie beverage, including those that contain caffeine, the Texas Public School Nutrition Policy does not currently allow carbonation of any kind. Additional state regulations are forthcoming to further clarify beverage requirements.
- **Record-Keeping:**  
Schools must keep accurate documentation of compliance with the Smart Snacks rule. Compliance will be determined during the time of the district's Administrative Review.
- **A Team Approach:**  
These nutrition standards extend beyond the scope of the school food service operation. It is important for school leadership and staff to partner alongside school nutrition professionals in order to communicate information about the new standards, as well as develop a plan to ensure compliance.

**The following items are exempt from all competitive food nutrient standards, and therefore may be sold:**

- Fresh, canned, or frozen fruits with no added ingredients except water or packed with 100% juice, extra light syrup or light syrup;
- Fresh vegetable and canned vegetable with no added ingredients except water or sugar for processing;
- NSLP/SBP Entrée items are exempt when they are sold on the day of service or the school day after service;
- Sugar-Free Chewing Gum.

**All other food items must meet the following criteria, for all age/grade levels:**

General Criteria (must be *one* of these 4 items)

1. Whole grain-rich (50% or more whole grains by weights or first ingredient whole grain);  
OR
2. Have as the first ingredient: fruit, vegetable, dairy, or protein (Meat, beans, nuts, eggs etc.); OR
3. A combination food with at least ¼ cup fruit and/or vegetable; OR
4. Contain 10% of the Daily Value of one of the four nutrients of public health concern: calcium, potassium, vitamin D, dietary fiber

**AND meet the following additional nutrient standards:**

<b>Nutrient</b>	<b>Standard</b>
<b>Calories</b>	Entrée: ≤350 calories per item Snack/Side Dish: ≤ 200 calories per item
<b>Sodium</b>	Entrée: ≤480 mg sodium per item Snack/Side Dish: ≤230 mg sodium per item (≤200 mg after July 1, 2016)
<b>Total Fat</b>	≤35% of total calories from fat per item as packaged/served
<b>Saturated Fat</b>	≤10% of total calories per item as packaged/served
<b>Trans Fat</b>	Zero (<0.5g) grams of trans fat per portion as packaged/served
<b>Total Sugar</b>	≤35% of weight from total sugars per item (dried/dehydrated fruits/vegetables exempt)

**Nutrition Standards for Beverages:**

<b>Beverage</b>	<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>
Plain water, with or without carbonation	No size limit	No size limit	No size limit
Low fat milk(1%), unflavored or flavored	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
Nonfat milk unflavored or flavored	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
100% fruit/vegetable juice <sup>(A)</sup>	≤ 8 oz.	≤ 12 oz.	≤ 12 oz.
Caffeinated beverages	Not allowed <sup>(B)</sup>	Not allowed <sup>(B)</sup>	Allowed
Calorie free <sup>(C)</sup> and low – calorie beverages <sup>(D)</sup>	Not allowed	Not allowed	Limited Allow- ability per State Regulations <sup>(E)</sup>

(A) 100% fruit/vegetable juice and 100% Fruit/vegetable juice diluted with water, with or without carbonation, and no added sweeteners

(B) Foods and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances

(C) 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.

(D) Other flavored and /or carbonated beverages (≤ 20 fl. oz. that are labeled to contain ≤ calories per 8 fl. oz. or, ≤ 60 calories per 12 fl. oz.

(E) Texas regulations do not allow certain calorie free and low calorie beverages to be sold during the schools day

“Nutrition Standards for all Foods Sold in School”, per Healthy, Hunger-Free Kids Act, effective July 1, 2014, Texas Department of Agriculture

<http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/SmartSnacks.aspx>

**Specific Guidelines for School Breakfast and Lunch Programs**

<b>Policy</b>	<b>Elementary Schools (K - 5)</b>	<b>Middle/Junior High (Grades 6 - 8) High Schools (Grades 9 - 12)</b>	
<b>Competitive Foods</b> (All food and beverages that are not provided by school food service)	Not allowed to be provided to students at anytime, anywhere on school premises until after the end of the school day	Not allowed anywhere on school premises from 30 minutes before to 30 minutes after meal periods. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.	Not allowed during meal period in areas where reimbursable meals are served and consumed. All food, beverages and snack items must comply with the nutrition standards and portion size restrictions in this policy.
<b>Fats</b>  < 10% of total calories from saturated fat	<b>All schools</b> Individual food items must not contain more than 23 grams of fat with an exception of one individual food item per week. No food items can exceed 28 grams of fat at any time. (See the full policy for peanut butter exemption.) USDA offers lean meats, poultry, fish and reduced fat cheeses.		
<b>Deep-Fat Frying</b>	<b>All schools</b> , must be eliminated as a method of on-site preparation at all schools		
<b>French Fries and other previously fried potato products.</b> (Baked potato products that have not been pre-fried, flash-fried or deep-fat fried may be served without restriction.)	Portions may not exceed 3 oz., may only be served three times per week, and may only be purchased by student's one serving at a time. Must be baked for on-site preparation.	Portions may not exceed 3 oz., may only be served three times per week, and may only be purchased by student's one serving at a time. Must be baked for on-site preparation.	Portions may not exceed 3 oz. and may only be purchased by student's one serving at a time. Must be baked for on-site preparation.
<b>Meat/Meat Alternative (M/MA) daily and weekly minimum ranges</b> (Flexibility for additional servings as outlined in SP-26-2013)	K - 5: 1 oz eq. min. daily (8 - 10 oz weekly)	Grades 6 - 8: 1 oz eq. min. daily (9 - 10 oz weekly)	Grades 9 - 12: 2 oz eq. min. daily (10 - 12 oz weekly)
<b>Trans Fat</b> Note: FDA allows products with less than 0.5 gm per serving to count as zero. Naturally – occurring trans-fat is exempted.	<b>All schools</b> Zero grams trans-fat per portion for breakfast and lunch programs (USDA Foods do not contain added trans-fat: Peanut and sunflower butters, vegetable oils, potato products, catfish strips, very little occurring trans-fat in beef and cheese.)		
<b>Fruits and Vegetables</b> Breakfast, fruit 1 cup/day (Vegetable substitution allowed – see description in NSLP.) (Students must select ½ cup of fruit under OVS.)	<b>All Schools</b> ¾ cup – 1 cup of vegetables plus 1 cup of fruit per day, weekly requirement for dark green/red/orange, beans/peas (legumes), starchy, other as defined in 2010 Dietary Guideline. (Frozen fruits with added sugar can be offered as outline in SP-49-2013. Credit as volume offered except dried fruit counts as 2x volume.)		

<b>Milk</b>	<i>All schools</i> 1 cup, must be fat-free (unflavored or flavored) and 1% low-fat unflavored milk. Flavored milks must not contain more than 30 grams of sugar per 8 fl. oz.		
<b>Fruit/vegetable juices</b>	<i>Elementary schools only</i> All beverages served in elementary schools must be milk, unflavored water and 100% fruit and/or vegetable juice. No electrolyte replacement beverages (sports drinks) may be served cold or sold. (See portion chart for frozen fruit slushes criteria.)		
<b>Policy</b>	<i>Elementary Schools</i> (K - 5)	<i>Middle/Junior High</i> (Grades 6 - 8)	<i>High Schools</i> (Grades 9 - 12)
<b>Grains</b>	1 oz. eq. min. daily (8 - 9 oz weekly)	1 oz eq. min. daily (8 - 10 oz weekly)	2 oz eq.min. daily (10 - 12 oz weekly)
	Refer to SP 02-2013 Flexibility for additional servings as outlined in SP-26-2013		
<b>Whole Grains</b>	All grains must be whole grain rich		
<b>Food or beverage</b>	<i>All Schools</i> The maximum portion size and nutrient restrictions below apply to all foods and beverages served or made available via vending machines, fundraisers, snack bars, a la carte or any other service point. These restrictions do not apply to food items served as part of a reimbursable school meal unless they are individually sold.		
<b>Chips</b> (fried or baked)	<i>All Schools</i> 1.5 oz. (no more than 7.5grams of fat per bag)		
<b>Other</b> (crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels)	<i>All Schools</i> 1.5 oz.		
<b>Cookies/cereal bars</b>	<i>All Schools</i> – 2 oz. Total fat must not exceed 30% of calories or 3 grams per 100 calories; saturated fat must not exceed 10% of calories or 1 gram per 100 calories; sugar must not exceed 10 grams per ounce. See full policy for grain/bread exemptions at breakfast.		
<b>Bakery items</b> (e.g., pastries, muffins)	<i>All Schools</i> - 3 oz. Total fat must not exceed 30% of calories or 3 grams per 100 calories; saturated fat must not exceed 10% of calories or 1 gram per 100 calories; sugar must not exceed 10 grams per ounce. See full policy for grain/bread exemptions at breakfast.		
<b>Frozen desserts, ice cream, frozen yogurt, pudding or gelatin</b>	<i>All Schools</i> 4 oz.		
<b>Beverages other than milk</b>	6 fl. oz. Must not contain more than 30 grams total sugar per 6 fl. oz. Juice must be 100% fruit and/or vegetable juice. No limit on non-carbonated, unflavored water. Electrolyte replacement beverages are not allowed	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.	12 fl. oz. Must not contain more than 30 grams of sugar per 8 fl. oz. No limit on non-carbonated, unflavored water.

<b>Frozen fruit slushes</b> (must contain at least 50% fruit juice)	6 fl. oz.	8 fl. oz.	12 fl. oz.
<b>Contracts</b>	<i>All schools</i> Contracts, contract renewals and amendments must expressly comply with this policy.		
<b>Age-Grade Groups</b> <ul style="list-style-type: none"> <li>Establish age/grade groups: K-5, 6-8, 9-12</li> </ul>	For all lunch and breakfast programs		
<b>Offer vs. serve</b> <ul style="list-style-type: none"> <li>Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)</li> </ul>	<ul style="list-style-type: none"> <li>For both lunch program and breakfast programs</li> </ul>		
<b>Monitoring</b> <ul style="list-style-type: none"> <li>3year administrative review cycle</li> </ul>	<ul style="list-style-type: none"> <li>For both breakfast and lunch programs</li> </ul>		
<ul style="list-style-type: none"> <li>Conduct weighted nutrient analysis on 1 week of menus</li> </ul>	<ul style="list-style-type: none"> <li>For both breakfast and lunch programs</li> </ul>		
<b>Menu Planning</b> <ul style="list-style-type: none"> <li>A single FBMP approach</li> </ul>	<ul style="list-style-type: none"> <li>For both breakfast and lunch programs</li> </ul>		
<b>Sodium Targets</b>	<i>School Breakfast Program</i>	<i>School Lunch Program</i>	
USDA offers canned, frozen, and fresh vegetables, meat, poultry, pork, and cheeses with reduced or low sodium levels to help school meet the SY 14-15 targets.	<b>Target 1:</b> School year 2014 - 15 K- 5: ≤ 540 mg 6-8: ≤ 600 mg 9-12: ≤ 640 mg	<b>Target 1:</b> School year 2014 - 15 K- 5: ≤ 1,230 mg 6-8: ≤ 1,360 mg 9-12: ≤ 1,420 mg	
USDA will continue to dialog with industry to modify specifications for further reductions to meet subsequent targets.	<b>Target 2:</b> School year 2017 - 18 K-5: ≤ 485 mg 6-8: ≤ 535 mg 9-12: ≤ 570 mg <b>Target 3:</b> School year 2022 - 23 K-5: ≤ 430 mg 6-8: ≤ 470 mg 9-12: ≤ 500 mg	<b>Target 2:</b> School year 2017 - 18 K-5: ≤ 935 mg 6-8: ≤ 1,035 mg 9-12: ≤ 1,080 mg <b>Target 3:</b> School year 2022 - 23 K-5: ≤ 640 mg 6-8: ≤ 710 mg 9-12: ≤ 740 mg	
<b>Calorie Ranges</b>	<i>Breakfast Program</i>	<i>Lunch Program</i>	
Only food-based menu planning allowed <10% of total calories is from saturated fat	K - 5: 350 - 500 calories Grades 6 - 8: 400 - 550 calories Grades 9 - 12: 450 - 600 calories	K-5: 550 - 650 calories Grades 6 - 8: 600 -700 calories Grades 9 - 12: 750 - 850 calories	



## **Measure and Evaluation**

Wellness policy shall be reviewed annually by each of the Diocese of Fort Worth Schools. Yearly measurement of height and weight are recommended for students and recorded on the health card. Screening for Type II Diabetes is done according to guidelines set up by the Texas Mexico Border Health Office and recorded on the permanent health card/or computer health record. Negative/positive findings documented along with the results (outcome) from referral to the student's health care provider.

## **Committee Members**

1. Diana Schumacher, Secretary, St. Mary's Catholic School, Gainesville, Texas
2. Karen Lee, Principal, St. Mary's Catholic School, Gainesville, Texas
3. Christina Mendez, Principal, St. Peter the Apostle Catholic School, White Settlement, Texas
4. Rachel and Bryan McGann, parents, children Mary Grace and Catherine, students at St. Peter the Apostle Catholic School, White Settlement, Texas
5. Jennifer Pelletier, Superintendent, Diocese of Fort Worth
6. Trudy Miller, Business Manager, Center-City Schools, Diocese of Fort Worth
7. Nancy Eder, RN, School Nurse Consultant, Diocese of Fort Worth

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- April 25, 2012, Diocesan School Advisory Council, Diocese of Fort Worth
- Revised document approved, March 22, 2016, Catholic Schools Office, Diocese of Fort Worth