

Policy 5.53: Autauga County Wellness Policy

Status: ADOPTED

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New: 5.53

AUTAUGA COUNTY WELLNESS POLICY

Autauga County is committed to fostering a healthy nutritional and physically active school environment that supports student achievement and promotes the development of lifelong wellness practices. The board endorses the wellness practices that are stated within the policy.

Background:

Today, many children are consuming diets with too many calories and not enough nutrients. In addition, these children are not getting enough physical activity. Due to the alarming obesity rates and the continual decline in the health of our children, it has become clear that action must be taken to correct this epidemic by those in the position to make a clear difference. Schools play a significant role in the lives of children and are where children spend much of their day. As such, helping students stay healthy is a fundamental part of the mission of schools. Schools are an important setting for providing children with a healthy environment where they can consume nutritious meals, snacks and beverages, get regular physical activity, and learn about the importance of lifelong healthy behaviors. Eating patterns are established in childhood and often carry over into later life.

For these reasons, Congress included a new requirement in the Child Nutrition and WIC Reauthorization Act of 2004 for schools participating in the National School Lunch program. Every school was to implement a Wellness Plan by the beginning of the 2006-07 school year, which Autauga County did, to promote proper nutrition, increase physical activity and take steps to decrease the burden of chronic disease. Each school district was to oversee these plans and serve as the governing agency for compliance. Then in 2010 the Healthy Hunger-Free Kids Act (HHFKA) added additional requirements. With the passage of the 2010 Act, new provisions have been established placing greater emphasis on implementing, evaluation and public reporting on progress. On March 27, 2015, Alabama revised the Implementation of USDA Smart Snacks in School and Fundraising Activities, and slightly revised in May 2022, to reflect the changes that the federal government has given even more guidance for foods sold in schools.

American Schools have always been the starting point for real change due to their impact on the children and future of this country. Change is unlikely to take a stronghold in the adults of today, but change can be instilled in the lives of our children and future generations. The problem we face today did not happen overnight; therefore, the corrections will not happen overnight. We must adjust our thinking and the choices we make today in hope that they become the habits of tomorrow.

Thus, the Autauga County School District 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 the Autauga County School District that:

1. The school district shall engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district wide nutrition and physical activity policies.
2. All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis.
3. Foods and beverages sold or served at school shall meet the nutritional recommendations of the U.S. Guidelines for Americans and the Smart Snacks in Alabama Schools.
4. Qualified Child Nutrition professionals shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students in a clean, safe, and pleasant setting with adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district shall encourage participation in available federal school meal programs, including the National School Breakfast and Lunch Program.
6. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and shall establish linkages between health education and school meal programs, and with related community services.

School Action Plan:

The Autauga County Schools will provide a district wellness policy that will serve as their wellness plan or building blocks for individual schools to write an action plan for improving student health that is unique to the individual needs of their school. A school will follow the wellness policy or be more restrictive, but not less restrictive than the policy. Every school shall review and approve its offerings of foods sold and develop a strategic plan for providing foods and beverages in vending machines, school stores, fundraisers, classroom parties and classroom snacks to ensure that all snacks and beverages meet the nutritional requirements before being offered to students. Schools shall organize a school health committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. Each school shall conduct evaluations using a validated survey to identify strengths and weaknesses and prioritize changes as an action plan for improving student health. The assessment and planning steps shall involve teachers, child nutrition staff or other school staff as appropriate, parents, students, and the community. Each school shall submit names to the chairman/co-chairman of the Wellness Policy Committee identifying all personnel assigned to the wellness committee and the periodic evaluation forms on a date to be identified by the district wellness committee.

Nutritional Quality of Foods and Beverages Sold and Served on Campus.

The school campus shall reflect a healthy nutrition environment. Adequate time to eat shall be allowed to have a pleasant dining experience. Schools shall ensure that all students have daily access to meals served. Schools may not establish policies, class schedules, bus schedules, or other barriers, such as an unfriendly atmosphere, that directly or indirectly restrict access to or the completion of meals. School Administrators will not allow access to school stores or food and beverage machines while meals are being served in the cafeteria.

School Meals

Meals served through the National School Lunch and Breakfast Programs shall meet or exceed the USDA regulations for the National School Lunch and School Breakfasts programs:

1. Reimbursable breakfasts and lunches shall not be less restrictive than regulations and guidance issued by USDA;
2. Be appealing and attractive to children and be served in clean and pleasant settings using HACCP food safety principles to ensure the best quality of food;
3. Schools shall focus on improving meal quality and increasing the variety of fruits and vegetables, especially raw fruits and vegetables;
4. Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
5. Serving sizes shall comply with the meal pattern requirements as described by the United States Department of Agriculture regulations. Consumption of fresh fruits and vegetables or canned fruits and non-starchy vegetables shall be encouraged.
6. Cafeteria managers shall review the items offered as a la carte sales and evaluate the nutritional contributions of each item. Foods not meeting the criteria listed in the Alabama Healthy Snack Standards shall be eliminated.
7. All flash-fried vegetable products (oven-ready French fries, breaded okra, etc.) should be limited per week. Preparation techniques shall be modified to reduce the number of flash-fried foods and increase baking, steaming, and roasting preparation methods.
8. Federal law requires "Offer Versus Serve" be implemented at all high schools, which allow students to decline one food group during breakfast and two food groups at lunch yet still allows the meal to be reimbursable. In addition, "Offer Versus Serve" may or may not be offered at elementary schools, which would allow those students to decline one food item at breakfast and at lunch yet still allows the meal to count as a reimbursable meal. The purpose of "Offer Versus Serve" is to allow students to choose foods they prefer to eat without being forced to take food they will not eat. Lunchroom employees shall encourage students to take one serving of all food groups being offered. Students are required to take a serving of fruit and/or vegetable with their meal.
9. School meals shall not be used as a reward or as a form of punishment.

Breakfast:

All children shall be encouraged to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. All Autauga County Schools shall operate a School Breakfast Program.
2. Schools administrators shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation and notify parents and students of the availability of the School Breakfast and Lunch Program. The cafeteria must provide an inviting atmosphere to encourage students to participate. This takes cafeteria personnel as well as teachers or others on breakfast duty.
3. School Administrators shall encourage parents to provide healthy meals for their children that do not eat breakfast or lunch in the school cafeteria. This can be accomplished through newsletter articles, take-home materials, or other means.

Water:

To promote hydration, free, safe, unflavored drinking water will be available to students throughout the school day with water fountains and/or water fountains that bottles can be filled. Potable drinking water will be made available where school meals are served during mealtimes.

Goals for Nutrition Promotion and Education:

At a minimum, school cafeteria personnel are expected to:

1. To have annual or bi-annual celebrations to promote either lunch or breakfast or both. The date to be determined by the Child Nutrition Director.
2. Have informational posters and/or bulletin boards on nutrition at the school. This does not have to be in the lunchroom, but can be located throughout the school.
3. Menus are posted at the school and/or on school websites to inform students about the nutritious meals being offered at their school.
4. Fruit and vegetable choices are prominently displayed on serving lines.
5. When possible, cafeterias will serve locally grown produce and promote that these items can be purchased locally, usually advertising the farm where items were purchased.

Free and Reduced-priced Meals:

Federal Law requires that schools make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

1. Schools in Autauga County shall utilize electronic identification and payment systems that do not identify the student's eligibility.
2. In the event of computer failure, school cafeterias shall have procedures in place to account for meals without exposing individual student's eligibility status.
3. School Administrators are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

4. If reward is provided at a school, and breakfast and/or lunch is provided to students free, students must be given the opportunity to participate in the school breakfast and/or lunch program in the cafeteria.

Meal Times and Scheduling by school administrators:

1. Administrators must provide adequate time (a minimum of 15-20 minutes) for students to eat and enjoy school meals.
2. Ensure school staff (other than lunchroom staff) are assigned monitoring duties in the lunchroom and shall provide supervision in the serving and dining areas.
3. Schedule meal periods at appropriate times.
4. Shall not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students are allowed to obtain meals through the lunchroom and eat during the activity.
5. Provide students access to hand washing or hand sanitizing before and after eating meals.

Qualifications for Child Nutrition Director:

Any person employed as a CNP Director must meet the standards of the Code of Alabama (1975) 290-080-030-05 and 06 (the standards as of the current date). All new CNP Directors must meet the educational requirements as specified by federal and state requirements. A CNP Director who does not meet the educational requirements must complete those requirements within a three year period from the date of employment. If not met, the CNP Director cannot continue being employed.

Qualifications of School Food Service Staff:

Qualified nutrition professionals shall administer the school meal programs. As part of the school district's responsibility to operate a food service program, continuing professional development for all nutrition professionals in schools will be provided. Staff development programs shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Employee's hours worked determine the required number of hours of training of the employee. The Child Nutrition Office, along with the manager at the school, will make sure that all employees are in compliance. School food service staff will also meet the Code of Alabama (1975) 290-080-030-05 and 06 most up-to-date standards.

The manager at each cafeteria must be "Serv-Safe" certified by the National Restaurant Association as required by the State Child Nutrition Program.

Sale of Food and Beverages:

Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) as a minimum, must follow the Alabama State Department of Education latest edition of the "Alabama Smart Snacks in School (Revised March 27, 2015 and slightly revised May 2022)".

Foods sold as the "entrée" of any single meal are exempt from the USDA Smart Snacks in School standards, and may be sold a la carte on the day of, and the day after, the item is on the menu. Except in the case of entrees, as outlined above, all foods sold a la carte during the school day must meet the USDA Smart Snacks in School standards as outlined below. Food items that do not meet these standards should be eliminated from a la carte sales, or be sold in reduced portion sizes in order to comply with the USDA requirements.

Allowable snack and A la carte items:

All snack items made available to students during the school day must meet Alabama Smart Snack Standards and be approved by with the smart snack calculator found at

<https://foodplanner.healthiergeneration.org>. Snacks cannot exceed the established limits for carbohydrates, sodium or fat and contain a minimum amount of the required nutrients (Vitamin A, Vitamin C, iron, calcium or fiber). Items cannot exceed more than one serving per container and meet the portion size outlined for that product. A list of healthy snacks and beverage ideas are included at the end of the policy.

Elementary Schools, Middle Schools and High Schools: The school administrator shall approve, monitor and provide only food and beverages that meet the state nutritional guidelines. All foods and beverages provided to students during the school day shall follow the nutrition and portion size standards outlined in ***A Guide to Smart Snacks in School dated May 2022*** (FNS-623). This includes all snacks sold through a la carte [snack] lines, vending machines, and student stores.

1. Outside food and drinks in the cafeteria area: Autauga County encourages and prefers that commercial or fast foods not be brought into the cafeteria. Also, it is encouraged that foods that have commercial logos (not purchased in the cafeteria) on the wrapping need to be taken out and placed on a tray. Although this is best practice, it is not required.
2. Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts. It is highly recommended that teachers and other staff members assess and improve their own eating practices and make them aware of the behavioral messages they give as role models.
3. Food items in competition with the CNP scheduled meal time may not be sold or provided free of charge to students. This includes, but is not limited to food items purchased through school organizations and those donated from outside sources. To encourage students to eat healthy meals, schools are required to restrict student access to concessions, extra sales, vending, and fundraisers one hour before or after meal periods. Therefore, schools may not schedule sales of such items immediately before or after meals that would compete with the meal service. **If sales should occur that are in competition with the meal, then all income generated from such sales will be required to be given to Child Nutrition for depositing in the school cafeteria account.** The policy is not intended to restrict access to healthy snacks during recess, or at times other than the meal service.

Fund Raising Activities:

All fundraising activities that involve the selling or distributing of food during school hours

or as students gather on school campus before school or wait on transportation or otherwise exit the school campus following school dismissal shall meet the established guidelines and have prior approval from the school administrator and nutrition committee. Events outside of the school day are not affected by this requirement and that means booster clubs, etc., are free to select items for sale for specific fundraising and concessions sales as long as the activity is not during the school day (**school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day**) or does not conflict with this position. Fund raising activities that take place during school hours should be designed to support children's health and school nutrition-education efforts. School fundraising activities shall be addressed by administration at the school and will not be less restrictive than the district wellness policy.

Allowable Fundraising on School Campuses:

- Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fruit
- Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales
- Non-food items. Example: School Supplies
- Food fundraisers which meet exempt fundraising definition.

Exempt Fundraiser Definition

An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to and not to exceed **30 exempt fundraisers per year**, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold as a la carte item, in vending machines or in school stores, or before school on school campus.

Foods sold as part of exempt fundraisers may not be sold one (1) hour before or after meal periods. Example: If lunch ends at 12:30 p.m., then the fundraiser could not start until 1:30 p.m. Exempt Food Fundraiser Procedure:

- **School principal** - Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form.
 - Complete, approve and sign form
 - Provide copy to CNP Director.
 - Provide documentation of approval upon request by Alabama State Department of Education (ALSDE) for audit review.
- **Superintendent** - Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.
 - Complete and sign the attestation document
 - Provide to CNP Director to support the annual online application renewal

- **Child Nutrition Director** - Place a copy of the Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form (signed by the school principal) in the wellness plan file.
 - o Provide documentation of approval upon request by ALSDE.

Semi-annual due dates are: July 1 and/or January 1 of each school year. The completed Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form is required to be signed by an administrator and on file as described above before exempt food fundraisers commence.

After-School Snacks:

Snacks that are provided by child nutrition for after school enrichment shall meet the USDA guidelines for a reimbursable snack.

Nutrition and Physical Activity Promotion

Nutrition Education and Promotion: The Autauga County School District aims to teach, encourage, and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
4. Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
6. Includes training for teachers and other staff.

Physical Activity Goals:

At a minimum:

1. Students will receive the Physical Education State Course of Study recommendation for per day activity and students will be encouraged to fully embrace regular physical activity as a personal behavior.
2. Physical activity will not be used as a punishment or a reward.
3. Physical education must include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4. Adequate, approved physical education equipment is available for all students to participate in physical education class.
5. Physical activity facilities on school grounds will be safe and evaluated no less than annually for safety precautions.
6. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined or students that may have a disability.
7. Information will be provided to families to help them incorporate physical activity into their children's lives.
8. Schools are encouraged to provide information to parents on after school programs in their community (i.e. gymnastics, dance, karate, football and cheerleading).

Marketing and Advertising:

Schools shall only market or advertise foods and beverages that meet the USDA Smart Snacks in School nutrition standards on the school campus, during the school day.

Communication with Parents:

The district/school shall support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school shall send home nutrition information with handouts, post nutrition tips on school websites and menus, and be available to answer any questions parents may have about their student's meals. Schools shall encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. A link on the district website will provide a list of snack standards and ideas for healthy snack/beverage ideas and non-food celebration ideas.

Food Safety

In accordance with the USDA Child Nutrition Reauthorization Act, each cafeteria manager shall initiate and follow Hazard Analysis Critical Control Point (HACCP) principals. The manager is to establish standard operating procedures that shall be used to establish food safety and be used for monitoring procedures and these procedures are unique to each school cafeteria. Monitoring procedures for each manager or designated CNP employee shall include:

1. Enforcing all Standard Operating Procedures.
2. Establish control measures for each menu item being prepared.
3. Maintain Employee Training documentation and provide to the child nutrition office.
4. Review the School Food Safety Program at the beginning of each school year and when sufficient changes occur in the operation.
5. Maintain temperature records on all "Potentially Hazardous Foods" from the time it is received until it is consumed.

6. Maintain an accurate Food Production Record that tracks the usage of food during preparation and tracks all left-over food.

Monitoring and Policy Review

Monitoring:

Each school will designate a wellness committee. It will be at the discretion of the administrator as to how often the committee meets, but it is encouraged at least once a school year. In each school, the School Administrator and/or Nutrition Committee shall ensure compliance with the wellness policy and shall report on the school's compliance to the wellness committee chair/co-chair.

In most cases, the CNP Director is the wellness policy coordinator. Although he or she is not required to be the coordinator, a coordinator must be established. There will be an announcement on the website providing information as to how the community can be involved with the committees, either at the school or district level. It is the desire to have parents, students, teachers, school health professionals, etc.

School food service staff:

School food service staff at the school level, shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the CNP Director. Monitoring is done on the local level, but the Child Nutrition State Department monitors CNP every five years. Monitoring includes regulations that define how the Dietary Guidelines and other nutrition standards apply to school meals. This initiative includes actions to support State agencies, school food authorities, and communities in improving school meals and encouraging children to improve their overall diets.

Policy Review:

- The district wellness committee shall review the Wellness Policy as changes occur. Schools shall establish nutrition committees that shall monitor the established strategic plan on a continuous basis to ensure that foods in vending machines, school stores, a la carte sales, fund raising activities (unless listed on the *Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraiser* form) meet the established nutritional requirements.
- Each School Administrator shall provide the Child Nutrition Director with the Alabama's Exempt Fundraiser form that will be provided at the least once a year, but twice, if needed. The wellness committee chairperson at each school will provide documentation that they have evaluated the nutrition compliance at their location. *The Wellness Policy Review* form is at the end of the policy. This can be used or if the school finds another tool they may use it.
- At least once every three years, the wellness policy will be assessed by the district representative and committee. This assessment is referred to as the Triennial Progress Assessment. This assessment is to measure to the extent possible the compliance of the school district with the wellness policy. The comparison will be made with a customized

tool, such as the WellSAT 3.0, and a description of the progress of attaining goals in the district will be listed. The triennial assessment will be posted on the district website.

- The wellness policy and assessment will be posted on the district website at all times.

Each school shall maintain a copy of the wellness policy, and evaluation documentation and have it available during audits and inspections. This information will be asked for during Child Nutrition audits.

Nutrition Standards for Foods Sold Individually (exempts reimbursable meals)

Smart Snacks in Schools guidelines as established by the USDA:

Any food sold in schools must:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie Limits: Snack items: 200 calories or less o Entrée items: 350 calories or less
- Sodium Limits: Snack items: 200 mg or less o Entrée items: 480 mg or less
- Fat Limits: Total fat: 35% of calories or less; Saturated fat: Less than 10% of calories; Trans-fat: 0 grams
- Sugar Limit: 35% or less of weight from total sugars

Accompaniments

- Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods.
- Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

School Definitions:

- **Elementary Schools** Pre-K-Grade 5
- **Middle Schools** Grades 6-8
- **High Schools** Grades 9-12

Beverages Portion Sizes

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Low and no-calories beverages (high school only)

Portion size limitations by school categories:

- Elementary schools may sell up to 8-ounce portions of milk or 100% juice
- Middle schools and high schools may sell up to 12-ounce portion of milk and 100% juice.
- There is no portion size limit for plain water.

Additional “no calorie” and “lower calorie” beverage options for high school students:

- **No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or 10 calories or less per 20 fluid ounces.**
- **No more than 12-ounce portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces.**

School Day

School Day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

Non-discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity* and sexual orientation*), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

*The enclosed "non-discrimination: language herein was added pursuant to the May5, 2022, USDA memorandum. However, although included as currently required for audit compliance by the USDA, the State of Alabama objects to its **inclusion**, **applicability** and the **application** this language due to currently pending legal challenges in the matter of *The State of Tennessee, et al. v. USDA*, et al., Case No. 3:22-cv-00257, and may be subject to change or removal.

Autauga County Schools
WELLNESS POLICY REVIEW FORM

School Reviewed: _____

Date Reviewed: _____

Reviewer: _____

A. Child Nutrition Program

Y____ N____ National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA.

Y____ N____ School Breakfast is available to students and adheres to guidelines established by the USDA.

Y____ N____ Meal serving sizes comply with the meal pattern requirement as described by the USDA.

Y____ N____ All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

Y____ N____ All a la carte products sold in the cafeteria adhere to the USDA Smart Snacks in School revised on March 27, 2015 and slightly revised on May 2022.

B. School Based Activities

Y____ N____ Fundraiser exemption form has been turned into the CNP Director.

Y____ N____ No fundraising activities and/or sales are in competition with the breakfast and lunch programs. These time frames are an hour before or after meal periods.

C. Nutrition Education

Y____ N____ Nutrition Education is integrated into students' curriculum at each grade level to educate students on the life-long benefits of healthy eating.

D. Physical Activities

Y____ N____ Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short and long term benefits of a physically active and healthful lifestyle.

Y____ N____ Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

E. Food and Beverages Provided to Students

Y___ N___ Food sold during school hours in the school do not include foods of minimal nutritional value and do not exceed the allowable portion size limit based on the USDA Smart Snacks in School guidelines revised on July 2019.

Beverages sold meet the following grade appropriate guidelines:

Y___ N___ Elementary(PreK-5th)/Junior High (6-8): No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-5th) or 12 oz. (6-8). Plain water of any size may be sold.

Y___ N___ High School (9-12): No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y___ N___ Foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.

Y___ N___ Is local school compliant with no student having access to vending or snack items during meal service time?

F. Observation

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

Reviewer

Date

NON-FOOD CELEBRATION IDEAS



PRIZES

Pencils or erasers
Stickers
Books
Tickets or tokens toward for a larger prize
Rulers
Slap bracelets
Playdough
Frisbees
Coloring books



PHYSICAL ACTIVITY

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SPECIAL EVENTS

Let students choose a special activity or be a teacher's helper
Allow students to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
Allow child to wear a crown or special sash
Recognize the student during an assembly

HEALTHY SNACK & BEVERAGES IDEAS*



BEVERAGES

Water
100% fruit juice with no added sugar
Fat-free or low-fat milk
Fruit smoothies made with frozen fruit with no added sugar and fat-free or low fat yogurt
100% fruit juice slushes with no added sugar
Fruit-infused water



FRUITS & VEGGIES

Fruit trays, salads or kabobs
Vegetable trays, salads or kabobs
Canned fruit or fruit cups in water or 100% fruit juice
Frozen fruit or fruit cups in water or 100% fruit juice
Dried fruit with no added sugar



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars
Small whole grain bagels, waffles or pancakes topped with fruit or seed butter
Low-fat or air-popped popcorn with no added butter or salt
Graham crackers
Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Seed butter served with fruit or whole grain crackers
Trail mix made with dried fruit and whole grain cereal
Low-fat cheese served with fruit or whole grain crackers
Hummus served with vegetables or whole grain crackers

* Work with your district's nutrition services staff to purchase Smart Snack compliant foods and beverages for celebrations. Use [Healthier Generation's Smart Snacks Product Calculator](https://www.healthiergeneration.org/resources/smart-snacks) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item. Many schools are nut-free. Please check with your school.



Healthy Snack & Beverage Ideas*

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

*Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

Pair foods together for an afternoon snack to power youth up for their activities, whether that is physical activity or educational activities. Combine a lean protein with a fruit or vegetable, such as sunflower seeds dried raisins. Or a low-fat dairy food and whole-grain rich choice, like string cheese and whole grain crackers. Try low-fat dairy and fruit – yogurt and strawberries. Pair a whole-grain rich food with a lean protein by spreading hummus on a whole grain tortilla. Or serve a whole-grain rich food and vegetable, such as a whole grain cereal bar and cherry tomatoes. Get creative!

For more information on healthy snacking or finding healthy snacks and beverages, visit healthiergeneration.org