

WELLNESS POLICY

The RSU 13 School Board recognizes that student wellness, which includes nutrition and exercise, is essential to ensure Students are healthy, safe, and ready to learn. The Board is committed to providing a school environment that supports healthy food choices, nutrition education, physical education, and regular physical activity while recognizing individual differences and medical necessities. Students who learn and practice healthy lifestyles in their formative years are more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes, and other chronic diseases.

To promote wellness, reduce childhood obesity, and send a message to students and the entire school community that is consistent with what is taught in our classrooms, the School Board is establishing this policy.

Nutrition Education

Nutrition education is a core piece of the health education curriculum.

1. Daily nutrition education is provided to staff and students in all schools. Daily nutrition “tips” which teach students about foods of minimal and maximal nutritional value will be posted monthly on the RSU 13 website.
2. RSU 13 will discourage the use of food as a reward to motivate behavior and will work to support a culture where alternatives are provided. A list of appropriate non-food rewards will be posted on the RSU 13 website.
3. Guidance on foods of minimal and maximal nutritional value will be provided to staff, students, parents, and outside organizations in all schools, as well as on the RSU 13 website.

“Smart Snacks” Standards for all Foods & Beverages sold to students outside of the School meals programs.

This applies to all areas of the property under the jurisdiction of the school that are accessible to students from Midnight to 30 Minutes after students are dismissed each school day. Areas may include (but are not limited to) a la carte in the cafeteria, school stores, snack bars, vending machines, fundraisers. Supporting documentation must be kept on file to verify all Foods & Beverages sold to students outside of the School meals programs meet the following standards.

Food Standards:

Foods must meet BOTH General Standards and Nutrient Standards

General Standards

Foods must be ONE of the following:

- A whole grain rich product that includes 50% or more whole grains by weight or have a whole grain as the first ingredient.
- Have a major food group as the first ingredient: Fruit, Vegetable, Dairy product or Protein food.

- Be a “combination food” with at least ¼ cup fruit and/or vegetable. Examples of such foods include yogurt and fruit, cheese and crackers, hummus and vegetables, fruit cobbler with whole grain rich crust, etc.

Nutrient Standards:

Foods must meet ALL of the following:

- Total Fat - Less than or equal to 35% of total calories from fat per item as packaged/served.
 - Exemptions include: Reduced fat cheese, nuts and seeds and nut/seed butters, Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat, Seafood with no added fat, and Part-skim mozzarella.
- Saturated Fat - Zero grams of trans fat per portion as packaged/served (< 0.5 g)
- Trans Fat - Less than 10% of total calories per item as packaged/served.
 - Exemptions include: reduced fat cheese, part-skim mozzarella, nuts, seeds and nut/seed butters, Dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat.
- Sugar - Less than or equal to 35% of weight from total sugars per item
 - Sugar exemptions include: Dried/dehydrated fruits or vegetables (no added nutritive sweeteners), Dried fruits with nutritive sweeteners for processing and/or palatability (e.g., dried cranberries, tart cherries, and blueberries), Dried fruit with only nuts/seeds (no added nutritive sweeteners or fat).
- Sodium for Entrees - Less than or equal to 480 mg sodium per item

Entrées: These items are either a combination food of meat/meat alternate and whole grain rich food; or A combination food of vegetable or fruit and meat/meat alternate; or A meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (such as dried beef jerky and meat sticks).

- Sodium for Snack Items & Side Dishes - Less than or equal to 200 mg sodium per item
- Calories for Entrees - Less than or equal to 350 calories per item
- Calories for Snack items & Side Dishes - Less than or equal to 200 calories per item
- Exemptions from all Nutrient Standards:
 - Fresh, frozen and canned fruit packed in water, 100 percent juice, light syrup or extra light syrup.
 - Fresh, frozen and canned vegetables with no added ingredients except water.
 - Canned vegetables with small amount of sugar for processing purposes

Beverage Standards:

Elementary School - Beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances and be ONE of the following:

- Plain water (carbonated or noncarbonated) - No size limit
- White Milk (Nonfat and 1% lowfat only) - 8 fl oz maximum
- Flavored Milk (Nonfat only) - 8 fl oz maximum
- 100% fruit and/or vegetable juice - 8 fl oz maximum
- 100% juice diluted with water (carbonated or noncarbonated, with no added sweeteners) - 8 fl oz maximum

Middle School - Beverages must be caffeine-free, with the exception of trace amounts of naturally-occurring caffeine substances and be ONE of the following:

- Plain water (carbonated or noncarbonated) - No size limit
- White Milk (Nonfat and 1% lowfat only) - 12 fl oz maximum
- Flavored Milk (Nonfat only) - 12 fl oz maximum
- 100% fruit and/or vegetable juice - 12 fl oz maximum
- 100% juice diluted with water (carbonated or noncarbonated, with no added sweeteners) - 12 fl oz maximum

High School Beverages must be ONE of the following:

- Plain water (carbonated or noncarbonated) - No size limit
- Flavored water, Calorie free (carbonated or noncarbonated) - No size limit
- White Milk (Nonfat and 1% lowfat only) - 12 fl oz maximum
- Flavored Milk (Nonfat only) - 12 fl oz maximum
- 100% fruit and/or vegetable juice - 12 fl oz maximum
- 100% juice diluted with water (carbonated or noncarbonated, with no added sweeteners) - 12 fl oz maximum
- “Calorie-free” beverage with up to 10 calories per 20 fluid ounce - 20 fl oz maximum
 - OR with less than 5 calories per 8 fluid ounces
- Lower-Calorie Beverage up to 60 calories per 12 fluid ounces - 12 fl oz maximum
 - OR with less than 40 calories per 8 fluid ounces

Food Available After School Hours:

1. All groups conducting fundraisers involving food or beverages will be directed to a list of healthy food items posted on the website. All groups will be encouraged to incorporate healthy food items into their fundraising efforts.
2. Any time food or beverages are available, served, or sold on school grounds, after school hours, foods of minimal nutritional value will not be the only available choice.
3. Whenever food or beverages are sold, and foods of minimal nutritional value are available, price differentials will be applied with healthy foods and beverages priced significantly less than food of minimal nutritional value.

Food Available Anytime on School Grounds:

1. All adults working in RSU 13 are role models for students. Modeling healthy behaviors is another way of educating students. To foster an environment where healthy choices can be easily made, price differentials will be applied to non-student vending machines with healthy foods and beverages priced significantly less than items of minimal nutritional value.
2. At functions where food is served – not sold – such as school parties, celebrations, banquets, and meetings, foods of minimal nutritional value are discouraged as a choice. A list of Foods of Minimal Nutritional Value is available to such groups on the RSU 13 website. Catering for any such events will encourage this rule as the standard.
3. At school functions that are limited to students and staff, foods of minimum nutritional value will not be sold.
4. At functions open to the public, such as at functions where food is sold by sports boosters, bake sales and other for profit food sale functions, foods of minimal nutritional value will not be the only available choice, and price differentials will be applied so healthy foods and beverages are priced significantly less than food of minimal nutritional value.
5. An Energy Drink is a soft drink that advertises as such, offering metabolic stimulation through a variety of vitamins herbal supplements and central nervous system stimulation through large doses of caffeine. Due to the unhealthy and distracting nature of energy drinks these beverages are prohibited in all schools at all times during the school day.
6. Any beverages containing aspartame or saccharin are prohibited in all schools at all times during the school day.

Physical Education:

1. District Physical Education curriculum will emphasize life-long skills and activities in Grades K-12 that address the following:
 - Integrates physical education topics or physical activity into other curricula when appropriate.
 - Influences personal and social skill development.

Adopted: 6/5/14