

A. Food and Beverages in School

Wellness Policy Language	Year of Implementation Y1= Year 1 Y2=Year 2 Y3= Year 3	Fully in Place	Partially in Place	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
1.All food/ served to students is prepared in health-inspected facilities under the guidance of food safety certified staff	Y3+	X		
2. Students are provided access to hand washing or hand sanitizing before meals or snacks.	Y3+	X		
<u>Scheduling of Meals</u>				
3. Pleasant eating environments-where there is plenty of seating and students do not feel rushed during meals.	Y3+	X		
4. Students are provided with at least 10 minutes to eat after sitting down for lunch.	Y3+	X		
5. Accommodations are provided for students who need more time to finish their lunch.	Y3+	X		
6. Meal periods are scheduled at appropriate times. Lunch should be served between 10:50 am and 1:00 Pm	Y3+	X		
7. Lunch periods are after recess in elementary schools in order to increase student intake and reduce food waste			X-Students in general are more focused in the mornings and need recess breaks after lunch.	.

8. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period	Y3+	X		
9. Schools will evaluate their open campus policy taking into consideration the food choices that students make when they are able to leave campus.	Y3+	X		
10. Participation in the lunch program is encouraged, including measures to arrange bus schedules to increase student access, "grab and go" breakfasts, breakfast in the classroom, or breakfast during morning break.	Y3+	X		
<u>Food and Behavior</u>				
11. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless allowed by IEP or 504 Plan).			X-This is ongoing. Our staff likes to use this as an award because this is something that motivates our students! Our students will work hard for food and our staff like to use this as an incentive! We also offer other incentives as well.	
<u>Fundraising</u>				

12. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.	Y3+	X		
13. Fundraising activities involving the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for food sold outside of reimbursable meals menus.	Y3+	X		
14. Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.	Y3+	X		
15. External organizations, parents, and others using school property are notified of the “healthy” fundraising policy.	Y3+	X		
<u>Celebration</u>				
16. Classroom celebrations encourage healthy choices and portion control and not include more than one item that does not include more than one item from outside the criteria established for “Healthy” foods.	Y3+	X		
<u>Sharing Foods and Beverages</u>				
17. Sharing of foods and beverages is not allowed.	Y3+	X		

<u>Snacks</u>				
18. Only “Healthy” snack options are offered in vending machines, school stores, concession stands, a la carte lines, and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	Y3+	X		
<u>Foods Sold Outside of the Reimbursable Meals Menus</u>				
19. Foods sold meet these guidelines: Elementary schools- reimbursable meal menu items, fruits; vegetables; low-fat dairy items, yogurt	Y3+	X		
20. Middle School & High Schools- Reimbursable meal menu items; Food that contain grams of fat or less per serving; Foods that do not have sugar or other caloric sweeteners as the first ingredient.	Y3+	X		
<u>Beverages- Allowed for sale in all BISD:</u>				
21. Unflavored or flavored low fat or fat free fluid milk and nutritionally equivalent nondairy beverages	Y3+	X		
22. Water without added caloric sweeteners or artificial sweeteners	Y3+	X		

23. 100% Juice	Y3+	X		
<u>Beverages- NOT Allowed for sale in all Broaddus ISD</u>				
24. Soft drinks containing caloric sweeteners or artificial sweeteners	Y3+	X		
25. Sports Drinks	Y3+	X		
26. Fruit based drinks that contain less than 100% real fruit juice	Y3+	X		
27. Beverages containing caffeine, excluding low-fat or fat free chocolate milk Portion sizes- Except in cases where the National School lunch Program or School Breakfast Program require a larger serving size to meet meal patterns requirements, portion sizes of the following items will be limited to:	Y3+	X		
28. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit	Y3+	X		
29. One ounce for cookies	Y3+	X		

30. Two ounces for cereal bars, granola bars, and other bakery items	Y3+	X		
31. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat free ice cream	Y3+	X		
32.Eight ounces for non-frozen yogurt	Y3+	X		
33.Twelve fluid ounces for beverages, except: 16 fluid ounces for milk; and unlimited for water	Y3+	X		
34.Fruits and non-fried vegetables are exempt from portion size limits	Y3+	X		
35.All food and beverage advertising displays healthy messaging.	Y3+	X		
36. School-based marketing brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruit, vegetables, whole grains, and low fat dairy products is encouraged.	Y3+	X		