

Cold Spring Harbor Central School District

Administrative Regulations – Student Wellness Program

The Cold Spring Harbor Student Nutrition Program (the “Program”) will strive to provide students, faculty and staff with healthy, nutritious, and good tasting food choices each day. Although the primary purpose of the Program is the provision of student meals, an additional goal of the Program is to complement nutritional education and establish lifelong healthy eating habits. The Program will provide healthy choices and good tasting meals and snacks that meet or exceed local, state and federal guidelines. The Food Service Director will:

- Ensure that the Staff is adequately trained to prepare and serve nutritious food in a fresh and appealing manner and that food preparation and service is consistent among the schools.
- Be a member of the district’s Nutrition & Wellness Committee (ref. policy #1930) and make recommendations regarding implementation and monitoring of the Nutrition and Wellness Policies.
- Check with the Building Principals for dates of field trips and other events that would impact the Program.
- Create monthly menus for each school and post on the district’s website as a link on each school page. Prices for complete meals and a la cart items, along with nutritional information, will be provided.
- Meet periodically in each school with parents, students and building personnel to discuss issues related to the Food Service Program.
- Consult the district Nutrition & Wellness Committee and submit a written report to the Superintendent by March 1<sup>st</sup> of each year to highlight progress of the Program and plans for the upcoming year.

**I.Nutrient Standards and Guidelines for the Student Nutrition Program (K-12)**

**A. Meals:**

The cafeteria and workstations will meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines. Water fountains will be clean and operable.

During the school day all food sold or provided by the Cold Spring Harbor School District will be served in a clean, safe and pleasant setting and will meet or exceed nutritional requirements established by local, State, and Federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans.

The district will offer a variety of food choices and abide by the following guidelines:

- Minimally processed meats and poultry will be used
- Whenever possible foods will be prepared with fresh ingredients
- Only fresh fruit or canned packed in its own juices will be served
- Fresh or frozen vegetables will be served in preference to canned

- Every effort should be made to offer at least one vegetable and one fruit option daily
- Salads should include a majority of dark, leafy greens (e.g., preference for Romaine vs. Iceberg)
- A vegetarian option should always be available
- Water, 100% fruit and/or vegetable juices, low-fat (1%) and fat-free milk will be available with meals
- Organic milk and yogurt will be available at each school for purchase a la carte whenever possible
- A minimum of 50% of the grains served will be whole grains
- When baked goods are provided they will be either fresh or meet the snack requirements set forth below
- Food will be prepared using methods that reduce the fat content: no fryers shall be used
- Food will be free of trans fatty acids
- To the maximum extent practicable, foods low in sodium, and free of preservatives, artificial colorings, nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils will be used.

### **B. Snacks:**

For students K-6 snacks and desserts will not be sold “a la cart” in the cafeteria.

All packaged snacks and vending items provided by the district should be in single serving packages and meet the following criteria:

- Total fat equal to or less than 7 grams of fat per serving
- Saturated fat equal to or less than 2 grams per serving
- Sodium equal to or less than 360 milligrams per serving
- Sugar equal to or less than 15 grams per serving
- Contain no trans fatty acids
- To the maximum extent practicable, be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils.

### **C. Beverages:**

Water (other than bottled) will be available free of charge during meals. Beverages sold by the Program shall meet the following criteria:

- Plain or chocolate flavored milk in no more than 8 ounce containers
- Sweetened beverages (except for 100% fruit juices) must have:
  - Sugar equal to or less than 23 grams per 8 ounce serving
  - Container size less than or equal to 12 ounces
- Total fat equal to or less than 3 grams per 8 ounce serving
- Sodium equal to or less than 200 milligrams per 8 ounce serving
- Caffeine less than or equal to 10 milligrams per 8 ounce serving
- No artificial sweeteners, high fructose corn syrup, or artificial colors

### **D. Vending Machines:**

- All vending Machine contracts for any machine on district property or in any school building must be approved and administered by the District’s Superintendent for Business.
- All monies will be deposited into a “Revenue Vending Account” in the cafeteria fund.
- Proceeds from non-cafeteria machines can be used to enhance the food service program and/or fund other projects and/or events relating to nutrition and wellness education.
- All expenditures must be approved by the Assistant Superintendent of Business and reported to the Board of Education.
- All vending machine products sold before and during the school day in conjunction with the school lunch program must meet or exceed the snack and beverage criteria set forth in this policy.
- All vending machine products in machines not affiliated with the school lunch program should strive to meet or exceed the snack and beverage criteria set forth in the policy.
- With the exception of vending machines in the faculty lounges, all vending machines not affiliated with the school lunch program will be inoperable before and during the school day.

## **II. Use of food in the Classroom K-12**

### **A . Individual Snacks:**

The district recognizes that students of all ages may need to eat in between meals to maintain focus and proper nutrition.

- Schools will encourage snacks that make a positive contribution to a child’s diet and health.
- Snacks brought from home should be for individual consumption by students. Sharing of food and beverages is discouraged given concerns about allergies and other restrictions on some children’s diets.

### **B. Food for General Distribution:**

Food brought to the classroom for general distribution must comply with the following:

- Candy, soda, caffeinated beverages and artificial sweeteners are not permitted
- Foods with high fructose corn syrup, trans fatty acids, or artificial colors are strongly discouraged
- In compliance with the Suffolk County Sanitary Code, food brought from home or other outside establishments will not be stored, refrigerated or heated in the school cafeteria facilities.
- To promote nutritional understanding and safeguard the wellbeing of students with food allergies and sensitivities, food brought from home for general distribution to students must clearly label all ingredients.

#### **1. Instructional Uses:**

The district recognizes that there are certain times when the use of food will enhance a lesson plan or enrich the curriculum. In addition to the restrictions set forth above in

section II. B of this policy titled “Food for General Distribution”, and to promote nutritional wellbeing and re-enforce the teaching of nutrition:

- Food used for instructional purposes should be directly related to the curriculum or enrichment of the study of other cultures.
- Priority should always be given to healthy choices consistent with the standards set forth in this policy.
- Teachers will notify their building principal of any proposed use of food for instructional purposes.
- Prior to an event or lesson where food will be generally distributed to students during the day, the classroom teacher (or designee) will send notice home with a brief description of what is planned.
- In grades K-6, every effort should be made to serve food after the students have eaten lunch. If food will be served in place of lunch, the teacher must notify the Building Principal and Food Service Department of the event at least one week in advance so that adjustments in food preparation can be made.

## **2. Birthday Celebrations in the Classroom K-6:**

The district recognizes that birthday celebrations can be an important part of a child’s primary and elementary school experience.

For children who choose to celebrate their birthdays in school, non-food celebrations, such as songs, games, book sharing and/or physical activity deemed appropriate by the class room teacher are strongly encouraged.

At the discretion of the building principal, food may be used in connection with a birthday celebration subject to the provisions set forth above in section II. B of these regulations titled “Food for General Distribution” and in addition:

- The celebration must take place after the class has had lunch and as close to dismissal as possible.
- A healthy choice, such as fresh fruit or cut vegetables, is strongly encouraged

## **III. Fundraising during the School Day (K-12)**

- Schools will encourage fundraising activities that promote intellectual and physical activity.
- There will be no fundraising activities involving the sale of food or candy to students prior to school or during the school day.
- In compliance with the Suffolk County Sanitary Code, food brought from home or other outside establishments will not be stored, refrigerated or heated in the school cafeteria facilities.
- To promote nutritional understanding and safeguard the wellbeing of students with food allergies and sensitivities, any food sold on school property, must:
  1. If baked from a home kitchen, state that food is baked from home and prepared in a kitchen not governed by county regulations and,
  2. Clearly label the ingredients (whether fresh baked or store bought)

## **IV. Reward and Discipline**

**Food**

- Food shall not be used as an incentive or reward for academic performance or good behavior for either an individual student or class (except when approved by District Office Administration).
- Food and beverages shall not be withheld as punishment.

**Recess**

- A. School Personnel will not withhold recess without first consulting the principal.
- B. If a student is denied recess the classroom teacher or principal shall notify the parent.
- C. School personnel in grades K-6 will strive to provide a minimum of 20 minutes each day of supervised recess, preferably outdoor.

**V. Nutrition and Wellness Committee**

By the end of May, the Chair of the Nutrition and Wellness Committee for the following school year will be selected and shall be responsible for scheduling meeting dates for the following year on the District Calendar.

Adopted: August 26, 2008

Amended: November 10, 2009