

## **NUTRITION AND PHYSICAL FITNESS**

### **Nutritional Content and Food Service Operations**

The following guidelines shall be in effect:

- A. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.
- B. Apple or other fresh fruit machines are acceptable at all times.
- C. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.
- D. Students and staff will have access to safe, fresh drinking water throughout the school day.

### **School Cafeterias**

- A. Any student may eat in the school cafeteria or other designated place.
- B. Meal prices will be established by the superintendent and food service supervisor, with the approval of the board at the beginning of each year.
- C. Healthy option foods should be competitively priced.

### **Nutrition Education**

Nutrition education at all levels of the district's integrated curriculum will be provided as required by state regulation.

The district shall have a classroom-based assessment or other strategies in place for health and fitness as per state requirements and timelines.

### **Staff Development**

Ongoing in-service and professional development training opportunities for staff in the area of food nutrition will be encouraged.

### **Physical Education**

### **Health and Fitness**

It is the district's position that students have equal and equitable opportunities for physical activity and fitness education in our schools.

Schools shall require students in grades one through eight to engage in physical education averaging 100 instructional minutes per week and all high school students shall complete two credit(s) of health and fitness. For middle school students daily physical activity includes, a minimum of twenty minutes of which is aerobic activity in the student's target heart rate zone.

### **Program Evaluation**

- A. **Nutrition:**

In order to evaluate the effectiveness of the school health program in promoting healthy eating and to implement program changes as necessary to increase its effectiveness, the superintendent is responsible for evaluating and assessing whether the board policy and procedure are implemented, including a periodic assessment of the school meal program with input from students, parents and staff.

**B. Physical Education:**

District physical activity/health and fitness programs will be monitored and assessed regularly in conjunction with other district academic and health-related programs using tools like the Physical Best Program, Healthy Kids Survey, CDC School Health Index or an OSPI approved assessment.