

# **HOUSTON COUNTY SCHOOL SYSTEM WELLNESS POLICY**

**Adopted May 9, 2006  
Revised Sept 2009**

# **Houston County School System Wellness Policy**

## **I. Goals for Nutrition Education**

- 1.** Nutrition education is a part of the entire school community with more opportunities offered to students and teachers to learn about the food guide pyramid.
- 2.** Nutrition education is offered in the school cafeteria with dining rooms being transformed into nutrition learning laboratories.
- 3.** Nutrition education is offered in the classroom and is coordinated between teachers and foodservice staff.
- 4.** Teachers are offered yearly classes for SDU credit in order to incorporate nutrition education into the classrooms.
- 5.** The Nutrition Education program meets State standards.
- 6.** Students in grades pre-K through 12 receive interactive nutrition education.
- 7.** Nutrition education teaches students the skills they need to adopt healthy eating behaviors.
- 8.** Nutrition education is integrated into scheduled physical education classes wherever possible.
- 9.** Nutrition education is integrated into the core curriculum, including math, science, and language arts.
- 10.** Staffs that provide nutrition education have appropriate training.
- 11.** School menus are followed and analyzed using USDA-approved software.
- 12.** Students are offered a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis.
- 13.** Students are offered a variety of meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.
- 14.** A registered dietitian is consulted as needed for special diets and Individualized Education Plans.
- 15.** Nutrition guidelines are established for a la carte, vending and other foods available on the school campus.

**16.** More opportunities for learning scientific-based nutrition are offered to parents in order for them to put into practice the knowledge in their lives and their children's lives.

## **II. Goals for Physical Activity**

- 1.** Students are regularly assessed for attainment of physical education skills.
- 2.** Encourage District to set a required time of physical education at the middle school level.
- 3.** Qualified teachers are hired to teach physical education and supervise physical activities in the District.
- 4.** Resources are readily available, for students and teachers, about physical education.
- 5.** District policy for physical education is consistent with State policy or guidelines.
- 6.** Students are provided many choices of physical activity, including cooperative and competitive games.
- 7.** Students are provided with physical activity choices that take into account the gender and cultural differences among children.
- 8.** District encourages physical activity outside of the school day.
- 9.** District encourages teachers and other adults in the school setting to serve as role models for students.
- 10.** Recreational facilities are safe, clean and accessible for all students.

### **III. Goals for other school-based activities**

- 1.** All student-based activities are re-examined to determine if nutrition education or physical activity can be incorporated into a non-traditional health activity (i.e. field trips, jumping jacks to multiplication tables in elementary math, identifying food groups as the day's menu is being reviewed, etc).
- 2.** School dining areas have sufficient space for students to sit and consume meals.
- 3.** School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.
- 4.** Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- 5.** Meal times are scheduled near the middle of the day.
- 6.** Students are given adequate time to enjoy eating healthy meals with friends.
- 7.** Food or physical activity is not used as a reward or punishment.
- 8.** The District has adopted nutrient standards for all foods sold on school campuses.
- 9.** Only foods and beverages meeting District nutrient standards are sold in vending machines throughout the school campus.
- 10.** We encourage fundraising efforts to be supportive of healthy eating.
- 11.** All in-school advertising and marketing send positive healthy foods and physical activity messages.
- 12.** On-going professional training and development is provided for foodservice staff and teachers in areas of nutrition and physical education.

**IV. Nutrition Guidelines**

- 1.** See sections VI-VII.

**V. Established plan for measuring implementation of policy**

- I.** Each principal will be the school-based wellness leader whose responsibility is to monitor the School Board wellness policy.
- II.** The School Nutrition Department will support, share guidance and assist principals in implementing and maintaining school board wellness policy.
- III.** Base nutrient analysis will be performed by the School Nutrition Department on all competitive and à la carte foods.
- IV.** As new products are introduced, schools/organizations will submit food/beverage nutrition labels to the School Nutrition Department for approval by the School Nutrition Dietitian. Schools will not begin selling any food/beverage item before receiving approval. A letter revealing approval results will be sent to the school. The dietitian will review schools yearly to determine compliance.
- V.** The committee will consist of the members who were involved in the development of the policy along with the Student Body President from each high school. Wellness Committee members will be rotated on a two year basis.
- VI.** The Committee will evaluate the effectiveness of the policy yearly and make changes when necessary.

## VII. DEFINITIONS

The following definitions apply to the Houston County School Nutrition Program Policy:

- A. À La Carte:** Refers to individually priced food items provided by the school food service department. These items are not part of the reimbursable meal.
- B. Competitive Foods:** All foods and beverages sold or made available to students that are not sold by the School Nutrition Department and that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program.
- C. FMNV:** Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs (See section V).
- D. School Day:** The school day begins at 12:01 a.m. and continues until the end of the last academic instructional period of the day.
- E. School Meals:** Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
- F. Snacks:** Defined as either competitive foods or a la carte (see definitions above). À la carte snacks are provided by the School Nutrition Program.
- G. Prepackaged Item:** Refers to any item that is sealed (closed or made secure against access, leakage, or passage by a fastening or coating) by manufacturing company before delivery to school, is considered non-hazardous according to federal/state health codes and does not require temperature readings.
- H. Elementary School:** An elementary school campus is defined as any campus containing a combination of grades Pre-K-5.
- I. Middle School:** A middle school campus is defined as a campus containing grades 6, 7 and 8.
- J. High School:** A high school campus is defined as any campus containing a combination of grades 9, 10, 11 and 12.

## **VII. FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV) POLICY**

### **A. Elementary Schools**

Elementary school campuses may not serve or sell FMNV and all other forms of candy at any time anywhere on school premises from 12:01 a.m. until the end of the last scheduled class.

### **B. Middle/High Schools**

Middle/High school campuses may not serve or sell FMNV and all other forms of candy at any time anywhere on school premises from 12:01 a.m. until the last academic bell.

## **VIII. NUTRITION STANDARDS**

The following specific nutrition standards pertain to all foods and beverages served or made available to students during the defined school day. This includes school meals, a la carte and classroom snacks.

### **1. Fats and Fried Foods:**

- a.** Schools and other vendors may not serve food items containing more than 25 grams of fat per serving size more than twice per week.
- b.** Baked potato and vegetable products that are produced from raw vegetables and have not been pre-fried or deep fat-fried in any way may be served without restriction in accordance with menu guidelines.

#### **A. Elementary Schools**

Fried french fries and other fried vegetable products must not exceed  $\frac{1}{3}$  cup per serving and may not be offered more than once per week. Students may only purchase one serving of these items during the meal period.

#### **B. Middle Schools**

Fried french fries and other fried vegetable products must not exceed  $\frac{1}{2}$  cup per serving and may only be offered on one line and no more than twice per week. Students may only purchase one serving of these items during the meal period.

#### **C. High Schools**

Fried french fries and other fried vegetable products must not exceed  $\frac{3}{4}$  cup per serving and may only be offered on one line daily. Students may only purchase one serving of these items during the meal period.

(Special Note: The serving amount was changed from ½ cup to ¾ cup in order to meet nutrition requirements. The committee will discuss this change at the annual wellness policy meeting. 9/2009)

## **2. Competitive Foods and Snacks**

### **A. Elementary Schools**

An elementary school may serve or sell competitive foods between 12:01 a.m. and the first academic bell. Once the first class begins, snacks may not be sold until the end of the normal school day. The snacks provided or sold must not exceed the following maximum nutrition standards:

- a.** No more than 200 total calories per serving
- b.** No more than 35% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
- c.** No more than 10% of its calories from saturated fat
- d.** No more than 35% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

### **B. Middle Schools**

A middle school may serve or sell competitive foods before the first class begins. Once the first class begins, snacks may not be sold until the designated break-time. Once the break period is over, snacks may not be sold again until the end of the normal school day. Middle school students will not have access to vending snack machines at any time during the school day. All snacks must be sold in bulk. The snacks provided or sold must not exceed the following maximum nutrition standards:

- a.** No more than 225 total calories per serving
- b.** No more than 36% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
- c.** No more than 10% of its calories from saturated fat
- d.** No more than 36% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

### **C. High Schools**

A high school may serve or sell competitive foods. The snacks provided or sold must not exceed the following maximum nutrition standards:

- a.** No more than 225 total calories per serving
- a.** No more than 36% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
- b.** No more than 10% of its calories from saturated fat
- c.** No more than 36% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

### 3. Beverages

#### A. Elementary Schools

- a. **Competitive Beverages:** An elementary school campus may not serve beverages except water or provide access to them through sales to students anywhere on school premises. Water will not exceed 0-2 calories per 8 oz serving. This does not pertain to beverages made available by the school food service department as part of a reimbursable meal. Vending machines should not be located in the school dining area.
- b. **School Food Service Beverages:** Schools must offer 2%, 1% and skim milk at all points where milk is served. Only 100% fruit and/or vegetable juice will be served and will not exceed 8 oz.

#### B. Middle/High Schools

- a. **Competitive Beverages:** Middle/High school campuses may serve beverages or provide access to them through sales to students on school premises. Carbonated beverage vending machines should not be located in the school dining area.

Beverages allowed include regular or flavor water (no serving size limit), 100% fruit and/or vegetable juice (not to exceed 12 ounces), unflavored or flavored reduced fat milk (not to exceed 16 ounces), zero calorie drinks (no serving size limit) and low calorie drinks (not to exceed 20 ounces). This does not pertain to beverages made available by the school food service department as part of a reimbursable meal.

The entire amount of the beverage which includes 100% fruit juice or reduced fat milk must not exceed the following maximum nutrition standards:

- No more than 160 calories per 8 ounces
- No more than 35% of its calories from fat
- No more than 14% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

The entire amount of the beverage which includes low calorie drinks must not exceed the following maximum nutrition standards:

- No more than 60 calories per 8 ounces
- No more than 15% of its calories from fat
- No more than 10% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

Beverages which are not allowed include soft drinks containing caloric sweeteners, fruit based drinks that contain less than 100% fruit and/or vegetable juice and any beverage which exceeds the maximum portion size as listed above.

- b. School Food Service Beverages:** Schools must offer 2%, 1% and skim milk at all points where milk is served. Only 100% fruit and/or vegetable juice, diet lemonade, tea, water and low calorie sports drinks will be served.

#### 4. Portion Sizes

The following portion sizes are maximum amounts and pertain to all foods served or made available to students on school campuses. This listing excludes school meals provided by the School Nutrition Program, which are governed by USDA regulations and are more restrictive.

##### A. Elementary Schools

<b>Food or Beverage</b>	<b>Maximum Portion Size</b>
Baked chips, crackers, reduced fat popcorn, pretzels, trail mix, nuts and cereals	1.5 ounces
Cookies	1.5 ounces
Cereal bars or granola bars	2 ounces
Bakery items (muffins, pastries, etc.)- Excluding items which count as two-bread components served only at breakfast	3 ounce
Low-fat yogurt	8 ounces
Non-carbonated bottled water	No limit

##### B. Middle/High Schools

<b>Food or Beverage</b>	<b>Maximum Portion Size</b>
Baked chips, crackers, reduced fat popcorn, pretzels, trail mix, nuts and cereals	1.5 ounces
Cookies	1.5 ounces
Cereal bars or granola bars	2 ounces
Bakery items (muffins, pastries, etc.)- Excluding items which count as two-bread components served only at breakfast	3 ounce
Low-fat yogurt	8 ounces
Unflavored, non-carbonated bottled water	No limit
Reduce fat milk (2% or less), flavored or unflavored	16 ounces
100% fruit and/or vegetable juice	12 ounces
Zero calorie drinks	No limit

Low-calorie drinks	20 ounces
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**As new products are introduced, schools/organizations are required to submit food/beverage nutrition labels to the School Nutrition Department for approval by the School Nutrition Dietitian. Schools should not begin selling any food/beverage item before receiving approval. A letter revealing approval results will be sent to the school. The dietitian will review schools yearly to determine compliance.**

## **5. Fundraisers**

To support children's health, schools will encourage fundraising activities which promote physical activity. Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

### **A. Elementary Schools**

Food and beverage items may be offered as a fundraising activity during the school day once a year at the regularly scheduled school "Field Day". They may not be sold during meal time and the following standards must be applied:

- a.** All food must be a pre-packaged item as defined in section I and must be in single serving sizes
- b.** Foods of Minimal Nutritional Value will not be available anytime during the school day
- c.** Items will provide no more than 200 calories per serving
- d.** Total fat will be no more than 35% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
- e.** Saturated fat will be no more than 10% of the total calories
- f.** Sugar content will be no more than 35% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

### **B. Middle Schools**

If food items must be offered as a fundraising activity during the school day, the following standards must be applied:

- a.** All food must be a pre-packaged item as defined in section I and must be in single serving sizes
- b.** Foods of Minimal Nutritional Value will not be available anytime during the school day
- c.** Items will provide no more than 225 total calories per serving
- d.** Total fat will be no more than 36% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)

- e. Saturated fat will be no more than 10% of the total calories
- f. Sugar content will be no more than 36% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

### **C. High Schools**

If food items must be offered as a fundraising activity during the school day, the following standards must be applied:

- a. All food must be a pre-packaged item as defined in section I and must be in single serving sizes
- g. Foods of Minimal Nutritional Value will not be available anytime during the school day
- h. Items will provide no more than 225 total calories per serving
- i. Total fat will be no more than 36% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
- j. Saturated fat will be no more than 10% of the total calories
- k. Sugar content will be no more than 36% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient

Foods sold as fundraisers between 12:01 a.m. and the ringing of the first academic school bell must be limited to breakfast/protein biscuits and are exempt from the above fat and calorie standards. They must be handled in compliance with the hazardous foods regulations as set by the Department of Health and must be delivered in vendor supplied containers to ensure appropriate temperature levels. All potentially hazardous food products must be sold and consumed within a 2 hour time period which begins at the time of pick-up or delivery. All unsold food products must be discarded and thrown away after the 2 hour limit. Under no circumstances should students or staff consume any product after the 2 hour limit has passed.

Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

## **6. Classroom Parties/ Celebrations/Rewards**

We encourage schools to evaluate the foods being offered for celebrations and to promote healthy eating and nutritious foods. While foods that do not meet the nutritional standards mentioned above may be offered, schools should also provide foods which do meet the nutritional standards for healthy snacks. Classroom parties and celebrations do not need to occur during the regular scheduled mealtimes. Schools will not withhold food or beverages as a

punishment. While using food as a reward is not suggested, we strongly encourage staff to limit any practice of distributing FMNV to students at any time during the school day.

## **7. Foods Brought from Home**

- a. Parents will be encouraged to promote their child's participation in the school meals program. If their child does not participate in the school meals program, parents will be encouraged to provide or encourage the purchase of healthy alternatives.
- b. All nutrition standards will be explained to parents. They will continuously be provided with nutrition education through newsletters, wellness workshops, family nights, etc.
- c. Due to national statistics that show the relationship between fast food consumption and childhood obesity, parents are encouraged not to bring commercial foods into the school.

## **8. Snacks**

### **A. Elementary Schools**

- a. To promote healthy eating habits during meals, snack times for students should not be scheduled within 2 hours prior to the students' lunch time.
- b. All snacks for school sponsored after school programs, must be provided by the School Nutrition Program and must follow the federal guidelines for reimbursable snacks. All snacks for other school sponsored remediation or tutoring programs must meet either the federal guidelines for reimbursable snacks or the local guidelines for acceptable competitive foods.

## **9. Nutrition Composition of Foods**

The nutritional composition of all foods and beverages served will be available to students, parents, and staff through posting on the School Nutrition website, table tents, and serving line displays.

## **10. National School Breakfast/Lunch Participation**

School nutrition managers are required to develop goals to increase breakfast and lunch participation each year. Promotions will be completed and nutrition education lessons will be taught in order to meet these goals.

All schools in Houston County will participate in the National School Breakfast Program. Maximum participation in the breakfast program will be

encouraged through breakfast promotions and by providing a second breakfast period at the regularly scheduled break time at some schools.

### **11. Timing of Meals**

Students will be given adequate time to consume meals; elementary students will have a minimum of 30 minutes to eat and secondary schools will have a minimum of 25 minutes to eat.

### **12. High School Curriculum-Based Coffee Shop**

The following information should be used as guidelines for schools who sell coffee as part of an approved curriculum-based program:

The School Nutrition Program should be notified upon start of curriculum-based program and provided a contact person who will oversee the program. A dietitian will review all items to be sold and ensure that the items are consistent with the guidelines set forth in the Wellness Policy. The items listed below have already been approved to be sold to students. Any item that is not on the approved listing below must be approved by the dietitian before purchasing by school to sell to students. The contact person should send the dietitian a copy of the food label and ingredient statement with the brand/item name listed clearly for non-approved items. The dietitian will analyze the item based on the Wellness Policy guidelines and notify the contact person of the results. If approved, the item will then be added to the approved listing. Any item that is not approved may not be sold to students.

The following is a list of approved items which may be sold to students as part of a curriculum-based program:

- Light & Fit Smoothie – Strawberry Banana/Mixed Berry
  - Blended smoothie made with real fruit
- Swiss Miss No Sugar Added Milk Chocolate
- Cappuccino – Member’s Mark Gourmet
  - Non-dairy Creamer
- DaVinci Gourmet, Sugar Free – All Flavors
  - Splenda Packets
- Tropicana Fruit Squeeze – All Flavors
  - 2 sugar packets per coffee beverage

### **IX. PHYSICAL ACTIVITY**

“Students in grades 3-5 will be assessed two times each school year using the Presidential Physical Fitness Test or an alternative age appropriate assessment. Test results on students in grades 3-5 will be kept at school on a

database and the students will receive certificates for completing the test. Teachers of K-2 will introduce concepts of physical fitness and testing.”

### **Curriculum**

The Georgia Department of Education requires grades K-5 to receive 60 clock hours of P.E. each year and 30 clock hours of Health per year. The middle schools no longer have a required clock hour requirement for P.E. and Health. However, Houston County provides at least 12 weeks of P.E. and 6 weeks of Health for middle grade students. All Houston County elementary schools provide a regular program of structured physical education curriculum to students in grades K-5. The high schools offer a broad spectrum of physical education classes which are available to all students in grades 9-12. One semester of Personal Fitness and one semester of Health are required for students in high school. Certified physical education specialists deliver the programs of instruction where students learn practices and are assessed based on curriculum developed specifically to address developmental levels. Teachers are required by board policy to test student physical fitness using either the Presidential Physical Fitness test or an age appropriate test each year. Physical Education and Health curriculums are provided to each teacher and are updated every 5 years in grades K-12.

### **Physical activity outside the school day**

Athletic facilities are open and accessible after school hours to students participating in county recreational programs (Little League Baseball, Soccer Association, etc). All middle and high schools offer a variety of sports programs after school hours. Many of the elementary schools offer after-school programs and activities for students (dance teams, jump-rope teams, etc).

### **Physical Activity as a reward/punishment**

As curriculum is revised a statement will be included stressing the non-use of physical activity as a reward or punishment. Additionally, workshops have been and will continue to be delivered to all Houston County Physical Education instructors on the legal issues and liability in the area of Physical Education. A portion of these workshops include a segment that directly addresses the use of physical activity as a punishment.

## **X. OTHER SCHOOL-BASED ACTIVITIES**

### **Student health problems**

Each year parents will complete a medical health update form. The school health technicians and nurses are notified and receive a copy of the form. An individual health action plan is developed for each student when required and includes administration, teachers, counselors, SST educational team, behavioral specialist, after school program, lunchroom managers, bus drivers, and librarians. Upon receipt of individual action plan, further

information/training is provided when needed. Dietary, health related procedures, and academic accommodations are made as needed. When a child's disabling condition restricts his/her diet, accommodations/modifications are provided based on the student's healthcare provider's recommendation. The students are placed on a medical alert list and monitored for academic progress.

### **Fostering a clean environment**

Each school receives four health inspections during the school year. In-system reviews are also conducted twice during the school year to ensure schools are following proper safety and sanitation practices. We provide one custodian per 25,000 square feet. We have a certified school environmental safety person on staff. We meet state and federal guidelines for environmental issues. Environmental inspections are conducted quarterly using air-o-cell samples (to test air) and bulk tape samples (to determine type of mold). We also provide rodent and roach pest control on a rotating basis.

## FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. The following is taken from Appendix B of 7 CFR Part 210 of the National School Lunch Program regulations which describes the foods of minimal nutritional value:

### A. Restricted Foods

Foods and beverages that are restricted from sale to students are classified in the following four categories:

1. **Soda Water:** A carbonated beverage. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
2. **Water Ices:** Any frozen, sweetened water and flavored ice with the exception of products that contain fruit or fruit juice.
3. **Chewing Gum:** Any flavored product from natural or synthetic gums and other ingredients which forms an insoluble mass for chewing.
4. **Certain Candies:** Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
  - a. **Hard Candy:** A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
  - b. **Jellies and Gums:** A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
  - c. **Marshmallow Candies:** An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
  - d. **Fondant:** A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

- e. **Licorice:** A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
- f. **Spun Candy:** A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
- g. **Candy Coated Popcorn:** Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

## **B. FMNV and Policy Exemptions**

1. **Instructional Use of Food in Classroom:** Students may consume food prepared in class for instructional purposes; however, this should be on an occasional basis, and the food should not be sold or provided to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from this policy. We strongly encourage staff to limit the use of FMNV.

2. **Athletic, Band, Academic and other Competitions:**

The nutrition policy does not apply to students who leave campus to travel to athletic, band, academic or other competitions unless the students are provided with a meal by the school food service. The school day is considered to have ended for these students. School activities, functions and events that occur after the normal school day are not covered by the policy.