

# Bronson Community Schools

## Nutrition Policy

**Philosophy.** The Bronson Community School's Board of education believes that students need adequate, nourishing food in order to grow, learn and maintain good health. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.

**Nutrition.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.

### Vending Machines.

All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:

- a. water
- b. 100% fruit juice
- c. Non-carbonated drinks with less than 150 calories per container
- d. No more than 1/3<sup>rd</sup> of the choices will be carbonated drinks

The beverage vending machines may also include:

- a. Non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings.
- b. Other non-carbonated drinks

## Quality of Food – Nutritional Standards

All food available to students on school campus during school hours must be from one or more of the following categories:

- a. Milk and dairy products, including cheese, yogurt, ice cream
- b. Full-strength fruit juices and fruit drinks containing 50% or more full-strength fruit juice, and fruit nectars containing 35% or more full-strength fruit juice
- c. Fresh, frozen and canned, fruits and vegetables
- d. Nuts and/or seeds
- e. Non-confection grain products including crackers, bread sticks, tortillas, pizza, pretzels, bagels, muffins, and popcorn
- f. Any food receiving prior approval by Food Service Department

In addition, the food items must meet the following criteria:

- a. Not more than 35% of the total weight of the food item, excluding fruits or seeds is from fat
- b. Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

The use of fresh fruit and vegetables will be encouraged by making fruit and vegetables available at all points where food is sold and promoting the intake of 5 servings of fruits and vegetables per day

During school hours, food sales, including vending machines, that are accessible to students shall not sell or dispense:

- a. Sodas or drinks that contain high concentration of sugar
- b. Candy
- c. High fat chips or similar products that do not meet the above nutritional standards

The board will commit that all schools will participate in available child nutrition programs, including breakfast, lunch, and after school snacks.

The District will provide adequate resources (personnel, equipment, ongoing maintenance, technology) to implement the Nutrition Policy.

The implementation of the Nutrition Policy and related Health Education Policy will be supported by all employees of the district.

Parents/guardians will be encouraged to support the district's nutrition education efforts by considering nutritional quality when selection any snacks, which they may donate for occasional special events.

A District Nutrition Advisory Committee (students, parents, community members, and staff representing all school sites) will meet a minimum of twice annually to review implementation of these policies and regulations and provide an annual report to the Board.