

SCHOOL NUTRITION

It is the belief of Our Shepherd Lutheran School to strive to make a significant Contribution to the general wellbeing, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. Our Shepherd Lutheran School promotes a healthy school environment by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity our school contributes to the basic health status of children

1. Provide a positive environment and appropriate knowledge regarding food for developing and practicing lifelong wellness behaviors.
 - a. Ensure that all students have access to healthy food choices during school and at school Functions.
 - b. Provide a pleasant eating environment for students and staff
 - c. Strive for a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria area.
 - d. Enable all students, to acquire the knowledge and skills necessary to make healthy Food choices for a lifetime.
2. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
3. When curricular “based food experiences are planned staff and students are encouraged to seek out good nutrition choices whenever appropriate.
4. Reduce student access foods of nutritional value.
 - a. In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.
 - b. Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a plan that focuses on:
 - i. Reducing access to non-nutritional foods.
 - ii. Education students on healthy foods.
 - iii. Selective pricing that favors sales of healthy foods.

STUDENT NUTRITION PROCEDURES

Our Shepherd Lutheran School promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

National School Lunch Program

- The full meal program will continue to follow the U.S. Government's Nutrition Standards. A yearly contract is submitted to the Department of Public Instruction.
- The Food Service Director and Food Service Leaders will be expected to make every effort to follow the District Nutrition Standards when determining the items in a la carte sales.
- A la Carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).

Lunchroom Climate

- A lunchroom environment that provides students with a relaxed enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
 - * Adequate space to eat and pleasant surroundings.
 - * Adequate time for meals (the School Nutrition Association recommends at least 20 minutes for lunch from the time they are seated and at least 10 minutes for breakfast).
 - * Convenient access to hand washing facilities before meals.
 - * Students are encouraged to eat foods but not forced to eat.

School Nutrition Standards

Our Shepherd Lutheran School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content. In an effort to support the consumption of nutrient dense foods in the school setting, the School has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds.

Food

- Any given food item for sale throughout the instructional day will have no more than 35% of its total calories derived from fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower "bad" cholesterol and maintain "good" HDL cholesterol.

- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits, and vegetables.

Beverages

- Sales or consumption of soda or artificially sweetened drinks will not be permitted during the times when school lunch is operating.
- Milk, Water and 100% fruit juice may be sold or distributed on school grounds both prior to and throughout the day.

Rationale for Guidelines - Beverages

Healthiest

- Milk - Low fat (1%) or Nonfat preferred, any flavor
- Water – Pure
- Juice - at least 100% fruit or vegetable juice

Healthier

- Water- Flavored or vitamin enhanced
- Low-Calorie Beverages – 50 calories per 12 ounce serving

Rationale

- Milk: Milk in any form provides vitamins and minerals, but the low-fat and non-fat versions are preferred. Flavored non-fat milks are permitted.
- Water: Pure water is preferred but water that is flavored maybe more attractive to someone who doesn't drink plain 'water. The vitamin enhanced waters may benefit people with such nutritional needs, although pure water is the healthiest choice.
- Low-Calorie: Beverages containing 50 calories of less per 12 ounce serving were deemed healthier options. Artificially sweetened drinks are not as healthy as pure water, but may be a healthy alternative for people trying to water their weight or manage their diabetes.

Healthy Snack Guidelines (A snack is defined as any food item outside the lunch program)

- During school hours, staff should model behaviors.
- In middle schools, healthier and healthiest snacks should comprise a minimum of 50% of the snacks.
- Promote healthy snack information and education to student, staff and parents.
- After School District Sponsored Events-Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snack guidelines.

Rationale for Guidelines-Snacks

Healthiest - Must meet both criteria

- 3 grams of total fat or fewer per serving (Nuts & seeds exempt from restrictions)
- 35 grams of carbohydrates or fewer per serving (most candies considered in limited category)
- Fruit in any form is permitted regardless of carbohydrate count

Healthier-Must meet both criteria

- 6 grams of total fat or fewer per serving (nuts & seed exempt from restrictions)
- 35 grams of carbohydrates or fewer per serving (most candies considered in limited category)
- Fruit in any form is permitted, regardless of carbohydrate count

Portion Size-Portion size is not defined for any items, but smaller portion sizes are preferred

Rationale

- **Fat:** It was determined not to differentiate saturated fats from unsaturated fat. When total fat is considered saturated fat tends to be low. Nuts & seeds: Nuts and seeds are exempt from the fat guidelines, because they are high in monounsaturated fat which can help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol. Nuts and seeds have been shown in many studies to reduce the risk of having a heart attack.
- **Carbohydrates:** The level of carbohydrates was set at 35 grams per serving to include more food items. Most candies are considered in the limited category, regardless of carbohydrate count.
- **Fruit:** Fruit and vegetables in any form (canned fresh, or dried) was not restricted by carbohydrate standards because it provides vitamins, minerals, anti-oxidants and dietary fiber that are beneficial to an overall balanced diet.
- **Portion Size:** Portion size is not defined because there is variability among products. However, the preference is for smaller-portioned products.

Fundraisers:

All fundraising projects **are** encouraged to meet the school nutritional standards.

Teacher Incentive

Teachers will consider non-food items as a student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to these guidelines. Food items can be used from the approved list a health snack.

Curriculum

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. The school has approved a K-S nutrition curriculum as part of the comprehensive health curriculum. The nutrition curriculum supports the philosophy that the quality of life is dependent upon the students' interaction with their total environment which includes their physical, mental and social well-being. Included in the health curriculum as a performance goal, is that students will learn good food habits to help build and maintain good health.

Physical Education Curriculum

The physical education curriculum teaches children the importance of exercise and wellness, and exposes students to a wide range of physical activities and skills in order for students to be able to develop the knowledge and skills to be aligned with the National Physical Education Standards and relate to the State Standards.

Physical Activity

- Physical Activity should be included in the schools daily education program from grades pre-K-8 and substituting any one of these components for the other is not appropriate.
- Students will receive physical education, meeting, the minimum state recommendation for the minutes required per grade level.
- Students can be offered a variety of physical activities outside of the daily education program, including extra-curricular before and after school programs.