

## Bonus District Funding Guidelines

### Sample Wellness Policy Statement

Schools play a powerful role in influencing students' food choices. The "ABC School District" will ensure that students' eating habits contribute to their learning achievement and lifelong good health. The district has adopted the following nutrition standards utilizing the Institute of Medicine's Recommended Nutrition Standards for Foods in School and USDA's All Foods Sold in Schools standards. These standards apply to: a la carte, vending, classroom events, celebrations, class snacks, parties, concessions, after-school programs, intramural events, fundraisers, and extracurricular events.

### Nutrition Standards for Food and Beverages

- **Any food sold in schools must:**
  1. Be a "whole grain-rich" grain product; or
  2. Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food:  
or
  3. Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable
- **Foods must also meet several nutrient requirements:**
  1. Calorie limits:  
Snack items:  $\leq 200$  calories  
Entrée items:  $\leq 350$  calories
  2. Sodium limits:  
Snack items:  $\leq 200$  mg  
Entrée items:  $\leq 480$  mg
  3. Fat limits:  
Total fat:  $\leq 35\%$  of calories  
Saturated fat:  $\leq 10\%$  of calories  
Trans fat: zero grams
  4. Sugar Limit  
 $< 35\%$  of weight from total sugars in foods

### Nutrition Standards for Beverages

- **All Schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **The standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
  - At least 50% of available beverage choices must meet the criteria above
  - The remaining available beverage choices must follow the criteria below:
    - Sugar-free, made with nonnutritive sweeteners or < 5 calories per portion as packaged
    - Caffeine-free
    - No vitamin- or nutrient-fortified (includes but not limited to vitamin waters, energy drinks, sports drinks)
    - With or without carbonation or flavoring

### **Classroom Parties & School Celebrations**

Only food and beverage options that meet the nutrition standards above will be allowed for classroom birthdays, classroom parties and celebrations. Please see resource guide for suggestions.

### **School Events**

School events are activities that happen outside of school hours that involve students. Parents and community members may be involved as well. Events include but are not limited to: PTA/PTO meetings, athletic events, plays, recitals, musicals, carnivals, festivals, game nights, movie nights, student recognition programs, banquets, etc. Any time food or beverages are served the district is to be mindful of the nutrition standards and ensure that only foods and beverages that meet the nutrition standards above are served.

### **Fundraising**

- School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school’s commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs. Our district only permits health-promoting fundraising efforts such as healthy foods and beverages, non-food items, physical activities, or community service options. *(Please note \*Fundraisers that undermine healthy behaviors are not allowed under the Bonus District Funding Guidelines)*
- When fundraising involves food, items must meet the nutrition standards above.

### **Healthy Fundraisers Examples**

- Physical Activity fundraisers (Walk-a-thons, fun-runs, bowl-a-thons, jog-a-thons, dance-a-thon, golf tournaments, sporting events, car washes, dog washes, Student vs. Staff events)
- Book fairs, read-a-thons, spelling bees, used book sale

- Direct Donation – Ask parents, grandparents, community businesses for a donation at the beginning of the school year
- Non-food product sales (gift wrap, calendars, candles, stationery, greeting cards, holiday decorations or ornaments, jewelry, clothing, light bulbs, trash bags, safety kits, first-aid kits, personal care products)
- Online school fundraiser (purchases & web searches support schools)
- Sale of school-related promotional items (T-shirts, sweatshirts, water bottles, reusable bags, and other items branded with the school logo)
- Recycling fundraisers (printer cartridges, cell phones)
- Healthy food sales (Fresh fruit & fruit baskets, nuts, trail mixes, spices, bottled water, granola bars, dried soup mixes, whole grain baking mixes)
- Grocery store fundraisers
- Ask parents for a donation at the beginning of the school year
- Auctions, silent auctions or raffles
- Family photo days (schedule and evening and have the photographer take family photos)
- Cookbooks (collect recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community)
- Plant sales (flowers, flower bulbs, vegetable or plant seeds,)
- Holiday sales (Pumpkins, Poinsettias, Christmas Trees, Wreaths, Valentine’s Day/Mother’s day flowers, plants, cards stuffed animals)
- Carnivals, festivals, or game nights
- Garage or Yard sales
- Craft or Student Art work sales
- Online donations or auctions
- Musical fundraisers (battle of the bands, singing telegrams, talent show, Teacher idol)
- Rent-a-Pet (work with local animal rescue groups and invite representatives to come to event to distribute materials and talk about the animal adoption process, set up an event area and charge a fee for patrons to interact with animals)
- Apply for Grants to support your School Wellness Program
- Yearbook space/monograms
- License plate frames
- Temporary tattoos with school mascot
- Jewelry
- Football seating

### **Commercial Marketing**

School-based marketing will be consistent with nutrition education and health promotion. The District will restrict Commercial Marketing of brands promoting predominantly low-nutrition foods and beverages on vending machine exteriors, signs, banners, scoreboards, message boards, cups, etc. on school property. Examples include: Coca-Cola (Coke); Pepsi; Powerade; Gatorade etc. Examples of allowed advertising include: Coco-Cola’s Dasani, Pepsi’s Aquafina

etc. Many companies are developing healthy vending machines and districts are encouraged to explore new vending options. Additionally, caution must be employed when using non-food products for fundraising purposes, as the companies that produce such items may also produce unhealthy food fundraisers. These companies may attempt to include the unhealthy items, advertising for the unhealthy items, or product placement for such items. The sale, advertisement, or product placement of unhealthy items serves to undermine the efforts of health promotion and nutrition education; therefore, this practice should be prohibited. This includes Fundraisers at Fast-Food Restaurants where schools receive a portion of the sales and Label Redemption Programs.

## **Concessions**

The items below represent categories of foods and beverages that are generally healthy. To ensure specific products meet the nutrition standards above, it is important to check the Nutrition Facts Panel of each item.

### **Healthy Concession Examples**

#### **Dairy/Protein Items**

String cheese  
Cottage cheese  
Low-fat yogurt  
Pudding cups  
Nuts or seeds  
Trail mix  
Frozen low-fat yogurt  
Boiled eggs

#### **Beverages**

Water  
Low-fat milk (flavored and unflavored)  
Non-fat milk (flavored and unflavored)  
100% fruit juice  
100% vegetable juice  
Hot apple cider  
Hot Chocolate  
Hot and cold teas

#### **Fruits/Vegetables**

Fresh fruit or vegetables w/low-fat dip  
Sliced apples with natural peanut butter  
Apples  
Oranges  
Tangerines  
Clementines  
Bananas  
Grapes  
Peaches  
Pears  
Applesauce  
Raisins

#### **Grain-based Items**

Baked chips  
Animal Crackers  
Pretzels  
Dry cereal  
Low-fat cookies  
Low-fat sports bars  
Mini-bagel  
Bread sticks  
Low-fat muffin  
Whole grain buns  
Vanilla wafers  
Goldfish crackers

Fruit cups  
Frozen 100% juice bars  
Fruit smoothie's  
Baked potatoes  
Salsa for baked chips or baked potato  
Fresh salads  
Fresh salads  
Dried fruit/fruit chips

Low-fat granola bars  
Protein bars  
Graham crackers  
Oatmeal  
Low-fat popcorn  
Whole grain crackers  
Tortillas for wraps

### **Entrees**

Broth based soups  
Low-fat or vegetarian chili  
Sub sandwiches  
Turkey or Chicken wrap sandwiches  
Lean roast beef sandwich  
Grilled Chicken sandwich  
Turkey burgers  
Veggie burgers  
Turkey hot dogs  
Soft tacos  
Baked potato with toppings  
Salad with grilled chicken and low-fat dressing  
Grilled chicken quesadilla with low fat cheese  
Pizza (moderate size portions w/whole wheat crust, cheese, vegetables, pineapple, Canadian bacon)

### **Non-food items**

Arts and crafts  
Stickers  
Temporary tattoos