



Healthy Team Healthy School

HST NEWSLETTER

JANUARY 2016



The New Year is Here!

It is time to regroup with your fellow Healthy School Team members to determine how you will use the remaining months to continue making progress towards your HST goals.

Why not start with making a HST New Year's Resolution???

Here are some ideas:

- Recruit more members to be a part of your HST
- Complete the Wellness Policy Assessment Tool in the HST Manual
- Apply for the Healthier US School Challenge
 - Start a school garden (Find a great resource [HERE](#))
- Encourage more classroom physical activity time- Get kids moving with [GoNoodle](#) activities!
- Find non-food ways to reward students (i.e. additional recess, free time, homework pass)
 - Replace unhealthy food fundraisers with healthy food or non-food fundraisers
- Fruit and Vegetable taste testing at lunch time

School Health Index Webinar Announcement

The School Health Index (SHI) webinar is scheduled for January 27th at 2:00 pm. This webinar will be recorded and available after the live webinar is completed.

REMEMBER: The SHI is mandatory for all HSTs to complete- deadline will be announced during the webinar.

HST Meetings

Your school's Healthy School Team should plan to meet 3 times per school year. It is important to get these meetings on the calendar soon!

DEADLINES:

- Meeting 1: Should be Completed
 - Meeting 2: February 12th
 - Meeting 3: April 30th
- *Remember to send all HST Meeting Notes and Agendas to:
Amanda Bot
Amanda.Bot@ocps.net

Do students at your school walk or run? Those miles belong in the Billion Mile Race!

Joining the Billion Mile Race is simple:

1. **Activate Your School & Unlock Your Custom Profile:** As a teacher, administrator or parent, register on behalf of your school. It's where you'll log miles, set goals, and track progress. You may add as many profile administrators as you like.
2. **Get Students Running & Walking More:** Whether your students are already running and walking, or you're new to the game, try setting an ambitious school goal for 2016. Get creative! Build in opportunities to walk and run- during downtime before the bell, at recess, between classes. Every school is different.
3. **Post Miles:** Tally miles your students collectively walk and run and post to your profile. Make adding miles a moment to celebrate! You can even compare progress with nearby schools! **Click [HERE](#) for the website & more information!**

RESOURCES

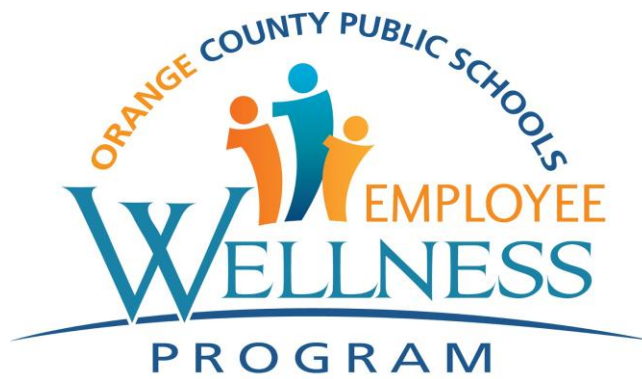
Click the links to access these resources online:

- [OCPS 2015-2016 Wellness Policy](#)
- [Alliance for a Healthier Generation: Healthy Schools Program](#)
- [Healthier US School Challenge](#)
- [FDACS Healthy School Team Webpage](#)
- [OCPS Food and Nutrition Services](#)
- [Healthy Fundraising Resource](#)
- [Fuel Up to Play 60](#)
- [Action for Healthy Kids School Community Portal](#)

***OCPS Healthy School Teams Website: Coming Soon!

The following pages include the additional resources:

- ◆ OCPS Walking Program
- ◆ OCPS Nutrition Standards
- ◆ Wellness Policy Summary
- ◆ Outside Food Form
- ◆ Fundraising FAQs



OCPS Walking Program

For more information and to sign up for the 2016 OCPS Walking Program and pedometer click on the following link:

<https://docs.google.com/forms/d/1ROldfwF56cQ9QAkWZMG20x8F4q9L39a9f6qmKBBfhno/viewform?c=0&w=1>



ORANGE COUNTY PUBLIC SCHOOLS

2015 EAT SMART NUTRITION STANDARDS

Revised 1/2015

Standards for Snack Food or Beverages will be in compliance with the USDA Competitive Food Regulations, The Healthy Hunger-Free Kids Act, Section 208; and Florida Department of Agriculture and Consumer Services Division of Food, Nutrition and Wellness, 5P-1.003 Responsibilities for the School Food Service Program.

The school day is defined as midnight to 30 minutes after the last bell. All food and beverages available to students during the school day are required to be registered in the school food service manager's office with ingredient and nutrition labels, location and sponsor contact information.

Vending machines under the OCPS district contract are allowed to be on during the school day if all content meets the Eat Smart Nutrition Standards.

No sale of food or beverage is allowed on school campus until thirty (30) minutes after the conclusion of the last designated meal service period unless operated through the OCPS Food and Nutrition Services Department.

Snack Foods

- 1) Be a fruit, a vegetable, a dairy product, a protein food, a whole-grain rich product (50% or more whole grains by weight or have whole grains as the first ingredient, or a combination food that contains at least ¼ cup of fruit or vegetable.
- 2) Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or fiber. (Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.)
- 3) May not be combination of bread and meat or meat alternate, or take the place of a meal.

In addition all snack foods must contain:

- One serving per package
- No more than 10 percent of total calories from saturated fats
- No more than 35 percent of total calories from fat,
- Zero trans. fat (less than or equal to 0.5 g. per serving)
- 35% or less sugar grams by weight
- Sodium content of 230 mg. sodium for all snacks
- No more than 200 calories for snacks
- Exempt: nuts, seeds, dried fruit with no added sweeteners or fats, reduced fat cheese

Beverages

- Milk, low fat milk unflavored: ≤ 8 oz. Elementary Schools; ≤ 12 oz. Middle and High Schools
- Nonfat Milk, flavored or unflavored: ≤ 8 oz. Elementary Schools; ≤ 12 oz. Middle and High Schools
- Plain Water, ≤ 8 – 20 oz.
- 100% Juice fruit or vegetable ≤ 8 oz. Elementary School; ≤ 12 oz. Middle and High Schools
- 100% Juice fruit or vegetable diluted with water ≤ 12 oz., ≤ 5 calories per 8 oz., no added sugars, Middle and High Schools
- High School only: Flavored beverages ≤ 12 oz. that are labeled to contain ≤ 40 calories per 8 oz. or ≤ 60 calories per 12 oz.
- High School only: may contain up to 180 mg. caffeine and must provide one serving of either 8 oz. of dairy or 100% juice.



ORANGE COUNTY PUBLIC SCHOOLS

WELLNESS POLICY UPDATE: WHAT ADMINISTRATORS NEED TO KNOW

FL Department of Agriculture Healthy School Teams

- Each school will establish a Healthy School Team.
- The Healthy School Team will meet a minimum of three times per academic year.
- The Healthy School Team will complete and submit the CDC School Health Index assessment in May.
- The Healthy School Team will monitor the number of days per school year fundraisers are held.

Breakfast, Lunch, Supper and Snack

- Denial of access to the food service program is not permitted.
- Information about the ingredients and nutritional value of foods served is available through your school’s food service manager.
- Access to safe drinking water will be made available during all meal periods.
- Students will be allowed at least ten minutes to eat meals after leaving the line and being seated.

Fundraisers Selling Food

- Schools may schedule infrequent school sponsored fundraisers that do not meet the OCPS Eat Smart Nutrition Standards (see table below), provided they do not exceed the maximum number of school days per school campus each academic year.
- All fundraising food sales that meet nutrition standards may only start thirty minutes after the last lunch period ends.

School Type	Maximum Number of School Days To Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools (K8)	10 days

Food Safety/Security

- All food or beverage on school campus available to students is required to be kept on file in the school’s food service manager’s office.
- Foods from any outside source must be sealed in manufacturer’s container until OCPS employee opens it for students.
- Food brought and prepared in a home may not be shared with other students; only the parent’s student.
- All Food Safety Standards are required to be followed when distributing food.

***School Stores and Vending Machines:** Are not considered fundraisers and may operate throughout the day if products meet the Eat Smart Nutrition Standards.

OCPS Record of Outside Food

This form is to be filled out and kept in the cafeteria manager's office.

Any food brought from outside of the school, with the intention of being distributed to students, must be recorded on this form.

Required by OCPS:

List of food or beverages given or sold to students during the school day on school campus. The school day = Midnight to 30 minutes past the last bell.

Date: _____

School Food Service Manager: _____

Phone # for School Food Service Manager: _____

OCPS Staff Member: _____

Contact Information: Phone: _____ E-Mail: _____

Contact in Emergency: _____

Staff Position: _____

Location and Time of food sales or give away:

Location on School _____

Time for sales or give away _____

Dates for sales or give away _____

Food or Beverage Common Name: _____ Brand: _____

Where purchased: _____

Must attach label or list ingredients, manufacturer and contact number

Healthy Hunger Free Kids Act, Competitive Foods on School Campus: Frequently Asked Questions

February 6, 2015

Why did the USDA set such strict nutrition standards this year?

Children's health is at a critical point. In Florida, 18-20% of children are obese. Seventy four percent of children aged 6-11 years do not get enough fruits or vegetables. They are missing out on essential nutrients that protect their health. After 5th grade, or elementary school, only 40% of children do not get enough calcium for strong bone growth.

The federal nutrition program is prioritized in schools so that children get balanced meals with high quality proteins, fruits and vegetables and whole grains and milk. USDA's intent is to ensure there is no competition within the school and children are encouraged to participate in the meals program. 26% of Orange County's children are food insecure, meaning they do not get three meals a day. Approximately 65% of students enrolled in the OCPS schools are eligible for free or reduced meals. For many students, the school meals provide the best nutrition of their day.

When do the Nutrition Standards apply to food on campus?

Nutrition Standards apply during the school day, defined as midnight to 30 minutes after the last bell of the school day. Activities with food and beverage after the 30 minutes are not affected.

What about food donated to the school for students?

All food offered to students for sale or for donations during the school day must meet the OCPS Wellness Policy. These items may not be offered to students until 30 minutes past the last lunch period, and must meet the Wellness Policy reference for foods "from the outside" with labeling requirements, registration in the school's food service manager's office and nutrition standards.

How can the school based organizations do a fundraiser for food or beverages on school campus?

1.) These standards address only food and beverage fundraisers operating during the school day. Fundraisers held 30 minutes after the last bell of the school day are not held to the nutrition standards. 2.) Frequent Fundraisers that meet the nutrition standards – If the items sold are food or beverages then the sales can only begin 30 minutes after the last scheduled period, unless operated through the food service program. 3.) Infrequent Fundraisers that do not meet the nutrition standards are allowed to start 30 minutes after the last lunch period. These fundraisers are approved and documented by the Healthy School Team and School Administration. There can be multiple fundraisers on the same day. The allowed days during the school year for Infrequent Fundraisers are as follows:

High Schools – 15 days

Middle Schools – 10 days

Elementary Schools – 5 days

4.) Food based fundraisers may be implemented through the school's food service program called the "Cooperative Cart" and operate during meal periods.

5.) Coffee sales may occur anytime during the day. These beverages do need to meet the nutrition standards for flavored beverages or milk and flavored beverages. See Eat Smart Nutrition Standards.

What is a Cooperative Cart?

This is a food cart that school based organizations can check out from the food service program. The organization can select five items such as sandwiches, wraps, small bags of chips, and/or beverages. The food service charges the organization for the food and labor costs and sets the price they can charge the students.

Is a school store included in these standards?

The Florida Department of Agriculture has defined the school stores and vending machines as "not school-sponsored fundraisers." All food or beverages sold are required to meet the nutrition standards if sold during the school day.