

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

WELLNESS

Nutrition Education:

The Douglas County School District will provide nutrition and wellness education through an integrated and comprehensive approach by addressing health standards in a variety of curricular areas including:

- Family Life, Sex Education, AIDS
- Science
- Physical Education
- Counseling lessons
- Health course at the ninth grade
- School Nurse lessons
- Informational text selections
- Food & Nutrition/Home & Career/Culinary Arts Classes

The topics addressed in these areas include:

- Knowledge about healthy lifestyles
- Nutrition
- Fitness and wellness goals

Physical Activity:

- **Time allotted throughout the day for the opportunity of physical activity must be a minimum of 30 minutes moderate to vigorous per day in addition to physical education, marching band, and extra-curricular activities. It is recommended students be given physical activity opportunities in bouts of 10 minutes at a minimum. Passing periods do not qualify as physical activity time.
- Teachers, school personnel and community personnel will not use physical activity or withhold opportunities for physical activity (e.g.) recess physical education) as punishment.

Nutrition Guidelines:

- All foods made available to students on campus during the school day will comply with the current Statewide Wellness Policy and smart snack standards which could include, but are not limited to the following:
 - Vending machines
 - A la carte and snack sales
 - Beverage contracts

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

- Fundraisers
- Classroom snacks
- Student stores
- School parties/celebrations (except as otherwise exempted)
- Incentives and rewards **
- Marketing

If Food is used as an Incentive or Reward, it must meet Smart Snack Nutrition Standards **

The following guidelines govern the nutritional quality and portion sizes of foods and beverages allowed. Approved foods and beverages will be developed and updated by the School Nutrition Program Director. Only foods and beverages on this list shall be available to students. This list will be distributed to school sites and on the DCSO web site.

Foods made available to students shall incorporate the following minimum nutrition standards:

Smart Snack Nutrition Standards

All foods and beverage available for sale or given away to students on the school campus during the school days must meet the minimum nutrition standards. These food standards apply to all grade levels (unless otherwise specified).

For a food item to be allowable, the item **must meet all** of the competitive food standards as follows:

Calories: Snack/Side item: ≤ 200 calories per item as served (includes any accompaniments)

** Entrée: ≤ 350 calories per item as served (includes any accompaniments)

AND

Sodium: Snack/Side item: ≤200 mg per item as served

Entrée: ≤480 mg per item as served

AND

Fat: Total Fat ≤ 35% of calories

Saturated Fat: < 10% of calories

Trans Fat: 0 g per serving

AND

Sugar:

Total Sugar: < 35% by weight

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

Specific Nutrients Standards for Food

In addition to the Smart Snack Nutrition Standards **must meet one** of the following criteria:

- Be a grain product that contains >50% whole grains by weight or have whole grains listed as the first ingredient on the food label; **OR**
- Have listed as the first ingredient on the food label, one of the non-grain main food groups, fruit, dairy, vegetable or protein foods; **OR**
- Be a combination food that contains at least ¼ cup fruit and/or vegetable

* If water is the first ingredient, the second ingredient must meet one of the previous criteria.

Beverages:

Allowable beverages may vary by grade level and address container size. All beverages sold on the school campus during the school day **must** be non-carbonated. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.

Beverages for all:

Water – Plain: No Limit

Milk – Unflavored non-fat, unflavored low fat, or flavored nonfat milk, ≤8 fl. oz. for elementary schools, ≤ 12 fl. oz. per serving for middle and high schools.

Juice – 100% fruit and/or vegetable juice, 100%v juice diluted with plain water (no added sweeteners), ≤ 8 fl. oz. per serving for elementary school, ≤12 fl. oz. per serving for middle and high schools.

It is recommended that juice be sold in smaller serving sizes: 4-6 fl. oz. servings for elementary schools and 8 fl. oz. servings for middle and high schools.

Other Allowable Beverages in High Schools Only.

Caffeinated beverages such as coffee's and teas at the high school are at the discretion of the principal of the high school **

No calorie and low calorie beverages as listed on pages 8 & 9 **

Exemptions:

Reimbursable meals provided to students under the National School Lunch and Breakfast Programs are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.

Exemptions are only allowed for foods given away during the school day that exceed **the established nutrition parameters are as follows:

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

1. In observance of the following state and national holidays:
 - Presidents' Day
 - Memorial Day
 - Independence Day
 - Labor Day
 - Nevada Day
 - Thanksgiving
 - Martin Luther King Day
2. For the following established religious observances:
 - Easter
 - Christmas
 - Hanukah
 - Kwanza
3. For the following community observances:
 - Birthday parties
 - Halloween
 - Valentine's Day
 - Cinco de mayo
4. As part of a learning experience that supports *established lesson plans* in the classroom. This exemption, however, does not allow for the sale of foods as part of a business enterprise or fundraising activity, nor does it allow for rewards in the classroom.

(No other exemptions are allowed.)

Fundraising:

- A. Foods and beverages sold on campus during the school day must adhere to the nutrition standards outlined in this policy.
- B. Foods and beverages sold on campus 30 minutes after the official school day ** are exempt from the nutrition standards outlined in this policy.
- C. Profit from the sales of foods and beverages on school grounds must directly benefit school academics and/or activities. See current Board Policy 808 and Administrative Regulation 808.
- D. Financial accounting of such sales will adhere to DCSD accounting practices and procedures.
- E. Fundraising activities, which don't meet these guidelines and are sold off campus, may be given to students within the school day for distribution at a later time. I.e. Cookie Dough **

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

Vending Machines and School Stores:

- A. Foods and beverages sold in student accessed vending machines must adhere to nutrition standards outlined in this policy. Sales must adhere to the current Competitive Food Sales in Board Policy 808 and Administrative Regulation 808. (Staff only accessed vending machines are exempt from this policy.)
- B. Profit from the sales of foods and beverages sold in vending machines on school grounds must comply with Board Policy 808 and Administrative Regulation 808.
- C. Financial accounting of such sales will adhere to DCSD accounting practices and procedures.

Definitions:

School Days

For the purposes of this policy, the school day is defined as the period from the **midnight before to 30 minutes after the official school day.

School Campus

For the purposes of this policy, the school campus is defined as all school property, including the parking lots.

Eating Environment:

- The Nevada Department of Agriculture (NDA) Statewide Wellness Policy mandates that students should be provided adequate time to eat meals: at least 15 minutes for breakfast and 20 minutes for lunch.
- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch.
- Food is not used as a reward, or withdrawal of food for a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Student Incentives and Rewards:

- It is strongly encouraged schools use other forms of incentives that are not food-based. A list of suggestions is available from the Nutrition office if requested.

Policy Guidance and Oversight:

The Director for the School Nutrition Program shall:

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

- Be solely responsible for determining if foods meet nutritional guidelines set forth in the Wellness Policy.
- Keep an ongoing list of approved foods that is made available to each school site Wellness Coordinator. This list is to be made available on the district website.
- Be responsible for communication to district Wellness Coordinators of all information relating to the Wellness Policy and Nutritional Guidelines.
- Be responsible for providing appropriate evaluation data requested by the Nevada Department of Education and as directed by the DCSD Wellness Policy.

Requests for approval of a food item that would be given away during the school day shall be made to the School Nutrition Program Director. ([Addendum C](#)) is provided for submitting a request.

The principal or his or her designee will serve as the school site coordinator and shall:

- Ensure the implementation of the Wellness Policy and Administrative Regulations.
- Be responsible for providing appropriate evaluation data requested by the NDA ** and as directed by the DCSD Wellness Policy.

Advisory Board:

An Advisory Board consisting of representatives from the school community with a parent representative will convene as necessary to review the policy and regulation and provide guidance in development of any changes made to our Wellness Policy. Advisory Group must meet at least 2 times per year.

Addendum A

Portion Size Guidelines

Foods which are allowable must meet the "Nutritional Standards" for SMART SNACKS the DCSD Wellness Policy must not exceed the following portion sizes:

Item	Elementary Schools	Middle/High Schools
Water, plain	No Limit	No Limit
Electrolyte Replacement Beverages	None allowed	12 ounces
Non- Carbonated Calorie Free Beverages	None allowed	≤ 20 Oz. HS only

ADMINISTRATIVE REGULATION

No. 230

Board of Trustees

Douglas County School District

PROGRAMS

Other Non-Carbonated Beverages" calorie – free" < 5 cal. Per 8 oz. or ≤ cal. Per 20 oz.	None allowed	≤ 20 Oz HS only
Non-Carbonated Lower-calorie Beverages ≤60 cal. Per 12 oz. , ≤ calories per 8 oz.	None allowed	≤ 20 Oz HS only
Fruit/Juice Drinks,– Frozen Slushes and other non-electrolyte replacement beverages	8 ounces	12 ounces

Addendum B

Foods of Minimal Nutritional Value:

The following four categories of food are restricted from being sold, given away, used as incentives, or earned by students:

1. All beverages sold on the school campus during the school say must be **non-carbonated**. There are no restrictions on the sale of any allowable beverage at any grade level, during the school day anywhere on the school campus.
2. Water Ices –i.e. "otter pops" No longer allowable.
3. Chewing Gum - Sugar-free chewing gum is exempt from all competitive food standards and may be sold at the discretion of the school Administration. ****
4. Caffeine is permitted at the high school level only at the discretion of the HS Principal.

GOALS: Goals for Nutrition Education and Promotion, Physical Activity and Other School Wellness Activity shall be determined with the Advisory Group at the first meeting of the school year and presented to the Board for final approval **

[See Policy related to this Administrative Regulation](#)

–Adopted: 4/11/06
Revised: 1/4/2018