

Ellsworth Community School District District Nutrition Guidelines

The Ellsworth Community School District 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 needed to be healthy. The following Nutrition Standards have been adopted to encourage the consumption of nutrient dense foods during the school day.

Food:

1. Provide food options that are low in fat, calories, in added sugars *and low in sodium*.
2. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
3. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat and/or transfat.
4. Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10 percent of its total calories from sugars, excluding sugars occurring naturally in fruits, vegetables and dairy ingredients.
5. The use of foods of minimal nutritional value should be kept to a minimum.
Foods of Minimal Nutritional Value as defined by USDA
 1. Carbonated drinks
 2. Water Ices-such as slushies that contain no fruit or fruit juice
 3. Chewing gum
 4. Certain candies-processed predominately from sweeteners or artificial sweeteners: Hard candies such as lollipops, breath mints, gum drops, jelly beans, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.
6. Encourage the consumption of nutrient dense foods: i.e. whole grains, fresh fruits, and vegetables.
7. In vending machines, all food items will be nutrient dense and from the approved list.

Vending Machine Approved Food Items:

1. Power Bars
2. Cheese and Crackers
3. Cracker Stix
4. Granola Bars, 100 Calorie Snack Packs
5. Trail Mix
6. Granola
7. Baked Chips
8. Peanuts
9. Teddy Grahams
10. Sandwiches
11. Fruit
12. Any item not listed MUST meet the nutrient dense requirements listed above to be in a vending machine

Snacks:

1. For daily snacks/treats: we promote that the following suggestions be used during the school year. A recommended list will be provided to parents at the start of the school year and placed on the school website.

Recommended snack/treat list:

- Cheese Sticks (String Cheese)
 - Cheese Curds
 - Celery Sticks
 - Carrots
 - Vegetables
 - Fruits
 - Power Bars
 - Trail Mix
 - Teddy Grahams
 - Grapes
 - Cheese and Crackers
 - Cracker Stix
 - Any item not listed SHOULD meet the nutrient dense requirements from the District Nutrition Guidelines
2. Parents can contact Dee Rasmussen at Food Service, 273-3910 to have her provide prepaid snacks/birthday treats for their students for grades K-6.
 - a. *The list of possible snacks and information to parents about purchasing snacks from the Food Service will be placed on the School District Facebook page and webpage for Food Service.*
 - b. *This information will be sent to all parents the 2nd week of each semester in an email blitz.*
 - c. *We will also make sure to send this information to the Parent's Club so they can also disburse it.*

**Instructional Day is defined as midnight before the day starts to 30 minutes after the end of the official school day.*

Beverages:

1. Vending sales of soda or artificially sweetened drinks will be prohibited during the instructional day.
2. The vending or non-vending sale of soda or artificially sweetened will be prohibited on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
3. Vending machines should have a variety of portion serving options.
4. The teachers' vending machines will have water, juice or vitamin water choices.
5. Teachers are highly encouraged to avoid displaying sodas, coffees or other non-nutritious items on their desks during the school day.

Candy:

1. The vending of candy will not be permitted during the instructional day.
2. Candy is defined as any item that contains sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose) listed as one of the first two ingredients.

Classroom Incentive:

1. Teachers are encouraged to consider non-food items as a teacher to student incentive. Should teachers decide to use food items as an incentive, they are encouraged to adhere to the nutritional guidelines.
2. Teachers are encouraged to not provide food items as rewards or incentives more than one day a week.

Fundraising:

1. All fundraising projects must be approved by the school administrator as stated in district policy.
2. All fundraising projects are encouraged to meet the district nutritional standards.
3. Fundraising/concession stand sales need to provide at least two different healthy options for sale at all events.

Lunch Times:

Elementary and Middle School principals will develop a plan where at least one grade level will have recess first and then come in to eat lunch.

F.A.C.E./PE and Health Teachers/Coaches:

All of the above should continue to encourage and discuss proper nutrition to fuel their bodies for activity. Also help, when possible, the athlete to make a nutrition plan that will help their overall fitness and health.

PE/Health and F.A.C.E. Teachers should promote the school lunch requirements set by the USDA. This will be done by verbal discussions with the students and posters that demonstrate healthy, nutritious items. PE/Health and F.A.C.E. teachers will educate students on nutritional skills that will improve their overall health now and in the future.

Lunch Brigade:

Students who are part of this program from the High School will encourage the elementary students to make healthy choices.

Try It Tuesday:

The Food Service Director in cooperation with F.A.C.E., Health and PE Teachers will investigate setting up a Try It Tuesday. This will help the students to try new foods that they may not have tried as of yet.

1. *We will be looking at having STEP volunteers help by manning Try It Stations at the elementary.*
2. *We will be looking at having Foods, Health or PE classes man Try It Stations to encourage students to try new foods.*

Each building will monitor procedures for implementing the district nutrition guidelines.

- *Monitoring responsibilities will be completed by a Wellness Team made up of an Administrator, PE Teacher and Health/F.A.C.E. Teacher*
- *Inquiries and/or suggestions should be directed to the building level principal. Those people are:*
 - o *Mark Stoesz – High School Principal (715) 273-3904*
 - o *Jon Dodge – Middle School Principal (715) 273-3908*
 - o *John Groh – Hillcrest Principal (715) 273-3912*
 - o *Mary Zimmerman – Prairie View Principal (715) 792-5285*