

UNITY SCHOOL **WELLNESS POLICY**

PURPOSE

Unity School is committed to providing an environment in which students can make healthy food choices that support academic success and lifelong health. This policy is effective during the school day.

RATIONALE

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating increases attention, creativity, and test scores. It improves behavior and attendance. It is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

GOALS

Foods and beverages sold or served at school will meet the nutrition recommendations of the:

U.S. Dietary Guidelines for Americans (over 2 years old)
USDA My Plate and the Pyramid Food Guidance System
Dietary Reference Intakes for the National Academy of Sciences

Meals served through the cafeteria will:

Be appealing and attractive
Be served in a clean and pleasant setting
Offer variety and exposure to new and different foods
Offer a variety of choices so children learn to make wise selections
Provide reasonable accommodations medical food restrictions (allergies) among students
Be planned to coordinate classroom curriculums with the menu to enhance nutrition education

Qualifications of School Food Service Staff

A qualified Nutrition professional with Serve Safe Managers Certification will administer the School Food Service Program. Appropriate training will be provided to kitchen and cafeteria workers according to their level of responsibility. All local, state, and federal regulations shall be met.

Daily Operation

Each day, a freshly prepared lunch is offered in the cafeteria which consists of a choice of one entrée or a specialty salad. The salad meal is individually packaged by our Food Service staff for easy grab and go. Lunch also includes the appropriate side dishes, fresh vegetable, a selection of fresh fruit, and a beverage. Pizza is every Wednesday. A selection of sandwich meals is also offered. These include a peanut butter, peanut butter and jelly, cheese sandwich, and a veggie burger meal. Throughout the year special event menus will be offered. Menus are planned so that they are not only child friendly, but

also are nutritionally balanced. A variety of menu options will be offered throughout the year to encourage exposure to new foods and foods from other cultures. Suggestions are always welcome.

A healthy snack is prepared and served each morning to preschool students. Nutritious food is also provided for Practical Life in the Montessori classrooms.

White milk or plain water are the only beverages permitted for lunch, snack, or classroom events at Unity School. A choice of one of these beverages is offered with each purchased meal. Juice, flavored waters, soda, and caffeinated beverages are NOT permitted. Those who would like an additional beverage with lunch or those who bring lunch from home can purchase a beverage. A super-size meal (which is a larger sized entrée) is also available for an extra fee. Lunches are billed on a monthly basis.

Food and Beverages Brought in From Home-Bagged Lunches and Snacks

Bag lunches, snacks, and food for classroom events should make a positive contribution to the student's diet and health. Lunches brought in from home should model the My Plate and the Food Pyramid Guidelines and be healthy and nutritious. It is suggested that snacks be planned to include foods from at least 2-3 food groups to keep energy levels high and the mind alert. Snack foods should be nutrient dense, which means that each bite contributes to the child's overall intake of healthy foods. Water and white milk are the only beverages permitted for lunch or snack at Unity School. Juice, soda, caffeinated, and other flavored beverages are prohibited. Candy is prohibited. Chocolate as a main ingredient is prohibited unless it meets the Food and Beverage –Nutrient Standards and Guidelines.

For health and safety reasons, water fountains will only be available to refill water bottles. The water bubbler will not be accessible. For continuous hydration, students must bring their own labeled water bottles from home each day.

Mealtimes and Scheduling

Provide students with at least 20 minutes to eat lunch

Meal periods are scheduled at appropriate times

Elementary students are scheduled recess times

Provide hand sanitizing before meals

Sharing of Food and Beverages

Students may not share their foods and beverages with one another during meals or snack time, given concerns about allergies, sharing of pathogenic illnesses, and other restrictions with some children's diets.

Classroom Celebrations

Birthdays

Birthday celebrations are honored without the service of food. Children will not be disappointed if typical party foods aren't served in the classroom. Treats and traditional birthday cake will still be available at home.

Celebrations

Classrooms must limit celebrations that involve food during the school day to not more than one (1) per month. Classroom snacks must adhere to the Wellness Policy Guidelines and be prepared, packaged, and purchased from a store or food facility that is inspected by the Department of Health. This type of facility would include, Publix, Whole Foods, Fresh Market, Wal-Mart, Target, Trader Joes, etc. All items must be brought in their original packaging. Classroom snacks may not be served if they are prepared in a home. Treats distributed to children must meet the Food and Beverage-Nutrient Standards and Guidelines.

Rewards

Food and beverages should not be used as rewards for academic performance or good behavior and will not be withheld as a punishment.

Food and Beverage- Nutrient Standards and Guidelines

Treats should be planned according to the U.S. Dietary Guidelines.

Food of minimal nutritional value should not be given away, sold, or used as incentives for students or student activities during the school day except for peppermint, which has been documented to enhance memory.

A packaged snack should be less than 250 calories.

No more than 30% of total calories from fat, and no more than 10% of total calories from saturated fat and no trans fat. (Nuts, seeds, milk, and dairy products are exempt from this standard.)

No more than 35% added sugar by weight (not including fruits and vegetables and when they are when used as ingredients).

The threshold for Sodium is 400-600mg per serving.

Encourage food containing whole grains.

Chocolate is not permitted to be the main ingredient; carob is an acceptable substitute.

Snacks and sweets not to exceed 1.5 oz.

Cookies, muffins, and cereal bars not to exceed 3 oz.

Frozen desserts, ice cream not to exceed 4oz. No sweetened water ices such as "...sicles" unless products contain 100% fruit or fruit juice.

No candy.

No chewing gum.

No red and blue dye in any products.

Water and white milk are the only permitted beverages.

Food Intake patterns identify what and how much food an individual should eat for health. The amounts are based on a person's age, sex and activity level. These patterns are published in the U.S. Dietary Guidelines for Americans.

- Increase whole grains in the diet. Make at least half of the total grains eaten whole grains.
- Eat recommended amounts of vegetables and fruits. Add variety. Increase dark green vegetables, orange vegetables, soybeans and peas.
- Consume 3 cups milk or equivalent each day. Children 2-8 years old consume 2 cups. Supply calcium rich foods such as cheese if milk is not consumed.
- Choose monounsaturated and polyunsaturated fatty acids. Choose grain products and prepared foods that are low in saturated and no trans fat. Select baked, broiled or steamed rather than fried.
- Choose foods with little added sugars or caloric sweeteners. Added sugars include high fructose corn syrup, other syrups, sucrose, glucose, fructose, lactose, maltose, brown sugar, honey, molasses fruit juice concentrates, and raw sugar added to food products. Choose water or milk. Select unsweetened cereals.
- Eat a healthy breakfast. Choose foods that consist of carbohydrates, protein, and low fat, such as whole-grain cereal, fruit, and milk.
- Snacks should also include a variety of foods from each of the food groups as indicated above. Refer to healthy snack guide.

Milk

All fluid milk-preferably fat free or low fat

Nutritionally equivalent non-dairy alternatives, soy products

Puddings made with milk

Ice milk

Frozen yogurt

Ice cream

Cheese-cheddar, mozzarella, Swiss, American, cottage, etc.

Yogurt-without added food dyes and candy

Fruit- fresh, canned, frozen, or dried. It can be whole, cup-up or pureed.

Apples

Mangoes

Apricots

Melons-cantaloupe, honeydew, watermelon

Bananas

Mixed fruit salad

Berries-strawberries, blueberries
raspberries, cherries

Nectarines, oranges, tangerines

Pears

Grapefruit

Peaches

Grapes-raisins

Papaya

Kiwi

Pineapple

Plums-prunes

Vegetables-raw or cooked; fresh, frozen, canned, dried, or juiced.

Dark Green

Broccoli
Collard
Kale
Romaine lettuce
Spinach

Orange

Carrots
Squash-acorn, butternut, hubbard, pumpkin
Sweet potatoes

Starchy

Corn
Green peas
Lima beans
Potatoes

Dry Beans and Peas

Black beans
Garbanzo beans
Kidneys beans
Lentils
Navy beans
Pinto beans
Soybeans
Tofu
White beans

Other Vegetables

Artichokes
Asparagus
Bean Sprouts
Brussel sprouts
Cabbage
Cauliflower
Eggplant
Green beans
Peppers
Lettuce-iceburg, leaf
Mushrooms
Okra
Onions
Parsnips
Tomatoes-tomato juice
Turnips
Wax beans
Zucchini

Grains- whole and refined

Whole-contains the entire kernel, the bran, germ and endosperm

Brown rice
Buckwheat
Bulgur (cracked wheat)
Oatmeal
Popcorn
Muesli
Whole grain-wheat, barley, rye: breads, crackers, pasta, tortillas
Wild Rice
Millet
Quinoa

Refined- milled removing the bran and germ. Most refined grains are enriched with B vitamins and iron.

Cornbread
Couscous
Crackers
Grits
Pasta
Pitas
Pretzels
Ready to eat breakfast cereals
Tortillas-flour and corn
White bread and rolls
White rice

Meat & Beans

Choices should be lean or low-fat.

Meat-beef, ham, lamb, pork, veal
Poultry-chicken, duck, goose, turkey
Soy-based protein sources
Eggs

Dry Beans and peas-black bean, chickpeas, kidney beans, lima beans, navy beans, pinto beans, soybeans, split peas, tofu, white beans, tempeh, textures vegetable protein
Fish-anchovies, catfish, cod, flounder, haddock, halibut, herring, mackerel, pollock, salmon, sea bass, sardines, snapper, swordfish, trout, tuna
Shellfish-clams, crab, lobster, mussels, octopus, oysters, scallops, squid, shrimp
Nuts-almonds, cashew, hazelnuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds

Oils- fats that are liquid at room temperature from plants and fish.

Plants-monounsaturated or polyunsaturated, and low in saturated fats. Do not contain any cholesterol*

Canola	Nuts
Corn	Olive
Cottonseed	Avocado
Olive	Some fish
Safflower	
Soybean	
Sunflower	

*Coconut and palm kernel oil are high in saturated fat

Solid fat-solid at room temperature from animal foods and are saturated fats.

Butter

Beef fat

Chicken fat

Pork fat (lard)

Stick margarine

Shortening

Trans fat-hydrogenated/partially hydrogenated vegetable oils used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fat should be eliminated from the diet.

Discretionary Calories-the extra calories that are not needed to meet the body's nutrient needs, about 10% of the daily calorie requirements. These can come from sweets and other treats.

FOOD AND BEVERAGE- NUTRIENT STANDARDS AND GUIDELINES

Each snack food portion may not exceed the below limitations for specified nutrients/ingredients or serving sizes:

	<u>LIMIT</u> <u>NO MORE THAN 250</u> <u>CALORIES</u>	<u>COMMENTS</u>
<u>TOTAL CALORIES FROM FAT</u>	<u>NO MORE THAN 30%</u>	<u>Excludes nuts and seeds</u>
<u>TOTAL CALORIES FROM SATURATED FAT (INCLUDING TRANS FATS)</u>	<u>NO MORE THAN 10%</u>	-
<u>ADDED SUGAR BY WEIGHT</u>	<u>NO MORE THAN 35%</u>	<u>Excludes fruits and vegetables when used as ingredients</u>
<u>SODIUM</u>	<u>NO MORE THAN 600</u> <u>MILLIGRAMS PER</u> <u>SERVING</u>	-

PORTION SIZES FOR CLASSROOM SNACK AND VENDING FOODS

<u>TYPE OF FOOD ITEM</u>	<u>MAXIMUM PORTION SIZE</u>	<u>COMMENTS</u>
<u>Snacks and Sweets</u>	<u>1.5 oz.</u>	Including, but not limited to chips, crackers, low-fat popcorn, cereal, trail mix, seeds, dried fruit, jerky
<u>Bakery Items (e.g. cookies, bars, breads, and muffins)</u>	<u>3.0 oz.</u>	Chocolate may not be a main ingredient. Fruits and vegetable ingredients are encouraged. No doughnuts. Icing may not exceed 1/4" thickness.
<u>Frozen Desserts, Ice Cream</u>	<u>4.0 fluid oz.</u>	Including but not limited to ice cream. No chocolate or candy. No ...sicles (sweetened water ices)
<u>Other (candy)</u>		No candy, except for peppermint for teaching purposes. No red and blue food dye

PARTY FOOD SUGGESTIONS

Items Not Permitted

Healthy Alternative

Iced cupcake	Fruit/vegetable muffins-apple, banana, carrot, berry, etc.
Large cookie with icing	Whole grain cookie with dried fruit
Birthday cake	Vanilla pudding cups with berries and sugar cookie crumbs
Donut	Oatmeal raisin cookie
Brownie	Fruit and cheese kebabs with whole-wheat pretzels
Foods containing color dye (red and blue)	Granola, fruit, and vanilla yogurt sundaes
	Raisin cake with drizzled vanilla glaze
	Banana, pumpkin, or zucchini bread or bars
Candy	Trail mix with low fat granola, whole-wheat cereal, unsalted pretzels, sunflower seeds, pumpkins seeds, and dried fruit
	Angel food cake with fresh berries
	Bran Muffins
	Low fat granola bars
	Low fat popcorn seasoned with grated cheese and a dash of garlic salt or other interesting spice combo
Top your own cookie	Rice cake with light cream cheese topped with fruit, shredded vegetables, seeds, carob, granola, popcorn, and other healthy choices.
	Veggie or fresh fruit pizza
Fruit drinks	Water, milk, or soymilk

PURCHASE READY FOODS

The list below are a few items that are available for purchase that meet the Nutrition Standards and may be used for convenience. These are not the only food items that meet the Standards and are only meant to be used as a guide.

PUBLIX

Bakery Items:

Mini Muffins -carrot, poppy, orange, bran, zucchini, and vanilla (without large quantity of icing)

Muffin (2.5 oz)- blueberry, apple bran, or raisin bran

Angel Food Cake

Cornbread (1.9 oz/serving)

Packaged foods:

Rice Cakes

Tortilla Wraps (45 gram or less/serving)-whole wheat, multigrain, tomato basil, spinach, or garden vegetable

Mini bagels 1.4oz/serving- Pepperidge Farms, Publix, or Thomas

Entenmann's light Golden Loaf Cake

Mini Muffins-blueberry

Pita Pockets

Whole Wheat Bread Sticks (15 grams/each)

Light Out Wraps- assorted flavors

Popcorn, light

Tortilla Chips

Sun Chips

Pretzels

Exotic Vegetable Chips

Sweet Potato and Beet Chips

Terra Vegetable Chips

Eat Smart Soy Crisps

Apple Chips

Salsa

Hummus

Polaner-All Fruit Spread

Fruit-individual packaged cups of fruit in natural juice-Delmonte, Publix

Vegetable/California Rolls

Veggie Trays

Prepackaged Raw Vegetables and Fresh Fruits

Cheese & Fruit Tray

Dried Fruit

Roasted Soybeans and other seeds

Nuts (if not allergic)

Natural fruit leathers

Granola-Optimum Power

Vanilla Wafers-Nabisco

Graham Crackers

Oatmeal Teddy Grahams

Whole Wheat Fig Newtons

Ginger Snaps made with molasses

Oatmeal Raisin Cookie

Fish Crackers-Pepperidge Farm

Oven Baked Wheatable Crackers-Keebler

Cherry or Raspberry Fruit Bars-Health Valley

Laughing Cow Light Cheese Wedge

Babybel Cheese Rounds

Assorted packaged cheese-string, cubes, slices, shaped, etc.

Cheese Spread-Alouette, Laukauna, Neufchatel

Cream Cheese-assorted flavors

Crescent Rolls-Pillsbury

Bread Sticks

Plain or Vanilla Yogurt

Pudding Cups made with skim milk

Soy milk, Low fat and Skim milk

Muffin Bar-banana or blueberry-Quaker