

# **Student Wellness Policy Implementation Fundraising Regulations and Procedures 2016-17 SY**



**Pasco County Schools**

Providing a world-class education for all students

**Kurt S. Browning, Superintendent of Schools**

# Fundraisers

What you need to know!

A collage of three photographs: a girl holding a baseball bat, a close-up of a child eating blueberries, and a young boy in a red jersey playing soccer. To the right of the photos is a cartoon character of a girl in a blue shirt and yellow pants hanging upside down. Below the photos is the text: 

**What qualifies as the “School Day”**  
The period from the **midnight** before,  
to **30 minutes after** the end of the official school day  
(Federal Register / Vol. 78, No. 125)

# Food Sales/Consumed During School Hours

**Any food items sold on campus shall comply with District Policy 8550 regarding competitive food sales**

## 8550 - COMPETITIVE FOODS

The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the US Department of Agriculture (USDA) Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval. The Superintendent shall develop and maintain appropriate procedures relative to the implementation of this policy and any exemptions provided for by law.

F.S. 1001.41(2), 1001.42(14), 1006.06

F.A.C. 7.041

F.A.C. 5P-1.003

F.C.F.R. 210.11

Revised 12/16/14

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### FOOD ITEMS

- Smart Snack Approved/Exempt Food Items
- Non-Exempt Food Items ("junk food")



### NON-FOOD ITEMS

- No changes from previous year



### Two Categories of Fundraisers





#### Smart Snack Approved/Exempt Food Items

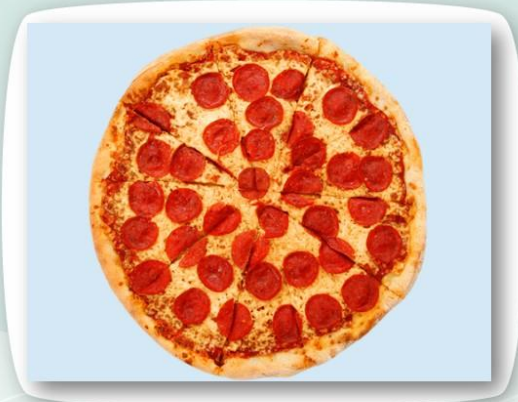
- Can be sold during the school day in **secondary schools only**
- Requires Smart Snacks Calculator Approval along with product nutrition facts label
- There are no limits on sales of Smart Snack Food items in secondary schools



#### Non-Exempt Foods:

- Do not meet Smart Snacks Standards
- Can only be sold off campus or 30 minutes after the end of the school day
- Middle and High School can sell on exemption day

**Exempt  
or  
Non-Exempt  
FOODS**



**Combination Foods are NOT Permitted  
as Smart Snack Fundraiser Foods**

i.e. Chicken & Biscuit, Pizza, Burgers

(Florida Administrative Code 5P-1.003 )







## Fundraiser Calendar

- Fundraiser Calendars are required to be posted on ALL school websites
- Schools have the option to have a stand-alone fundraiser calendar or they may incorporate it within their already established online school calendar.
- Secondary Schools must identify "Exemption days" on their calendar
- **BEST PRACTICE:** All fundraisers on the same calendar to promote clear communication with parents, staff, and auditors.



## Fundraiser Exemption Days: Secondary Schools Only

- **Exemption Days** are days in the school year where Fundraiser Activities take place that sell food items that do not meet the Smart Snack Standards.
- This is "number of exemption days", not number of fundraisers.
- Schools can have multiple fundraisers on the same day.



GRADE LEVEL	NUMBER OF ALLOWABLE EXEMPTIONS/Year
ELEMENTARY	None
MIDDLE	10
HIGH	15

**Sale of food items cannot occur until 30 minutes after the conclusion of the last designated meal service period.**

(8550-Competitive Foods Policy)





## What about after the “School Day”

- If fundraisers are conducted outside of school areas, or 30 minutes after the last bell, the Smart Snack Standards regulations will not apply.
- Per our Wellness Policy Procedures: When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 50% of those items should comply with the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA’s “All Foods Sold in Schools” Standards.

## What about Incentives & Rewards?



- Food that is given to students as an incentive/reward does not fall under this specific initiative (rewards, incentives, etc.).
- Per the District’s Student Wellness Policy & Procedures, we do not encourage the use of food as incentives or rewards.
- However, when food is used, it is recommended that the food be **Smart Snack** compliant!



# What about Celebrations?



## Smart Snack Menu

*Snacks for classroom parties, special events and more*

All snacks and party options meet the District's Student Wellness Policy guidelines that correspond with the Smart Snack Guidelines nutrition standards. These options are available for purchase by parents, PTA/PTO, organizations, and school-sponsored programs.

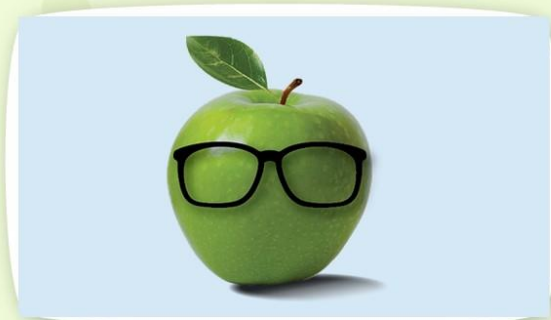
- **Convenient**—No running to the grocery store
- **We Deliver**—No rescheduling your schedule to bring to school, we deliver to the classroom
- **District-approved**—All of our snacks meet the Federal Smart Snack nutrition standards and are prepared in safe and sanitary environments
- **Affordable**—We can offer you options that meet your budget
- **Easy**—You can charge it to your child's lunch account

Individual Healthy Snacks		District Themed Party Options — Up to 25 students	
Fresh Fruit	\$0.50	Rice Krispie Treat Party — Each student gets a large Rice Krispie Treat	\$10
Baked Goldfish Crackers	\$0.50	Healthy Bragmi Party — Each student gets one warmd braami	\$8
Animal Crackers, Keebler	\$0.50	Cupcake Tray — Each student gets one lightly frosted cupcake	\$10

- Birthday parties/celebrations do not fall under the competitive foods policy.
- The Districts Wellness Policy Procedures encourages that items meet the Smart Snack Standards.
- Celebration foods are offered to parents to purchase for their child's class through FNS. These foods are already Smart Snack approved for ease of access can be delivered directly to your child's classroom.



# Know your Wellness Resources!



Additional resource can be found on our Student Wellness Website:

<http://pascostudentwellness.pasco.k12.fl.us/>

District Policy & Procedures

- Wellness Information Packets
- Smart Snack Calculator
- Student Wellness Blog
- Fundraiser Ideas
- & MUCH MORE!

Email: [StudentWellness@pasco.k12.fl.us](mailto:StudentWellness@pasco.k12.fl.us)





## SMART Snacks in School

### Competitive Food Rules and Smart Snacks at a Glance

#### Pasco County Schools 2016-17 SY

\*These guidelines apply to any food given as a celebration, incentive, or reward to students during the school day (midnight-30 minutes after the last bell). Only the Food and Nutrition Services (FNS) department shall sell food and beverages to students in Elementary schools during the school day. In secondary schools, the FNS shall be the sole provider of food and beverage items sold until thirty minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the USDA Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval.

<b>General Nutrition Standards</b> <ul style="list-style-type: none"><li>• Grains made with 50% or more whole grains</li><li>• Foods with fruits, vegetables, dairy or protein as the first ingredient</li><li>• Combination foods with <math>\frac{1}{4}</math> cup fruit or vegetable</li></ul> <p>The USDA's Smart Snacks Product Calculator takes the guess work out of your day: <a href="https://foodplanner.healthiergeneration.org/calculator/">https://foodplanner.healthiergeneration.org/calculator/</a></p>	<b>Nutrient Requirements</b> <p>Calorie limits:</p> <ul style="list-style-type: none"><li>• Snack items less than or equal to 200 calories</li><li>• Entrée items less than or equal to 350 calories</li></ul> <p>Sodium limits:</p> <ul style="list-style-type: none"><li>• Snack items less than or equal to 200 mg</li><li>• Entrée items less than or equal to 480 mg</li></ul> <p>Fat limits:</p> <ul style="list-style-type: none"><li>• Total fat less than or equal to 35% of calories</li><li>• Saturated fat less than or equal to 10% of calories</li><li>• Trans fat-0 grams</li></ul> <p>Sugar limits:</p> <ul style="list-style-type: none"><li>• Less than or equal to 35% of weight from total sugar in foods</li></ul>
<b>Healthy School Teams (HST)</b> <ul style="list-style-type: none"><li>• All schools are required to establish healthy school teams to monitor &amp; ensure compliance with competitive food rules (can be combine w/SAC Committee)</li><li>• The HST is responsible for reporting its school's compliance with the rule to the person(s) overseeing the Local School Wellness Policy and complete the HST Monitoring Tool and Student Wellness Policy Implementation Survey.</li></ul>	<b>Beverage Options</b> <ul style="list-style-type: none"><li>• Plain water (no size limit)</li><li>• Low-fat unflavored milk or nonfat flavored milk (Elementary-limit 8 fl. Oz.)</li><li>• 100% juice (Elementary-limit 8 fl. Oz.)</li></ul>



## FUNDRAISING ACTIVITIES – New Rules

Effective with the 2015-2016 school year, competitive food and beverage items sold to students during the school day **must** meet the nutrition standards for competitive food as defined and required in 7 CFR 210.11.

A fundraising activity should first be identified as either food or non-food sales and indicated on the **revised** Fund Raising Activity (FRA) Application/Recap form by checking the appropriate box. As always, all fundraising activities require a properly completed FRA form to be available for audit.

### Non-food sales

No changes.

### Food sales/consumed off site or after traditional school hours

No changes. The new rules do not apply during non-school hours, on weekends, and at off campus fundraising events. Examples include cookie dough, meat pies, and concession items.

### Food sales/consumed during school hours

Any food items sold on campus shall comply with District Policy 8550 regarding competitive sales.

In addition, there are some new requirements.

- ◆ Elementary:
  - No Changes. Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.
- ◆ Secondary Schools:
  - Sale of food items cannot occur during the school day (the period from the midnight before, to 30 minutes after the end of the official school day) unless they meet the Smart Snack nutrition standards. This does not apply to vending machines or snack bars if only selling Smart Snacks. (Note: Permanent and “rolling” snack bars must have documented approval from the Director of Food and Nutrition.)
  - Combination fundraiser sales are prohibited (ex. chicken and biscuit, pizza, etc.) per Florida Administrative Code 5P-1.003 (Responsibilities for the School Food Service Program).
  - Determine whether the food item qualifies as a “Smart Snack” item or will the FRA take place on one of the school’s “exemption” days.

### Smart Snack Item

- ◆ FRA Application/Recap **must** include a printed copy of the [Smart Snack calculator](#) results that shows the food sold qualifies as a Smart Snack.
- ◆ FRA Application/Recap **must** include a printed copy of the nutrition label of the food sold (if it’s not a fruit or vegetable).
- ◆ FRA Sponsor **must** attach both items described above to the FRA Application/Recap.
- ◆ There are no limits for the school year on the number of FRA events selling Smart Snacks.

### Exemption Food Sale Item – “junk food”

- ◆ Exemption Days are days in the school year where FRAs take place that sell food items that do **not** meet the Smart Snack standards. Note: This is # of days, not # of fundraisers – a school can have multiple fundraisers on same day.
- ◆ The total number of a school’s exemption days in a school year **cannot** exceed the maximum number of school days allowed as described below:  
Total number of days allowed per school year:
  - ◆ Middle Schools – 10 days
  - ◆ High Schools – 15 days
- ◆ **Schools must** maintain records documenting the occurrence of any exempted events.

### Calendars

- ◆ Schools **must** have an annual calendar of fundraisers and indicate “Exemption” days
- ◆ Does not need to be a separate calendar, but must be accessible on school website



**DISTRICT SCHOOL BOARD OF PASCO COUNTY  
FUND RAISING ACTIVITY (FRA) APPLICATION/RECAP**

MIS Form #176  
Rev. 7/15

School \_\_\_\_\_ Date \_\_\_\_\_

1. Requested by (organization, class, or club) \_\_\_\_\_

2. Person responsible for FRA \_\_\_\_\_

3. Use of Proceeds \_\_\_\_\_

4. Resale Product Vendor Name \_\_\_\_\_ Vendor # \_\_\_\_\_

Contact \_\_\_\_\_ Phone \_\_\_\_\_ email \_\_\_\_\_

5. Description FRA \_\_\_\_\_

6. Type of sale: ☐ Resale ( ☐ Food ☐ Non Food) ☐ Service or donated time ☐ Admissions ☐ Other

If this is a food sale, is this a food item that is consumed during the school day? ☐ Yes or ☐ No

If Yes - Is this a Smart Snack? ☐ Yes or ☐ No

☐ If Yes - attach Smart Snack Calculator and Nutrition Label

☐ If No - attach school calendar page that shows the approved Exemption

7. FRA Schedule: Begin date \_\_\_\_\_ End date \_\_\_\_\_ Total # of Days \_\_\_\_\_

Time of Day \_\_\_\_\_ Location \_\_\_\_\_

8. ESTIMATED/ACTUAL PROFIT:

APPLICATION

RECAP

RECAP

ESTIMATED

ACTUAL

VARIANCE

(The ESTIMATED column **only** is completed on application, the RECAP-ACTUAL & VARIANCE columns are completed after the activity is over)

A. Revenues:

Sales quantity \_\_\_\_\_ X Sales price \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

Other \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Total Revenues** \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

B. Costs:

Unit quantity \_\_\_\_\_ X Unit cost \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

Other \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

**Total Costs** \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

C. Gross Profit (A minus B)

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

D. Other Costs (printing, security, prizes etc.) Describe:

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

E. **Net Profit** (C minus D)

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

Explain any Variance \_\_\_\_\_

**FRA SPONSOR ASSURANCE** - I have read and understand Board Policies 5830 and 9211 and Administrative Procedure 9700C related to fund raising (available for review at [www.pasco.k12.fl.us](http://www.pasco.k12.fl.us).) I will comply with these regulations and internal accounts procedures.

**APPLICATION** Sponsor Signature \_\_\_\_\_ Date \_\_\_\_\_

☐ Approved ☐ Denied Principal's Signature \_\_\_\_\_ Date \_\_\_\_\_

Date on Calendar \_\_\_\_\_ Bookkeeper Signature \_\_\_\_\_ Date \_\_\_\_\_

=====

**RECAP** Sponsor Signature \_\_\_\_\_ Date \_\_\_\_\_

☐ Verified RECAP Amounts to Munis Bookkeeper Signature \_\_\_\_\_ Date \_\_\_\_\_

DISTRIBUTION: Bookkeeper, Sponsor

## **Frequently Asked Questions: Fundraisers**

### **Pasco County Schools 2016-17 SY**

**1. Can you please tell us how this initiative affects free food given in the schools as incentives or just as birthday parties?**

- a. Food that is given to students as an incentive/reward does not fall under this specific initiative (rewards, incentives, etc.). However, it does fall under our District Student wellness policy and procedures. Per the Student Wellness Policy, we do not encourage the use of food as incentives or rewards. However, when it is used, it is recommended that the food be smart snack compliant
- Birthday parties/celebrations do not fall under the competitive foods policy. All celebration foods that are offered to parents to purchase for their child's class, delivered by FNS, are foods that are already Smart Snack compliant for ease of access. Administrators make the decision at the school based level whether or not "outside foods" are allowed (either homemade or store bought) to be brought in for birthdays or celebrations.
- Our Student Wellness Policy 8510 and procedures are also located on our District Student Wellness Website.

**2. Elementary schools do not have any fundraiser exemptions. Why is this?**

- a. While the State set 5 exemption days for elementary schools, our District School Board Competitive Foods Policy 8550 does not permit the sale of food and beverages to students in elementary schools during regular schools hours.

**8550 - COMPETITIVE FOODS**

"The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

**Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.**

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the US Department of Agriculture (USDA) Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval. The Superintendent shall develop and maintain appropriate procedures relative to the implementation of this policy and any exemptions provided for by law.

F.S. 1001.41(2), 1001.42(14), 1006.06

F.A.C. 7.0411

F.A.C. 5P-1.003

7 C.F.R. 210.11

Revised 12/16/14

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**3. Are exemptions per day or per fundraiser?**

- a. Per day. You can include as many fundraisers in that day as possible.



**4. Can we sell food items after school lets out?**

- a. Yes, if the item is smart snack approved, it can be sold immediately after the last bell. If it is not smart snack approved, you must wait until 30 minutes after the last bell, or use it as one of your exemption days. Food items should still meet the student wellness guidelines as stated in the District Student Wellness Policy & Procedures.

**5. Can we sell food items in the bus loop before school as a fundraiser?**

- a. Elementary-NO.
- b. Secondary schools- only if the food meets the smart snacks guidelines, unless you are using one of your exemption days.

**6. Can schools purchase pre-approved smart snacks from FNS to sell as fundraisers?**

- a. Yes, schools can purchase smart snack approved items at a discounted rate to sell as fundraisers.

**7. The rule says that “combination foods” are not permitted to be sold as a fundraiser food item; would that include pizza?**

- a. Definition as provided by the USDA in respect to the National School Lunch Program: “A combination food is defined as a product that contains two or more components representing two or more of the recommended food groups; fruit, vegetable, dairy, protein, or grains. “  
I.e. Pizza is a combination food as it contains the following components as defined by the NSLP: protein and grains. Same with chicken and biscuit.
- b. Source regarding combination/competitive foods:  
Florida Administrative Code 5P-1.003 (Responsibilities for the School Food Service Program). It states "Unless being sold by the district school food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate, as defined in 7 CFR 210.10, and grain products as defined in 7 CFR 210.11. Section 7 CFR 210.10 (6/28/13), is hereby adopted and incorporated by reference and available online at <http://www.flrules.org/Gateway/reference.asp?No=Ref-04499>. "

**8. Are we allowed to collect money for items such as candy-grams, beef jerky, etc.?**

- a. Elementary Schools cannot sell foods during the day. Money can be collected for items that are distributed after school hours that are not consumed on campus.
- b. Secondary Schools- As long as you wait until 30 minutes after the last bell to distribute the candy-grams.
- c. Foods of minimal nutritional value are not allowed per our competitive foods policy and Student Wellness Policy.

**9. Are school wide fundraisers, i.e. cookie dough, still allowed?**

- a. Yes, as long as these items are not consumed on campus (i.e. picked up by parents, etc.).

**10. Are we still allowed to giveaway snacks during testing, either purchased from FNS or Sam's Club?**

- a. Yes.

**11. Are schools required to have a separate calendar for fundraisers on our website if we already have a school calendar?**

- a. Schools have the option to have a stand-alone online fundraiser calendar or they may incorporate it within their already established online school calendar. It would be a best practice to have all fundraisers on the same calendar, especially for clear communication with parents, staff, and auditors.

**12. Can you give fundraiser ideas that do not involve food?**

- a. There is a list of alternate fundraisers on our District Student Wellness Website, under "Wellness Resources" and it includes ideas such as walk-a-thons, Fund Runs/5k's, Growums garden kits, spirit cups, flowers, read-a-thons etc.  
<http://connect.pasco.k12.fl.us/pcs-wellness/>

**13. Who do we contact to add a fundraiser calendar to our website?**

- a. You school's Webmaster.

### **Examples of Best Practices:**

#### **T. E. Weightman Middle School**

##### **Color Run**

Students had an opportunity to participate in a fundraiser for PTA right on our campus. The color run was held on a Saturday where students came to run a 5k while getting color dye thrown on them.

#### **Veterans Elementary School**

Participated in **Jump Rope for Heart** to raise money for the American Heart Association.

#### **Moon Lake Elementary**

##### **Turkey Trot Walk-a-thon**

Our Fall fundraiser in November is focused on a Walk-a-thon that the students complete at school. We do this fundraiser annually to raise funds and promote healthy choices. The students and their teachers walk during their designated time and track their laps.

#### **Gulf Trace Elementary School**

##### **Student Birthdays & Rewards**

We celebrate student birthdays each month with "smart snack approved" cookies purchased from our school cafeteria. All students Pre-K through 5th all get a nutritional cookie and if they have food allergies the cafeteria helps us to find an alternate treat. 98% of the rewards given to students are non-food items such as extra recess, computer time, etc.

School Name: SAMPLE

September 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9 Ice Cream Fundraiser*  Bike Raffle	10
11	12 Magazine Subscription Fundraiser	13 Magazine Subscription Fundraiser	14 Magazine Subscription Fundraiser	15 Magazine Subscription Fundraiser	16 Magazine Subscription Fundraiser	17
18	19	20	21	22	23 Bake Sale*	24 Student Art Auction
25	26	27	28	29	30 Photo Booth Friday Fundraiser	

**\*Exempted Fundraiser - Can only occur in secondary schools at least 30 minutes after the conclusion of the last designated meal service period.**



## The School Board of Pasco County Bylaws & Policies

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### **8550 - COMPETITIVE FOODS**

The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the Board's wellness policy and guidelines and with principal approval. Accordingly, all food items and beverages for sale to students for consumption on campus from vending machines, from school stores, or as fund-raisers by student clubs and organizations, parent groups, or boosters clubs shall comply with the current USDA *Dietary Guidelines for Americans* and the USDA *Smart Snacks in Schools* regulations and applicable State law and Florida Administrative Code rule, and shall only be available between thirty (30) minutes following the last school lunch period and thirty (30) minutes after the close of the regular school day.

7 C.F.R. 210.11  
F.S. 1001.41(2), 1001.42(16), 1001.43  
F.A.C. 5P-1.003  
42 U.S.C. 1779

Revised 12/16/14  
Revised 10/6/15

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## **8510 - STUDENT WELLNESS POLICY**

The Board is committed to provide a school environment that enhances learning and development of lifelong wellness practices. The District shall promote school environments that encourage and protect children's health, well-being, and ability to learn by supporting healthful nutrition and physical activity.

The Board establishes the following goals in an effort to enable students to adopt good health and nutrition habits:

- A. With regard to nutrition education, healthful living skills shall be taught through interdisciplinary programs in all grade levels based upon State standards and goals identified in the Student Wellness Policy Procedures.
- B. With regard to physical education and physical activity, physical education and physical activity shall be an essential element of all schools' curriculum. The instructional program will instill patterns of meaningful physical activity which foster a healthy lifestyle and meet the goals identified in the Student Wellness Policy Procedures.
- C. With regard to other school-based activities, school-based activities shall support and value the social and emotional well-being of students, families, and staff to build a healthy school environment and meet the goals identified in the Student Wellness Policy Procedures..
- D. With regard to nutrition standards, the District will provide nutrition guidelines/standards, consistent with the US Department of Agriculture (USDA) Smart Snack Standards, for all food served and/or sold on each school campus during the school day and meet the goals identified in the Student Wellness Policy Procedures.
- E. With regard to nutrition promotion, the District and school culture should consistently project positive nutrition and lifestyle messages throughout the entire campus and at all school activities and meet the goals identified in the Student Wellness Policy Procedures.
- F. The District assures that the guidelines for the reimbursable meals are not less restrictive than the guidance and regulations issued by the USDA.

The Superintendent will establish and support a Student Wellness Policy Council to oversee development, implementation, and evaluation of the Student Wellness Policy and Procedures. All stakeholders may participate in the activities of the Student Wellness Policy Council.

The Student Wellness Policy Council shall conduct periodic reviews of the progress toward implementation of the Student Wellness Policy Procedures, identify areas for improvement, revise procedures as necessary, and make recommendations to the Board for changes in the Student Wellness Policy as needed.

The Superintendent will designate one or more District or school officials, as appropriate, to ensure that each school complies with the Student Wellness Policy. Principals shall ensure that the Student Wellness Policy Procedures are implemented.

The Student Wellness Policy Council shall prepare and submit an annual report to the Board regarding the progress toward implementation of the Student Wellness Policy and Procedures.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 1001.41(2), 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

F.A.C. 6A-7.0411

P.L. 108-265, Section 204

Revised 12/16/14 © **Neola 2014**

## **8510 Wellness Policy Procedures**

### **Nutrition Education**

- A. Health/Nutrition standards shall be integrated into the core curriculum areas when applicable.
- B. Health/Nutrition standards should be aligned with existing courses (i.e., HOPE course, physical education, career and technical courses).
- C. Health/Nutrition education will involve sharing information and resources with families and the broader community to positively impact students and the health of the community.

### **Physical Education/Activity**

- A. Physical education classes shall be available at all grade levels.
- B. Physical activity shall be integrated across curricula and throughout the day.
- C. Schools should provide a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations shall be made for students with limitations.
- D. Withholding of participation in physical activity should be discouraged as a form of consequence or punishment.
- E. The use of physical activity as a consequence or punishment should be discouraged.

### **Other School Based Activities**

- A. Healthy School Teams (HST)
  - Each Pasco County school site is required to establish and maintain a Healthy School Team per the Florida Department for Agriculture and Consumer Services (FDACS) published rule 5P-1.003.
  - Healthy School Team members must include 5 out of the 7 below stakeholders:
    - Parents
    - Students
    - School food service representatives
    - School administrators
    - School health professionals
    - Physical education teachers
    - The Public/Community Partners
  - Each Pasco County school site is required to report and submit required HST documentation to the appointed District Student Wellness Coordinator.
- B. Fundraisers
  - Fundraising efforts shall promote healthful nutrition and physical activity. Community and business partnerships should be considered as an alternative to traditional food-based fundraising efforts.
  - The school day begins at midnight the night before until 30 minutes after the last school bell rings (Federal Register / Vol. 78, No. 125)



B. Fundraisers (continued)

- Food sales consumed during school hours:
  - Per the District's Competitive Foods Policy 8550, only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.
  - Sale of food items in secondary schools cannot occur until 30 minutes after the conclusion of the last designated meal service period. This does not apply to vending machines or snack bars if only selling Smart Snacks.
  - Only food items that qualify as a "Smart Snack" item may be sold in secondary schools unless the secondary school is using one of their allotted "exemption days".
  - Combination food fundraiser sales are prohibited (ex. Pizza, chicken sandwich) even as an exemption.
- C. Any food items sold on campus shall comply with District Policy 8550 regarding competitive sales.
- D. The use of non-food incentives or rewards is encouraged. When food is used, Schools should follow the Dietary Guidelines for Americans and Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards. <http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>
  - Calorie Limits
    - Snack items: < 200 calories
    - Entrée items: < 350 calories
  - Sodium Limits:
    - Snack items: < 200 mg
    - Entrée items: < 480 mg
  - Fat Limits:
    - Total fat: < 35% of calories
    - Saturated fat: < 10% of calories
  - Trans fat: zero grams
  - Sugar Limits
    - < 35% of weight from total sugars in foods
- E. Schools should collaborate with students, teachers, administrators and families to plan and implement activities that encourage healthy behaviors in the school environment (i.e. Walking School Bus, Jump Rope for Heart, National Walk to School Day, etc.).
- F. Students should be provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their lunch from the line.

## Nutrition Standards

- A. Nutritious and appealing foods and beverages, such as water, fruits, vegetables, low-fat dairy, and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
- B. Schools should allow bottled water (with cap) in classrooms to encourage hydration.
- C. Healthful food choices should be identified to encourage consumption.
- D. All foods that are available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines should meet the following *Competitive Food*

*Guidelines* recommended by the *Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards* as outlined in "Other School Based Activities", section B.

- E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 50% of those items should comply with the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.

[https://schools.healthiergeneration.org/focus\\_areas/snacks\\_and\\_beverages/smart\\_snacks/product\\_calculator/](https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/)

## **Nutrition Promotion**

- A. Schools should include a goal for health and wellness in their School Improvement Plan.
- B. Schools are required to establish and maintain a Healthy School Team.
- C. Fundraiser Calendars are required to be posted on School websites.
- D. The District should use a variety of media to promote the making of sound food and lifestyle choices.
- E. The District should provide to students and parents access to the nutritional content of food and beverages in accordance with the Dietary Guidelines of the USDA.

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