

Wakulla's COAST Charter School

Adopted June 20th, 2006

Revised July 22, 2013

Wakulla's COAST Charters school is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- The Wellness Committee will involve parents, students, school food service, physical education, recreation/athletics, board, school administrators, and the public in the development of the school wellness policy.
- Child Nutrition Programs comply with federal, state and local requirements. Reimbursable meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(1)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(1)(1), 1766(a)0, as those regulations and guidance apply to schools.
- Interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to student's lives outside of physical education.
- School-based activities are consistent with local wellness policy goals.
- Foods and beverages made available on campus are consistent with the current guidelines as determined by the Wellness Committee.
- Foods made available on campus conform to food safety and security guidelines.
- The school strives to provide an environment that is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Adequate resources will be allocated to support Wakulla's COAST Charter School policies.
- The Wellness Committee will review the policy every year from the date of issue to measure the implementation and evaluation of the policy recommendations. A baseline assessment will be accomplished to determine current policies and practices. Goals and

assessment will be determined at the time of review by the Wellness Committee and the Committee Chairperson.

- An annual evaluation will be made by the food service manager and the physical education teacher to determine the effectiveness of the policies in place. These evaluations will be given to the school administrator. Any revisions will be discussed at this time and then presented to the Board for their approval.

WCCS Wellness Policy Guidelines

Adopted June 20th, 2006

I. Nutrition Education

- A. Nutrition education will be integrated into the curriculum.
- B. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- C. Students will be encouraged to start each day with a healthy breakfast.
- D. Students should have access to hand washing before eating meals or snacks.
- E. Reasonable steps should be taken to accommodate the tooth-brushing regimens of students with special oral health needs.

II. Physical Activity

- A. Physical activity will be integrated across curricula.
- B. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- C. Students will have ample opportunity for physical activity.
- D. Provide a daily recess period for elementary students.
- E. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- F. Physical education includes the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity.
- G. Adequate equipment is available for all students to participate in physical education.
- H. The school will strive to provide a safe facility.

III. Other School Based Activities

- A. After-school programs encourage physical activity and healthy habit formation.
- B. Wellness policy goals are considered in planning school-based activities (such as school event, field trips, dances, and assemblies).

IV. Nutrition Guidelines for All Food on Campus

A. All foods made available on campus will comply with the criteria as established by the Wellness Committee including:

- Vending Machines
- Beverage Contracts
- Fundraisers
- Concession Stands
- Student Stores
- School Parties/Celebrations

B. Food providers will take every measure to ensure that students access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer age appropriate healthy food and beverage selections in reasonable portion sizes.

V. Vending Machines

A. There are no vending machines on campus.

Available from the kitchen:

- Low-Fat or Fat Free Milk
- Chocolate Low-Fat or Fat Free Milk
- Strawberry Low Fat or Fat-Free Milk
- 100% Apple, Orange, and Grape Juice

VI. Approved Healthy Selection Items

A. Beverages:

- Drinking water with no additives except those minerals normally added to tap water, not to exceed 20 ounces.
- Electrolyte replacement drinks that do not contain more than 34 grams of added sweetener per 16 ounce serving, 20 ounce maximum volume. Sodium should not exceed 110 milligrams per 8 ounce, potassium should not exceed 60 milligrams per 8 ounces, osmolality should not exceed 400 mOsm, electrolytes and minerals added might include sodium, potassium, chlorine and phosphorous. Vitamins added are subject to approval of the Purchasing Department. No artificial flavorings, colors, or sweeteners.
- Drinking water with no additives except those minerals normally added to tap water. Carbonation without phosphoric acid is allowed. Essences that are pure flavor and aroma products with a maximum dilution of 0.5 to 1 per 1000 is allowed. No artificial flavorings, colors, or sweeteners.

- Fruit based drinks composed of no less than 50% fruit juices with no added sweeteners (if juice concentrates are used, the prospective vendor must provide dilution factor of the juice; 5 to 1 etc.) no artificial sweeteners, flavorings or colors, carbonation without phosphoric acid is allowed.
- Caffeinated beverages containing less than 20 milligrams of caffeine per 12 ounce serving.
- Beverages containing additives such as herbal and non-vitamin supplements (including, but not limited to ginko biloba, ephedra, ginseng, guarana, mahaung, etc.) are not allowed. Food coloring and flavors not proven safe by the Food and Drug Administration are not allowed.
- Beverages containing vitamin and/or mineral supplements including but not limited to chromium, magnesium, niacin, pantothenic acid, B6, E and Iron are not allowed.
- Carbonated drinks are not allowed in vending machines where student's meals are served or eaten during the school day.
- Beverages in glass containers are not allowed.
- All beverages must be twenty (20) ounces or less per unit.

B. Snacks (Dry Foods):

- All snack products shall be only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following:
 - 300 or fewer calories
 - Six grams of fat or less
 - One or more grams of fiber
 - At least 10% of RDA of calcium
 - Iron
 - Vitamin A or Vitamin C
- All items must contain no more than 0.5 grams trans fat and 240 mg or less of sodium and 35% or less of calories from fat, ten percent (10%) or less total calories from saturated fat.

C. Nutrition information is available to assist with student education.

D. Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

E. Food providers will be sensitive to school environments in displaying their logos and trademarks on school grounds.

- F. Food and beverages sold at fund raisers include healthy choices and provide age appropriate foods.

VII. Eating Environment

- A. Students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- B. Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch.
- C. Dining areas are attractive and have enough space for seating all students.
- D. Drinking water is available for students at meals.

VIII. Child Nutrition Operations

- A. The child nutrition program will ensure that students have access to the nutritious foods they need to stay healthy and learn well.
- B. Food service personnel shall have adequate pre-service training in food service operations.
- C. Meals served by Wakulla's COAST Charter School Food Service Department will meet or exceed all regulatory agency requirements.
- D. Special dietary needs of students will be addressed per the written instructions of a qualified medical professional which includes a Licensed Physician or Licensed Nurse Practitioner.

IX. Food Safety/Food Security

- A. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are developed and implemented to prevent food illness.
- B. For the safety and security of the food and facility access to the food service operations are limited to Food Service staff and authorized personnel.

Statutory Requirement: Federal Public (PL 108.265 Section 204)

Glossary

Food Security

1. Having adequate resources to access enough food to maintain a healthy and active lifestyle.
2. The state of having the food safe from harm.