

NOVATO UNIFIED SCHOOL DISTRICT

ADMINISTRATIVE RULES AND REGULATIONS

Series 3000

AR 3550

Business and Non instructional Operations Food and Nutritional Services Department

Novato School Wellness Council

The Mission of the Novato School Wellness Council is to help promote healthy eating, physical activity, and healthy lifestyle choices through education, program, and policy implementation, and environmental improvement.

1. The functions of the Novato School Wellness Council are as follows:
 - a. Discuss nutrition and physical activity-related topics of concern in the school community.
 - b. Coordinate projects and programs to promote healthy eating, physical activity, and wellness.
 - c. Recommend amendments to school district policies on nutrition and physical activity for recommendation to and approval by the Superintendent or designee and the School Board.
 - d. Provide guidance and education on appropriate foods for school celebrations, events, fundraising, classroom snacks, vending contracts, and packed lunches.
 - e. Provide guidance and education on research on nutrition, physical activity and children's health.
 - f. Assist with writing grants and securing funds for Novato School Wellness council sponsored projects and programs.
 - g. Provide in-service and education to staff, students and parents on nutrition and physical activity related topics.

2. It is recommended that Novato School Wellness Council have representation from each school sites in the district and that members shall include, but need not be limited to, the following:
 - a. Food Service Director
 - b. Additional foodservice staff
 - c. School board member
 - d. School principal
 - e. PE teacher or specialist
 - f. Science teacher or specialist
 - g. Additional teachers
 - h. Parents or other community members
 - i. Students from elementary, middle, and high school level.

3. New members shall be recruited by announcement in NHUSD newsletters or announcements (e.g., Superintendent's Newsletter or school site newsletters or billboards).

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4. Each Principal can recommend a certificated personnel, a food service employee, and a student to participate.
5. Meetings shall be scheduled as follows:
 - a. The Novato School Wellness Council shall meet at least quarterly.
 - b. At a school site or district facility.
6. The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity and education, and set new priorities when needed.
7. Regular communication to the public shall occur; when developing, or revising policies on nutrition and physical activity, Novato School Wellness Council shall hold at least one public hearing and shall ensure that the policies address all the issues and goals specified in the Education Code 49433.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school also may post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education (Education Code 49432)

Nutritional Standards for Foods

Schools participating in the National School Lunch Program or School Breakfast Program pursuant to 42 USC 1751-1769h and 1771-1791 shall meet the nutritional standards, as well as the nutrient and calorie levels for students of each age or grade group, required by 7 CFR 210.10 and 220.8. (42 USC 1758, 1773)

(cf. 3533 - Free and Reduced Price Meals)

Until July 1, 2007, for foods not reimbursed through the federally reimbursable meal programs, a minimum of 50 percent of the food sold by the district on school grounds during regular school hours shall be from the nutritious foods listed in Education Code 38085. (Education Code 38085)

(cf. 3554 - Other Food Sales)

(cf. 5030 - Student Wellness)

Beginning July 1, 2007, the only foods that may be sold to a student at an elementary school during the school day are full meals and individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes. An individually sold dairy or whole grain food item may be sold if it meets all of the following criteria: (Education Code 49431)

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1. Not more than 35 percent of its total calories is from fat.
2. Not more than 10 percent of its total calories is from saturated fat.
3. Not more than 35 percent of its total weight is composed of sugar, including naturally occurring and added sugar.
4. Its total calories do not exceed 175 calories.

Beginning July 1, 2007, foods sold to students in middle schools, junior high schools, and high schools, except foods served as part of a federally reimbursable meal program, shall meet the following standards: (Education Code 49430, 49431.2)

1. Each entree item shall:

- a. Not exceed 400 calories
- b. Contain no more than four grams of fat per 100 calories
- c. Be categorized as an entree item in the National School Lunch or Breakfast program

2. For each snack item that supplements a meal:

- a. Not more than 35 percent of its total calories shall be from fat, excluding nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.
- b. Not more than 10 percent of its total calories shall be from saturated fat, excluding eggs or cheese packaged for individual sale.
- c. Not more than 35 percent of its total weight shall be composed of sugar, including naturally occurring and added sugar, excluding fruits or vegetables that have not been deep fried.
- d. Its total calories shall not exceed 250 calories.

Qualified child nutrition professionals shall provide students with access to a variety of affordable, fresh, nutritious, and appealing foods that meet the health and nutrition needs of students. Organic and locally grown produce shall be provided when available and economically and operationally feasible.

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Nutritional Standards for Beverages

The only beverages that may be sold to elementary students, regardless of the time of day, are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk

The only beverages that may be sold to middle school or junior high school students from one-half hour before the start of the school day until one-half hour after the end of the school day are: (Education Code 49431.5)

1. Fruit-based drinks that are composed of no less than 50 percent fruit juice and have no added sweetener
2. Vegetable-based drinks that are composed of no less than 50 percent vegetable juice and have no added sweetener
3. Drinking water with no added sweetener
4. Milk that is 1-percent fat, 2-percent fat, or nonfat; soy milk, rice milk, or other similar nondairy milk
5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

Beginning July 1, 2007, at least 50 percent of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall be those specified in items #1-5 above. Beginning July 1, 2009, all of the beverages sold to high school students from one-half hour before the start of the school day until one-half hour after the end of the school day shall meet the standards specified in items #1-5 above. (Education Code 49431.5)

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