

The Idaho Arts Charter School (IACS or the school) endeavors to establish a school environment that promotes students' health, well-being, and the ability to learn. The goal of the Board of Directors (the Board) is to encourage a healthy lifestyle for students through the promotion of nutritious foods and physical activity, nutrition education, and other school-based activities that promote school wellness. IACS will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this and other related school wellness policies.

### **SCHOOL NUTRITION PROGRAMS**

The school's nutrition programs will prepare and serve nutritious, well-balanced, and age - appropriate meals, á la carte foods, snacks, and beverages that meet the U.S. Dietary Guidelines for Americans. In complying with such nutrition standards, the foods and beverages served or sold in school will contain a variety of grains, fruits, vegetables, and be low in saturated fat, cholesterol, sugars, and sodium. Water will be available to students at no charge in the place where meals are served during meal service.

IACS will provide sufficient meal periods that are long enough to give students adequate time to be served and to eat their lunches. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless the student(s) may eat during such activities.

To the maximum extent practicable, IACS will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.

School meals served through the National School Lunch and Breakfast Programs will:

- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives.
- Serve whole grain-rich products containing at least 51% whole grains and the remaining grains in the product will be enriched.
- Ensure that meals are prepared with products or ingredients that contain zero grams of trans fat per serving or a minimal amount of naturally occurring trans fat.
- Comply with calorie, saturated fat, and sodium content requirements.

## **FREE AND REDUCED-PRICE FOOD SERVICES**

IACS will provide free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. IACS shall inform parents or guardians of the eligibility standards for free and reduced price meals. IACS will make efforts to protect the identity of students receiving such meals through the use of a uniform identification and meal payment system. A parent or guardian has the right to appeal any decision with respect to any denial of his/her application for free or reduced-price food services to the superintendent or designee.

## **ASSURANCE REGARDING REIMBURSABLE SCHOOL MEALS**

Notwithstanding any other provision of this policy, the school's guidelines for reimbursable school meals will not be less restrictive than the 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(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

## **FOODS AND BEVERAGES SOLD IN SCHOOLS**

All foods and beverages sold on the school campus during the school day outside of the reimbursable school meal programs, including those sold through à la carte lines, vending machines, snack bars, student stores, or fundraising activities, will meet the following nutrition and portion size standards:

### **Foods**

All food sold in the school will:

- Meet all of the nutrient standards as outlined below.
- Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient (or second ingredient if water is first ingredient);
- Have fruits, vegetables, dairy, or protein foods such as meat, beans, poultry, seafood, eggs, nuts, or seeds as the first ingredient (or second ingredient if water is first ingredient);
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of calcium, potassium, vitamin D, or dietary fiber.

All food items sold in schools will also meet the following nutrient requirements:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, reduced fat cheese, and seafood with no added fat), 10% of its calories from saturated fat (excluding nuts, seeds, peanut butter and other nut butters, and reduced fat cheese), and no trans fat.

- Have no more than 35% of its weight from added sugars (excluding dried fruits and vegetables).
- Contain no more than 230 mg of sodium per serving for snack items such as chips, cereals, crackers, French fries, and baked goods; and no more than 480 mg of sodium per serving for entrée items such as pastas, meats, and soups, pizza, and sandwiches.
- Contain no more than 200 calories per serving for snack items and no more than 350 calories per entrée item sold à la carte (excluding entrée items served as part of a meal program on the day of or day after service).
- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold and meet the above standards.

### **Beverages**

IACS may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives as permitted by school meal program requirements
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Portion sizes for milk and juice sold at IACS will be limited to the following:

- Up to 8-ounce portions of milk and juice for elementary school students.
- Up to 12-ounce portions of milk and juice for middle school and high school students.
- There is no portion size limit for plain water.

Additional beverage options and portion sizes for high school students include:

- Up to 20-ounce portions of calorie-free, flavored water (with or without carbonation), and other flavored and/or carbonated beverages that are labeled to contain no more than 5 calories per 8 fluid ounces or no more than 10 calories per 20 fluid ounces.
- Up to 12-ounce portions of beverages with no more than 40 calories per 8 fluid ounces or no more than 60 calories per 12 fluid ounces.

All beverages sold must be caffeine-free with the exception of those containing trace amounts of naturally occurring caffeine.

Food and beverage marketing and advertising will be limited to only those foods and beverages that meet the nutrition standards outlined above.

### **FUNDRAISING**

If foods and beverages do not follow the nutrition standards outlined above, the organization must request an exemption. Fundraisers requiring an exemption may not be longer than four (4) days in duration and exempt food and beverage items may not be sold in food service areas during meal service. IACS is limited to ten (10) exempted fundraisers per year.

The nutrition standards outlined above do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school such as cookie dough and raw pizza kits.

### **PHYSICAL ACTIVITY**

It is the goal of IACS to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students at all levels of physical ability; and gain an appreciation for lifelong physical activity through a healthy lifestyle.

In addition to offering physical education, IACS will provide other opportunities for physical activity for each grade level as appropriate.

### **ASSESSMENT**

The Administrator or designee will conduct an assessment and develop a summary report as needed on compliance with this policy. The assessment and report will include the extent to which IACS is in compliance with this policy, the extent to which the school wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of this policy. The report will be made available to the public at the main office.

### **SCHOOL WELLNESS COMMITTEE**

A school wellness committee(s) will be convened, with a membership including one (1) or more representatives from each of the following groups: the administration, the Board, physical education teachers, school health professionals, food service employees, students, parents, and community members. The committee will be responsible for the development, implementation, review, and update of this school wellness policy.

**SCHOOL WELLNESS COORDINATOR**

The person at IACS who is responsible for ensuring that each school is in compliance with this policy is the Administrator and the kitchen manager.

**NOTICE**

IACS will provide each student and parent/guardian with a copy of this policy by posting on the school website.



**LEGAL REFERENCE:**

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (PL 111-296), reauthorizing the Child Nutrition Act, 42 U.S.C. § 1758b (2010).

Child Nutrition and WIC Reauthorization Act of 2004, Pub. L. No. 108-265, § 204

42 U.S.C. § 1751, *et seq.*

42 U.S.C. § 1771, *et seq.*

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