

**I. Philosophy.** The Fairlawn Local School District believes that students who begin each day as healthy individuals can learn more, learn better, and are more likely to complete their formal education. The district also believes that healthy staff members will perform their assigned duties more effectively and serve as role models of appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

**II. Nutrition.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and the ability to learn.

- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- C. A la carte offerings to students shall be nutritious, meet federal recommended guidelines and shall be selected with input from students, parents, community members, and staff.
- D. Vending Machines.
  - 1. All beverage vending machines in school public areas and all faculty/staff areas at school and district sites shall include:
    - a. water
    - b. 100% fruit juice
    - c. non-carbonated drinks
    - d. no more than 1/3 of the choices will be carbonated drinks
    - e. non-fat, low-fat, plain, or flavored milk or yogurt
- E. Nutrition services shall support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

**III. Health Education and Life Skills.** Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- A. The district shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- B. Students shall have access to valid and useful health information and health promotion products and services.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before- or after-school programs.
- D. Students shall be taught communication, goal setting, and decision-making skills that enhance personal, family, and community health.

**IV. Physical Education and Activity.** Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of the district's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

- A. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, with an understanding of the differing abilities of students.
  - 1. Participation in such physical activity shall be required for all students in kindergarten through grade eight as required by state standards.
  - 2. High schools shall require one-half (1/2) credit for graduation, to include two semesters of Physical Education courses (.5 credit).

**V. Healthy and Safe Environment.** A healthy and safe environment provided before, during, and after school supports academic success. Safer communities

promote healthier students. Healthier students do better in school and make greater contributions to their community.

- A. School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality. Facilities shall be kept inviting, clean, safe, and in good repair.
- B. Schools and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence- and harassment-free environment.
- D. Each work site, school, and classroom shall work to create an environment where students, parents/guardians, and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

**VI. Social and Emotional Well-Being.** Programs and services that support and value the social and emotional well-being of students, families, and staff build a healthy school environment.

- A. Each school shall provide a supportive environment that includes guidance and counseling that encourages students, families, and staff to request assistance when needed and links them to school or community resources.
- B. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- C. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- D. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

**VII. Family, School, and Community Partnership.** Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- A. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.

- B. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- C. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities, and events.
- D. The district shall actively develop and support the engagement of students, families, and staff in community health activities and events at the school or throughout the community.

**VIII. Staff Wellness.** The district shall provide information about wellness resources, services, and establish a wellness committee to assist in identifying and supporting the health, safety, and well-being of everyone.

- A. The district site shall be in compliance with drug-, alcohol-, and tobacco-free policies.
- B. The district shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies, and rules.

Proposed 3-30-06

Adopted: May 9, 2006



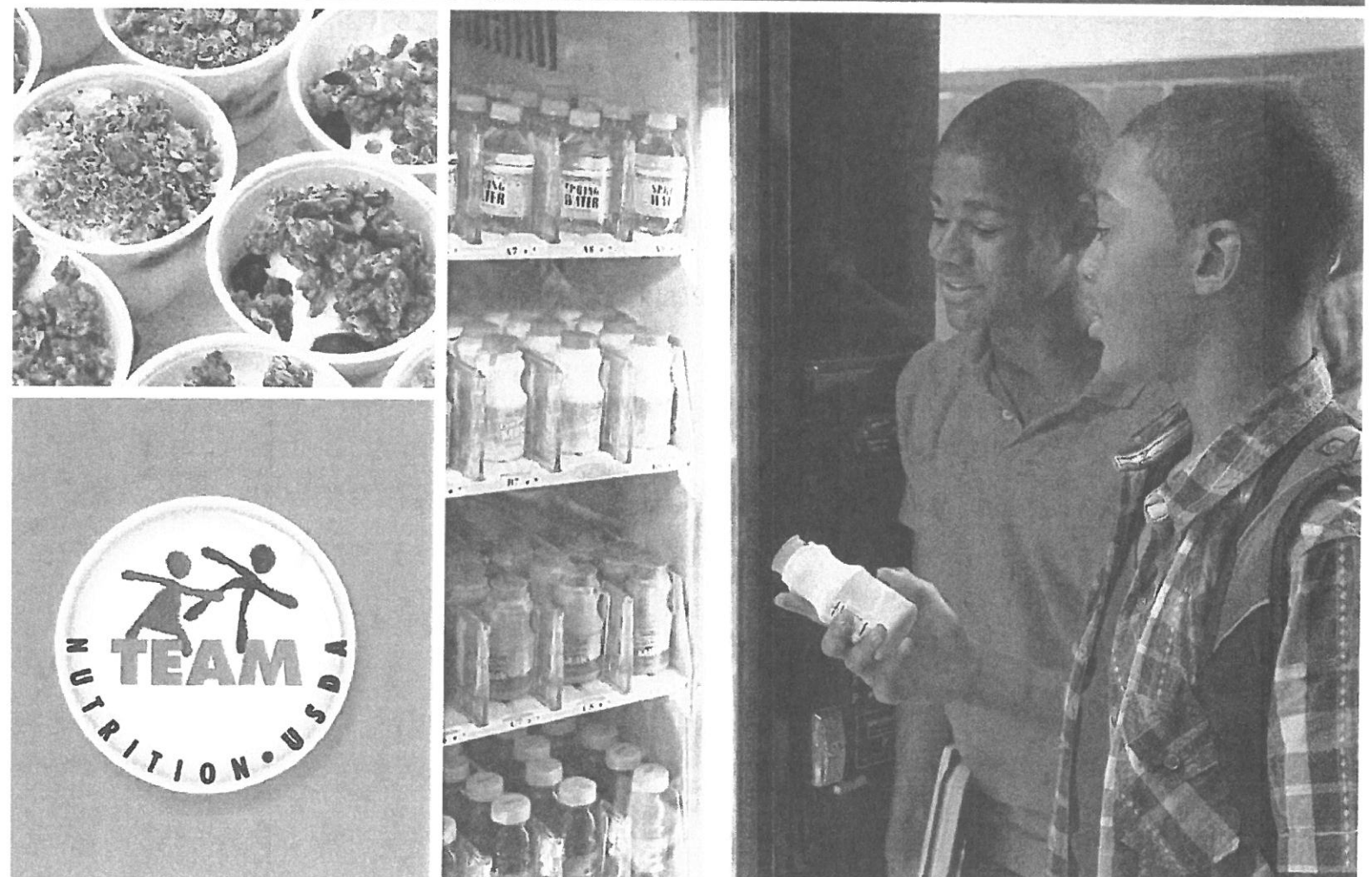
United States Department of Agriculture

Food and Nutrition Service

Help make the healthy choice  
the easy choice for kids at school

# A Guide to Smart Snacks in School

For School Year 2018–2019



# Learn About Smart Snacks

Do you...

- ☐ Coordinate school fundraisers,
- ☐ Manage a school store or snack bar,
- ☐ Sell food during the school day on campus,
- ☐ Manage school vending machines, or
- ☐ Want healthier foods on your school's campus?

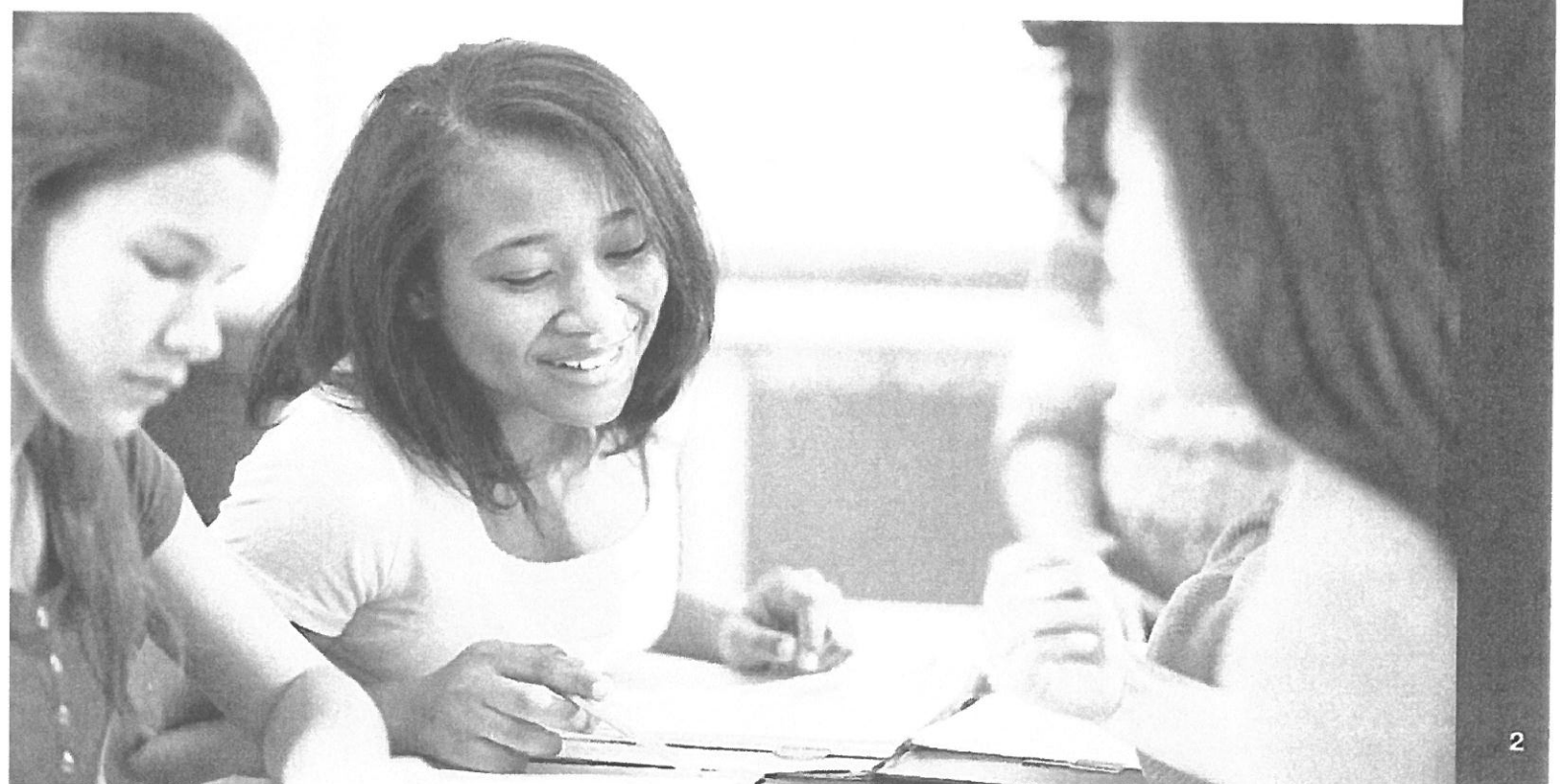
If you checked any of the boxes above, then the foods and beverages you're selling need to meet the Smart Snacks in School Standards. You play an important role in helping kids get the nutrition they need to grow and learn. Use this guide to learn how!

If you didn't check a box and still want to learn more about encouraging kids to choose Smart Snacks in school, see the resources on page 14.



# Why are Smart Snacks important?

- 1 More than a quarter of kids' daily calories may come from snacks.
- 2 Kids who have healthy eating patterns are more likely to perform better academically.
- 3 Kids consume more healthy foods and beverages during the school day. When there are Smart Snacks available, the healthy choice is the easy choice.
- 4 Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.



# Which food and beverages sold at school need to meet the Smart Snacks Standards?

1

Any food and beverage sold to students at schools during the school day,\* other than those foods provided as part of the school meal programs.

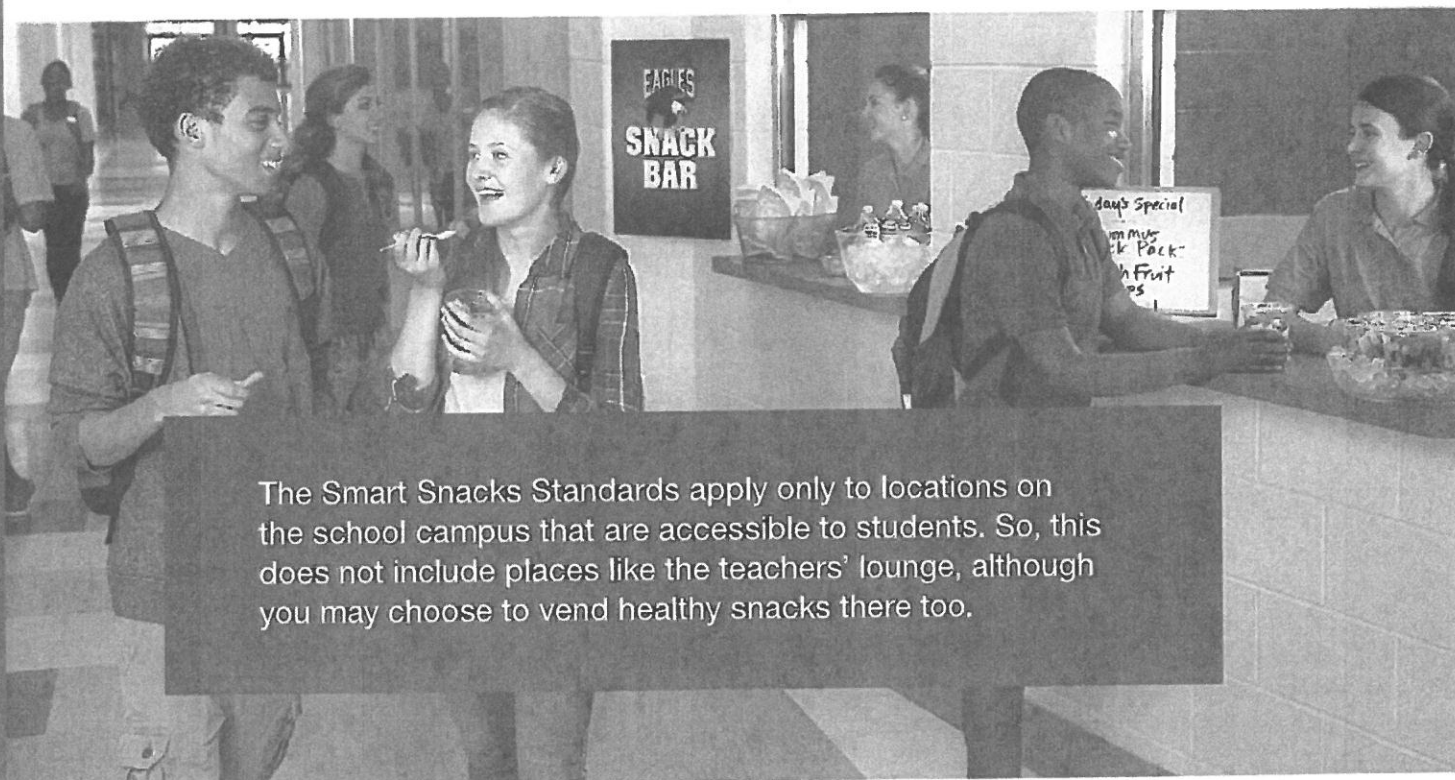
2

Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.

3

Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency.

\* The school day is defined as the midnight before to 30 minutes after the end of the school day.



The Smart Snacks Standards apply only to locations on the school campus that are accessible to students. So, this does not include places like the teachers' lounge, although you may choose to vend healthy snacks there too.



# How can I tell if my snack meets the Smart Snacks Standards?

1

See if your snack is listed in the Products section of the Alliance for a Healthier Generation's Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>). These products were determined to meet the Smart Snacks Standards based on the product's ingredient statement and Nutrition Facts panel.

2

Enter information from the food or beverage's Nutrition Facts panel and ingredients list into the Alliance for a Healthier Generation's Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>). It is important to note that the standards are for the food items as packaged and sold. Therefore, if the item is labeled as having two servings per package, then the information in the Nutrition Facts panel must be multiplied by two. The Smart Snacks Product Calculator does this math for you.

3


If your snack doesn't have a nutrition label because it is made from scratch, then you may need to calculate the nutrition information. Your school nutrition program may have nutrient analysis software approved by the United States Department of Agriculture (USDA; <https://go.usa.gov/cvNaC>) which can be used to evaluate recipes.

Look for the blue information icons in the Smart Snacks Product Calculator! These helpful bubbles include additional information and regulatory guidance so you can enter product information correctly and get an accurate result.



# Does USDA have a list of approved foods and beverages?

- 1 USDA does not approve individual foods or beverages. Even if a food says “Smart Snacks approved,” you should still evaluate the Nutrition Facts panel and ingredients list.
- 2 You can find examples of foods and beverages that meet the standards by browsing the Products section of the Alliance for a Healthier Generation’s Smart Foods Planner (<https://foodplanner.healthiergeneration.org/products>).
- 3 If you still have questions about a food or beverage, refer to the Smart Snacks in Schools: Questions and Answers (<https://www.fns.usda.gov/sites/default/files/cn/SP23-2014v3os.pdf>) and consult your State agency (<https://www.fns.usda.gov/school-meals/school-meals-contacts>).

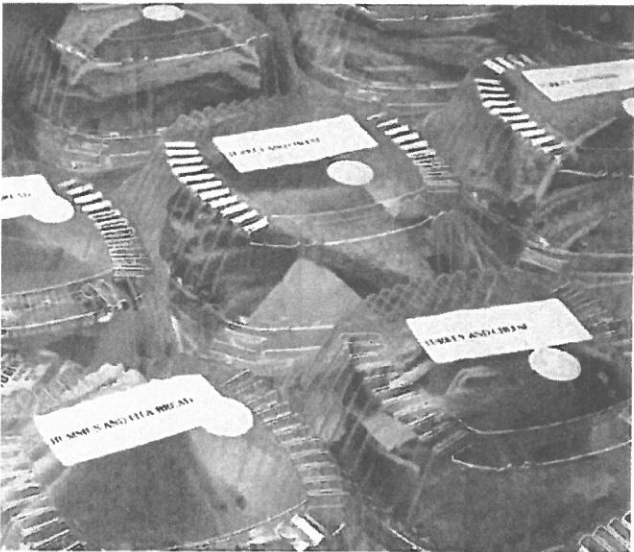
A black and white photograph of a young girl with long hair, smiling and holding a small bird. The photo is partially obscured by a dark text box at the bottom.

Fruits, vegetables, and water with no added ingredients are always Smart Snacks!



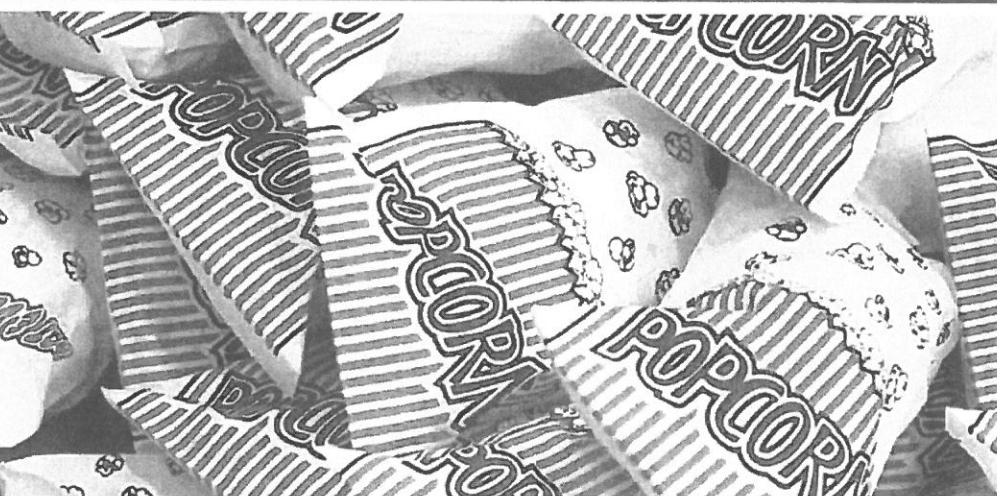
## How do I find out if my granola bar is a Smart Snack?

Granola bars and other snack bars that have as a first ingredient a whole grain (e.g., whole grain rolled oats), protein food (e.g., nuts), dairy, fruit, or vegetable will meet the general standards. Then, the product must be measured against the nutrient snack standards for calories, sodium, sugar, and fats. You can use the Smart Snacks Product Calculator to assist you with evaluating the product against the snack standards.



### Tip:

When checking to see if your snack meets the standards, be sure to consider both how it is packaged as well as how it is sold, including all accompaniments. For example, if butter is added to popcorn, or ranch dressing is sold along with veggies, be sure to count the nutrition information for these condiments when determining if your snack meets the standards.



# What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium</b>	200 mg or less	480 mg or less
<b>Total Fat</b>	35% of calories or less	35% of calories or less
<b>Saturated Fat</b>	Less than 10% of calories	Less than 10% of calories
<b>Trans Fat</b>	0 g	0 g
<b>Sugar</b>	35% by weight or less	35% by weight or less



# What is an entrée?

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate;
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and
- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.





# Finding Information on the Nutrition Facts Panel and Ingredients List

Enter this information into the Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>) to see if your snack meets the standards.

## Current Label

Nutrition Facts	
Serving Size 2 cups (30g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2g	8%
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

**INGREDIENTS:** Popcorn, sugar, canola oil, salt

First Ingredient

## New Label

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>2 cups (30g)</b>
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 2g	7%
<b>Total Sugars</b> 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

**INGREDIENTS:** Popcorn, sugar, canola oil, salt

First Ingredient













## Why Two Labels?

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. Full implementation is expected by January 1, 2021. For more information visit <https://www.fda.gov>.

# Are there healthy exemptions to certain nutrient requirements?

The Smart Snacks Standards reflect practical and flexible solutions for healthy eating. A few foods or combinations of foods are exempt from certain nutrient standards. Refer to the table below for examples of these exemptions. For additional information, refer to the Smart Snacks Summary Chart at <https://fns-prod.azureedge.net/sites/default/files/cn/allfoods-summarychart.pdf>.

Food	Smart Snacks Standards Exemptions
   Fresh and frozen fruits and vegetables, with no added ingredients Canned fruits packed in 100% juice or light syrup, with no added ingredients except water Canned vegetables (no salt added/low sodium), with no added fats	Exempt from all nutrient standards
   Reduced-fat cheese (including part-skim mozzarella) Nuts, seeds, or nut/seed butters Apples with reduced-fat cheese* Celery with peanut butter (and unsweetened raisins)* Whole eggs with no added fat	Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards
 Seafood with no added fat (e.g., canned tuna packed in water)	Exempt from the total fat standard, but must meet all other nutrient standards
  Dried fruits with no added sugars Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability, with no added fats	Exempt from the sugar standards, but must meet all other nutrient standards
 Trail mix of only dried fruits and nuts and/or seeds, with no added sugars or fats	Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

\*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks.

# What are the Smart Snacks Standards for Beverages?

## Water



Plain, with or without carbonation

No Limit

## Milk\*

Unflavored or flavored low-fat and fat-free milk; milk alternatives as permitted by the National School Lunch Program/School Breakfast Program



Elementary School



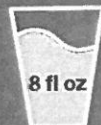
Middle School



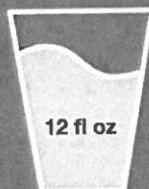
High School

## Juice

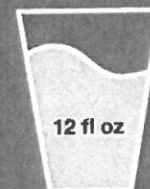
100% fruit or vegetable juice, with or without carbonation



Elementary School



Middle School



High School

\* As a reminder, this publication is reflective of guidance for School Year 2018–2019 only.

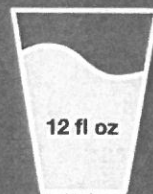


## Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners



Elementary School



Middle School



High School

## Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water



Low Calorie Maximums:\*

40 calories/8 fl oz

60 calories/12 fl oz

\*Equivalent to 5 calories per fluid ounce.



No Calorie Maximum:\*

10 calories/20 fl oz

\*Less than 5 calories per 8 fluid ounces.



**Do you have questions about Smart Snacks Standards?** Get more information by reviewing the *Smart Snacks in School: Questions and Answers* (<https://fns-prod.azureedge.net/sites/default/files/cn/SP23-2014v3os.pdf>) or contact your State agency (<https://www.fns.usda.gov/school-meals/school-meals-contacts>).

# How do the Smart Snacks Standards affect school fundraisers?

1

Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.

2

Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.

3

Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.

4

Some State agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.





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## What if my school district wants to have stricter standards?

These Federal standards are the minimum requirements. State agencies and/or local school districts can establish stricter standards, if desired. Consult your school's Local School Wellness Policy for more information.

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## What are some other resources?

### **Team Nutrition**

<https://teamnutrition.usda.gov>

*Access free nutrition education resources like this Guide to Smart Snacks in School handout.*

### **School Meals: Focusing on Smart Snacks**

<https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

*Read more about Smart Snacks regulations and policies and get answers to common questions.*

### **Best Practices for Healthy School Fundraisers**

<https://www.fns.usda.gov/best-practices-healthy-school-fundraisers>

*Get ideas for healthier fundraising activities.*