

Diocese of Lake Charles School Wellness Policy

June 19,2023

1. Purpose

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local Wellness Policy by July 1, 2006.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for many deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthy foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthy eating and physically active habits.

Thus, the Diocese of Lake Charles is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity habits.

The Diocese of Lake Charles school district has appointed

Edrie A. Durio, Child Nutrition Supervisor

to serve as the coordinator of the Wellness Policy. The committee will include members that represent students, parents, teachers, food service professionals, health professionals, and other interested community members in developing,

implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. Each school in the local educational agency shall have a wellness policy coordinator who will participate on the Wellness Policy Committee.

WELLNESS POLICY COMMITTEE SCHOOL COORDINATORS

School	Name	Title	Email Address	Phone
ICCS	Blair Tadlock	Principal	btadlock@iccsweb.com	337-433-3497
OL	Tressie Bares	PE Teacher	tbares@ourladysschool.org	337-527-7828
OLQH	Trevor Donnelly	Principal	tdonnelly@olqhs.org	337-477-7349
OLI	Erica Le Franc	Office Staff	elefranc@olischool.org	337-824-1743
STLHS	Blaine Wyninger	Asst. Principal	bwyninger@slchs.org	337-436-7275
STM	Shawn Stubblefield	PE Teacher	sstubblefield@stmcs.com	337-436-7959

The areas to address in the Wellness Policy include:

- Nutrition services guidance
- Nutrition education
- Physical activity and physical education
- Food and beverage marketing
- Communication and promotion of the Wellness Policy
- Monitoring adherence and evaluation

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

2. Revisions and Updating the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

3. Persons Affected

All districts and schools in Louisiana administering the USDA Child Nutrition Programs should have a Wellness Policy in place similar to this template. The Wellness Policies should reflect the needs of the individual district and school. Administrators, faculty, school employees and volunteers, students, parents, school clubs and organizations, and the community should be aware of and follow the policy. The principal of the school in conjunction with the school's Wellness Policy Coordinator are to ensure compliance with the policy.

4. Policy

4.A. Nutrition Services

Food and beverages sold (extra sales) or served at school will meet the nutritional requirements under the USDA Lunch Meal Pattern (see appendix A, Lunch Meal Pattern). Qualified Child Nutrition Program professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

4.A.1 Policy: School Meals

The Diocese of Lake Charles school district will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education.
2. Encourage students, school staff, and families to participate in school meal programs.
3. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
4. Provide professional development opportunities for food service staff.
5. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
6. Ensure that the food service permit is current for the Food Service school site.
7. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards of the Lunch Meal Pattern (see appendix A, Lunch Meal Pattern).
8. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
9. Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
10. Offer whole-grain breads and grains.

11. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
12. Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition guidelines.
13. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as grab-and-go meals or alternate eating sites.
14. Ensure that students receive adequate time to eat with the recommended 30 minutes for lunch.
15. Provide a cafeteria environment that is conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
16. Drinking water will be available to all students throughout the school day and in the cafeteria during mealtimes.

4.A.2. Foods and Beverages Offered Outside of the Child Nutrition Program

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Program. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages offered outside the USDA Child Nutrition Program includes vending machines, concession stores, school parties, fundraising events, and rewarding students with foods.

USDA's "Smart Snacks in School" Louisiana Smart Snacks

Foods and beverages must meet specific nutritional criteria if on the grounds at any time between midnight to 30 minutes after the end of the official school day (see appendix B, Smart Snacks in School, Louisiana Smart Snacks and appendix C, What are the Smart Snacks Standards for Foods?). Louisiana Smart Snacks meeting criteria can be found at www.pbrc.edu. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

Smart Snacks Standards for Foods

Any food sold in schools must:

- 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 food, or a protein food; or

- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.
- **Calorie limits:**
Snack items: 200 calories or less
Entrée items: 350 calories or less
- **Sodium limits:**
Snack items: 200 mg or less
Entrée items: 480 mg or less
- **Total Fat limits:**
Snack items: 35% of calories or less
Entrée items: 35% of calories or less
- **Saturated Fat limits:**
Snack items: Less than 10% of calories
Entrée items: Less than 10% of calories
- **Trans Fat limits:**
Snack items: 0 g
Entrée items: 0 g
- **Total Sugars limits:**
Snack items: 35% by weight or less
Entrée items: 35% by weight or less

Smart Snacks Standards for Beverages

- Plain water, with or without carbonation
- Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program. Starting on July 1, 2022, for the school year 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.
- 100% fruit or vegetable juice, with or without carbonation
- 100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.

- High School Only - Low-and No-Calorie Beverages. Low-and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water. Low Calories Maximums: 40 calories/8 fl. Oz, 60 calories/12 fl. oz. No calorie Maximum: 10 calories/20 fl. oz.

Other Requirements

Fundraisers

- Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items are not limited under the Federal policy.
- Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.
- Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.

Policy: Foods and Beverages Sold Outside of the School Cafeteria

The Diocese of Lake Charles school district will:

1. Follow the nutrition guidelines of Smart Snacks for any foods **sold** on campus from midnight to 30 minutes after school closes.
2. Eliminate use of foods and beverages as **rewards** for student accomplishment.
3. Provide healthy food and beverage choices at school **parties**. A list of healthy foods and beverages and non-food rewards and activities will be provided (see appendix B for Smart Snacks in School, Louisiana Smart Snacks, and appendix D for Non-Food Reward Ideas)
4. Promote **fundraisers** that sell items other than food and beverages or only foods and beverages that meet Smart Snacks Standards (see appendix C).
5. Provide nutritious and appealing food and beverage options whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.

4.B. Nutrition Education

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the

curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The health education curriculum needs to include essential topics on healthy eating. USDA's My Plate provides free nutrition education and promotion material, including standards-based nutrition education curricula and lesson plans, posters, interactive games, and more.

Policy: Nutrition Education

The Diocese of Lake Charles school district will:

1. Provide the equivalent of a six-week unit on nutrition or ensure that at a minimum of 30 hours of nutrition is taught in the classroom during the year.
2. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
3. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
4. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
5. Provide hands-on activities that are fun and engaging.
6. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
7. Promote positive aspects of healthy eating behaviors.
8. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
9. Strive toward hiring qualified, certified health education teachers.
10. Provide nutrition education related staff development opportunities for teachers on an annual basis.
11. Encourage parent involvement in school nutrition activities.

4.C. Physical Education and Activity

Daily physical activity is essential to student welfare and academic performance. Federal guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend most of their time at

school during weekdays, it is imperative that schools provide students with the means to participate in physical activity. Districts and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes.

Policy: Physical Education and Activity

The Diocese of Lake Charles school district will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades Pre-K - 8 with a minimum of 150 minutes per week of physical education, (30 minutes per day) or for at least 60-89 minutes per week throughout the school year.
4. Ensure that students in grades Pre-K - 8 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active in physical education and physical activity.
6. Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
7. Provide staff development on standards implementation for physical education instructors.
8. Provide a variety of fitness training, motor skills, and teamwork modules in physical education required at the high school level for graduation.
9. Ensure that all high school students take two units of physical education, (1 academic year).
10. Use a recognized instrument or program such as *Fitnessgram* to evaluate students' physical fitness.
11. Provide daily recess for all children in Pre-K - 8th grade, 20 minutes on all or most days.
12. Encourage physical activity during recess for elementary students, intramurals programs, and clubs, as well as in physical education programs.
13. Integrate physical activity in the academic curriculum.
14. Work with the community to create opportunities for students to walk, bike, skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.

15. Provide opportunities for parents and guardians to support students' participation in physical activities, such as a Safe Routes to School Program, to be physically active in role-models, and to include physical activities in family plans.
16. Encourage school staff to participate in physical activities to serve as role models.
17. Develop students' self-confidence and eliminate bullying or any practices that humiliate students.

5. Food and Beverage Marketing

Each school should be committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behavior throughout the school day while minimizing commercial distractions.

All foods and beverages marketed or promoted to students on the school campus "during the school day" will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

6. Communication and Promotion of the Wellness Policy

At the beginning of each school year, no later than one month after the first day of class, each school's Wellness Policy Coordinator will share the policy with the school staff and faculty, students, parents and the public. The school Wellness Policy Coordinator will notify all parties about the content of or any updates to the wellness policy annually and the availability of the wellness policy at the school and the diocesan website (www.lcdiocese.org).

The Wellness Policy Coordinator of each school will complete the annual progress report describing the progress made on attaining the goals of the Diocese of Lake Charles Wellness Policy. The person responsible for managing the annual progress reports and the triennial assessment is the Wellness Policy Committee Coordinator, Edrie Durio. Contact information is edrie.durio@lcdiocese.org or 337-433-9640, ext. 402. The wellness policy, the annual progress report and the triennial assessment can be found at the diocesan website (www.lcdiocese.org).

7. Monitoring and Evaluation

The Wellness Policy Committee shall evaluate the effectiveness of the policy and amend it based on the results of the evaluation and the needs of the community. The Wellness Policy Committee shall develop and update an assessment plan to implement

the Wellness Policy. (See appendix F, Wellness Policy Assessment Plan and appendix G, Wellness Policy Assessment Annual Progress Form).

Each year an annual report will be compiled and published to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be compiled by the Wellness Policy Committee Coordinator, Edrie Durio.

The Wellness Policy Committee must assess their wellness policy at least once every three years on the extent to which schools are following the district policy, the extent to which the local wellness policy compares to the model school wellness policy, and the progress made in attaining the goals of the local wellness policy. The assessment must be made available to the public. The wellness policy, annual progress report and the triennial assessment will be available on the diocesan website (www.lcdiocese.org).

Recordkeeping will be done by the Wellness Policy Committee Coordinator, Edrie Durio. Records to document compliance with the requirements of the wellness policy will be retained at the Child Nutrition Office of Catholic Schools.

Approved by Kimberlee Gazzolo

Kimberlee Gazzolo, Superintendent

Date: 06-19-23

Chart 1B: National School Lunch Program (NSLP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Amount of Food¹ Per Week (Minimum per day)			
Fruits (cups) ²	2-½ (½)	2-½ (½)	5 (1)
Vegetables (cups) ²	3-¾ (¾)	3-¾ (¾)	5 (1)
→ Dark Green ³	½	½	½
→ Red/Orange ³	¾	¾	1-¼
→ Beans and Peas (Legumes) ³	½	½	½
→ Starchy ³	½	½	½
→ Other ^{3,4}	½	½	¾
Additional Vegetable to Reach Total ⁵	1	1	1-½
Grains (oz eq) ⁶	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min - Max Calories (kcal) ⁸	550-650	600-700	750-850
Saturated Fat (% of total calories) ⁸	< 10	< 10	< 10
Sodium Interim Target 1 (mg) ⁸	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Interim Target 1A (mg) ^{8,9}	≤ 1,110	≤ 1,225	≤ 1,280
<i>Trans Fat</i>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

¹ Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is ⅓ cup.

² One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

³ Larger amounts of these vegetables may be served.

⁴ This category consists of "Other vegetables" as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

⁵ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁶ At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched.

⁷ All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.

⁸ The average daily calories for a 5-day school week menu must be within the range (at least the minimum and no more than the maximum values). Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

⁹ Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

Louisiana Smart Snacks



► About Louisiana Smart Snacks

In 2005, the Louisiana Legislature passed *Senate Bill No. 146, Act No. 331* (https://cdnlfk.pbrc.edu/pdfs/snacks/sb_no146.pdf), which limited the sale of certain foods and beverages in public elementary and secondary schools during specified time periods. In 2009, *RS 17:197.1* (<https://cdnlfk.pbrc.edu/pdfs/snacks/RS%2017%20197.1%20Foods%20and%20beverages%20for%20schools%202009.pdf>) provided additional restrictions to beverages and additional items sold in schools. RS 17:197.1 was amended and reenacted in 2018 as *HB616, Act 330* (<http://legis.la.gov/legis/BillInfo.aspx?sessionId=18RS&billtype=HB&billno=616>).

Shortly after the passage of the first bill in 2005, Pennington Biomedical Research Center developed an approved listing of foods meeting the criteria listed in these bills. In July 2014, the USDA Smart Snacks in Schools set additional requirements in place and Louisiana incorporated those additional requirements. The result was even stricter standards. HB616, Act 330 passed in May 2018 requires food and beverages sold by public elementary or secondary schools to adhere to Federal Guidelines set by USDA.

In short, the main nutritional components include:

- 200 calories or less
- 35% of total calories from fat or less
- 10% of total calories from saturated fat or less
- The weight of all sugars must be < 35% of the serving size weight
- 200 mg of sodium or less per serving
- If a grain product, must be whole grain

The Louisiana Smart Snacks Listing was developed based on requested products sent in for evaluation and in no way represents every food available that potentially fits the criteria above. Individuals who have requested products for evaluation include school food authorities, vendors, and other school officials or representatives. Please note the following concerning the Louisiana Smart Snacks listing:

- Again, the listing represents only those products that have been sent to Pennington Biomedical Research Center for evaluation.
- Some items may be available in the commercial market; however some others may be manufactured and marketed specifically for school use.
- Pennington Biomedical Research Center does not endorse either the product listed or the manufacturer of the product. The mission of the Pennington Biomedical Research Center in this effort is strictly to evaluate whether or not the food item is in compliance with the recommended guidelines above.

Submitting a Product for Evaluation

To submit a product for evaluation and possible acceptance into the approved listing, send appropriate descriptive (ingredient listing) and serving size information along with the Nutrition Facts label (picture of front and back of package, if possible; or a website link to the product with the information required) to **LouisianaFitKids@pbrc.edu**

Pennington Biomedical Smart Snacks

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 food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

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

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.

Food	Smart Snacks Standards Exemptions
Fresh and frozen fruits and vegetables, with no added ingredients except water 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 water, with or without carbonation.

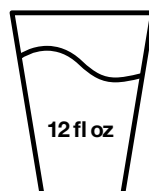
All Grades

Milk

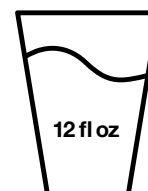
Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*



Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.



Elementary School



Middle School



High School

* In accordance with the Transitional Standards for Milk, Whole Grains, and Sodium Final Rule: <https://www.fns.usda.gov/cn/fr-020722>

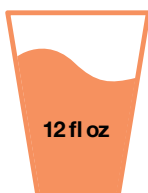
What are the Smart Snacks Standards for beverages? (continued)

Diluted Juice

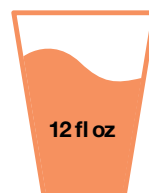
100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.



Elementary School



Middle School



High School

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

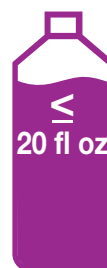
Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.



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?
Contact your State agency that administers the National School Lunch Program (<https://www.fns.usda.gov/contacts>).

HEALTHY WAYS TO REWARD KIDS

Using food as a reward or punishment not only encourages children to eat outside of meal and snack times or when they're not hungry, but also may create a lifelong habit of rewarding or comforting themselves with food. This practice can undermine healthy eating messages and reinforce unhealthy eating habits. Food, even healthy options, should never be used as a reward or punishment.

FOLLOW THESE STEPS TO REWARD STUDENTS IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

1

Write or update your district or site wellness policy to prohibit the use of food as a reward or punishment

4

Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

2

Survey staff, students and families to identify successful non-food reward options and share the results with your school community

5

Share what's working at staff meetings to encourage your peers

3

Send a letter to staff explaining the school's new policy and include examples of alternative practices

NON-FOOD REWARD IDEAS

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here a few of our favorites:



CHOOSE A PRIZE

Pencils or erasers

Stickers

Books

Entering a drawing or raffle for a bigger prize

Earning tokens or points toward a prize



GET MOVING

Lead a special physical activity break

Host a special event such as a dance or kite-flying party

Provide extra recess or PE time

Turn on the music and let students dance for a few minutes

Give students the opportunity to lead an activity



SHAKE UP YOUR ROUTINE

Let the student choose a special activity

Provide a few minutes of extra free time

Allow student to select a special book

Let student go first for an activity

Give a "no homework" pass

Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give out certificates or ribbons

Post recognition signs around the school or on a prominent bulletin board

Give a shout-out in the morning announcements

Call or send a letter home to a parent

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org.

GOAL: Develop and Implement the SFA's Wellness Policy

Appendix E

<i>OBJECTIVE</i>	<i>ACTION</i>	<i>PERSON RESPONSIBLE</i>	<i>TARGET DATE</i>	<i>DATE COMPLETED</i>
The Wellness Committee will develop, implement, monitor and review/revise the Wellness Policy	The Wellness Committee will develop, implement, monitor, and review the Wellness Policy	Edrie Durio Child Nutrition Supervisor	May, 2023	June, 2023
The SFA will follow all meal regulations as required by the NSLP-USDA Lunch Meal Pattern	All menus will be evaluated to determine if the meal pattern requirements are met.	Edrie Durio Child Nutrition Supervisor	Aug.- May of School Year	May, 2023
Provide healthy and safe meals to students	Employees preparing food for students will be in-serviced at beginning of school year and training throughout the year	Edrie Durio Child Nutrition Supervisor	Aug.- May of School Year	May, 2023
Food will not be used as a reward or punishment of students in cafeteria.	All employees will be in-serviced annually to assure they have knowledge of this policy	Edrie Durio Child Nutrition Supervisor Cafeteria Managers	Aug. - May of School Year	May, 2023
Smart Snacks in Schools Guidelines for food sold on the campus during school day to children	Smart Snacks Guidelines will be provided to the School WP Coordinator/Principal at beginning of school with newest Pennington approved snack list	WP School Coordinator Principal	August, 2023	August, 2023
To provide students and faculty with knowledge of nutrition and healthy eating.	Nutrition Education will be provided in the school curriculum. Child Nutrition will provide monthly menu/nutrition newsletter	WP School Coordinator Principal Child Nutrition Supervisor	Aug. - May of School Year	May, 2023
To provide students with daily exercise that promotes a healthy lifestyle	Exercise and/or physical activity will be provided daily during school day	Principal PE Teacher	Aug. - May of School Year	May. 2023

WELLNESS POLICY ASSESSMENT PLAN

Nutrition

Food and Beverages Sold Outside of the School Cafeteria

Eliminate use of foods and beverages as rewards for student accomplishment.

Provide healthy food and beverage choices at school parties.

Promote fundraisers that sell items other than food and beverages or only food and beverages that are nutrient dense (low in calories and high in nutrients).

Provide nutritious and appealing food and beverage options whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, social events, after school care and other school functions.

Nutrition Education

Nutrition is not a stand-alone course. The health education curriculum needs to include essential topics on healthy eating using all venues for optimal impact. Provide nutrition education related staff development opportunities for teachers on an annual basis.

Communication and Promotion of the Wellness Policy

The Wellness Policy Coordinator will share the policy with the school staff, students, parents and the public.

Appendix G

WELLNESS POLICY ASSESSMENT ANNUAL PROGRESS FORM

Return to: Edrie Durio

District: **Diocese of Lake Charles**

Email - edrie.durio@lcdiocese.org

Phone - 377-433-9640, ext. 402

School Year: **2023-2024**

Wellness Committee Member: _____

School: _____

Nutrition Goal: Eliminate use of foods/beverages as rewards. Provide healthful food/beverages at school parties and after school events using Smart Snack guidelines and Pennington approved snack list. Louisiana Smart Snacks meeting criteria can be found at www.pbrc.edu.

Evaluation: _____

Nutrition Education Goal: Provide nutrition education related staff development opportunities for teachers on an annual basis (USDA's My Plate).

Evaluation: _____

Communication and Promotion of the Wellness Policy: The Wellness Policy will be shared with all parties at the school of the availability of the policy and annual assessment report at the school, the diocesan website and other sites.

Evaluation: _____

