

Preamble

The Board of Clay County, Food and Nutrition Services recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

The School Board of Clay County is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

District level

The School Board of Clay County will assemble a representative wellness committee that will meet annually (*once a year*) to monitor and set goals for the development and implementation of its local school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The Director of School Food Service, Susie Glover and Coordinator of School Food Service, Elise Fenstermaker shall ensure overall compliance with the local school wellness policy.
- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

| Name | Title / Relationship to the School or District | Email address |
|--------------------|--|--|
| Susie Glover | Food Service Director | Susan.Glover@myoneclay.net |
| Elise Fenstermaker | Food & Nutrition Services Coordinator, Registered Dietitian | Elise.Fenstermaker@myoneclay.net |
| Edi Hodges | Food & Nutrition Services Coordinator | Edith.Hodges@myoneclay.net |

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| Rich Martinez | Food & Nutrition Services Coordinator | Richard.Martinez@myoneclay.net |
| Lisa Buchanan | Food & Nutrition Services Coordinator | Eleshia.Buchanan@myoneclay.net |
| Marcie Bartel | 4th Grade Teacher at Paterson Elementary | Marcie.Bartel@myoneclay.net |
| LeAnne Dougherty | 6th Grade Teacher at Orange Park Elementary | Lee.Dougherty@myoneclay.net |
| Shelly Tillis | Nurse at Orange Park Elementary | Shelly.Tillis@myoneclay.net |
| Shelley Luter | School Behavior Health, Specialist / Nurse Supervisor / School Health & Wellness Advisory Committee Member | Shelley.Luter@myoneclay.net |
| Jackie Copeland | School Health Coordinator/ Registered Nurse at Clay County Health Department / School Health & Wellness Advisory Committee Member | Jacqueline.Copeland@FLHealth.gov |
| Grace Mays | Registered Nurse at Clay County Health Department / School Health & Wellness Advisory Committee Member | Grace.Mays@FLHealth.gov |
| Stephanie Shafer | Physical Education Teacher at Shadowlawn Elementary | Stephanie.Shafer@myoneclay.net |
| Traci Conroy | Physical Education Teacher at Coppergate Elementary | Traci.Conroy@myoneclay.net |
| Luke Glover | Student at Green Cove Springs Junior High | kool.handluke@att.net |
| Luke Padgett | Student at Middleburg High | 247076@myoneclay.net |
| Logan Padgett | Student at Middleburg High | 247085@myoneclay.net |
| Quentin McWhortor | Student at Middleburg High | 229892@myoneclay.net |
| Gabriel McWhortor | Student at Middleburg High | 229895@myoneclay.net |
| Annie Sheldon | Extension Agent, University of Florida/IFAS Extension Clay County | aasheldon@ufl.edu |

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| All Cafeteria Managers | School Based Contact for the School Board of Clay County's Wellness Policy. | See Appendix A |
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School level

Each school within the School Board of Clay County will establish an ongoing Healthy School Team that will meet annually (once a year) to ensure compliance and to facilitate the implementation of the School Board of Clay County's wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the School Board of Clay County's wellness policy.
- In each school, the cafeteria manager will be responsible for establishing the Healthy School Team that will ensure compliance with the policy. See Appendix A.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
 - And reporting its school's compliance of the aforementioned regulations to the cafeteria manager at each school and Food & Nutrition Services District Office Staff: Elise Fenstermaker, School Food Service Coordinator and Susie Glover, School Food Service Director, the person(s) responsible for ensuring overall compliance with the School Board of Clay County's wellness policy.

School Board of Clay County will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information through posters, recipes, the menus, the District's nutritional list for all food and beverage items, and nutrition promotions throughout each school's cafeteria.
 - Healthy kid-friendly meal and snack recipes are featured monthly on the district website.
 - Nutrition promotions at each grade level are done throughout the year through the school cafeterias promoting healthy eating as part of a healthy lifestyle.
 - Healthy eating tips are featured on the school district's menus at all grade levels.
- Since 2001 students at all elementary schools, district wide have been given a Nutrition and Exercise Challenge to complete each month to encourage healthy eating all year long, while promoting lifelong healthy eating behaviors.
- National School Lunch Week, National School Breakfast Week, and National Nutrition Month are celebrated district wide as a means to promote nutrition through the school cafeterias at all grade levels.

3. Nutrition Education

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

- The nutrition benchmarks under the Florida Standards for Physical Education shall be integrated within the comprehensive health education curriculum in each grade level, or integrated into other core subjects, such as math, science, language arts and social sciences.
- Nutrition education will be incorporated within the larger school community through an annual student –based wellness fair at the senior high level bringing together many members of the community to educate the students on various nutrition topics and the importance of living an overall healthy lifestyle.

- The district wide Food & Nutrition Services Nutrition and Exercise Challenge will serve as a means of educating students on nutrition and ways to implement new healthy eating behaviors by encouraging students to complete a new nutrition challenge each month.
- Representatives from the University of Florida's Extension's Family Nutrition Program will work with various schools in lower income zip code areas as part of an after school nutrition education curriculum.
- The Food and Nutrition Services Registered Dietitian will lead classroom based nutrition education activities and presentations throughout the district.
- Action for Healthy Kids Every Kid Healthy Week is used to feature various areas of nutrition education topics at the elementary level while involving students, school staff, parents, members of the community, local health department officials, and the Food and Nutrition Services Department.

4. Physical Activity

The School Board of Clay County shall ensure that physical activity is an essential element of each school'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 physical activity.

- All students in grades K-6 shall receive 150 minutes per week of instructionally relevant physical education. For junior high physical education in grades 7-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. (Florida Department of Education Standards)
- Students will have the opportunity to be involved in physical activity through physical education programs, before and after school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.
- The district wide Food & Nutrition Services Nutrition and Exercise Challenge will serve as a means of educating students on physical activity and ways to stay active by encouraging students to complete a new type of exercise each month so that they can work towards meeting the recommended 60 minutes of physical activity each day, as recommended by the Fuel Up to Play 60 program.
- Fuel up to Play 60 is used as a familiar marketing tactic on all school level menus and

marketing materials hung throughout the serving line and dining room areas to promote physical activity.

- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

5. Other School-Based Activities

The School Board of Clay County will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- After School programs will encourage healthy snacking and physical activity.
- The School Board of Clay County shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Each school within the School Board of Clay County shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Each school will provide nutritious, well balanced meals that meet USDA mandated nutrition guidelines for each grade level for breakfast and lunch.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

HealthierUS School Challenge

- All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSC: SL) school.

Employee Wellness

- All employees' will have access to health and wellness information through the School Board of Clay County's wellness committee and employee benefits department.

- Food and Nutrition Services Staff will be encouraged to participate in exercise challenges and community events related to wellness.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

6. Guidelines for All Foods and Beverages Available During the School Day

The School Board of Clay County shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
- To the maximum extent possible, all schools in The School Board of Clay County will participate in available federal school meal programs, including the SBP, NSLP, and SFSP.
- Free, potable water will be made available to all children during each meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*

- *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by The School Board of Clay County’s food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

| Nutrient Standards | Snack Items and Side Dishes <i>(including any added accompaniments)</i> | Entrée Items <i>(including any added accompaniments)</i> |
|---------------------------|---|---|
| Calories | 200 calories or less | 350 calories or less |
| Sodium Limits | 200 mg or less | 480 mg or less |
| Total Fat Limits | 35% or less of total calories | 35% or less of total calories |
| Saturated fat | Less than 10% of total calories | Less than 10% of total calories |
| Trans fat | 0 g of trans fat as served (less than or equal to 0.5 g per portion) | 0 g of trans fat as served (less than or equal to 0.5 g per portion) |
| Sugar | 35% of weight from total sugar as served or less | 35% of weight from total sugar as served or less |

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

| Beverages | Elementary | Middle | High |
|--|-------------------|---------------|-------------|
| Plain water | unlimited | unlimited | unlimited |
| Unflavored low-fat milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| Unflavored or flavored fat-free milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| 100% fruit or vegetable juice | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| 100% fruit or vegetable juice diluted with water but no added sweeteners | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz. | Not allowed | Not allowed | 20 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.) | Not allowed | Not allowed | 12 fl. oz. |

For elementary and middle school students: foods and beverages must be caffeine-free with

the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students:

- The School Board of Clay County’s Food and Nutrition Services Department encourages healthy food and beverage items that meet the above Smart Snacks in Schools guidelines, for all food and beverages available on the school campus during the school day that are not sold (i.e. foods provided for classroom parties and school celebrations).
- The School Board of Clay County’s Food and Nutrition Services Department encourages class parties or celebrations to be held after the lunch period. The Ala Carte menu in each school cafeteria can be referenced as a list of healthy options for celebrations/parties, rewards and fundraising activities that meet Smart Snack guidelines.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of non food items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

| School Type | Maximum Number of School Days to Conduct Exempted Fundraisers |
|-----------------------------------|---|
| Elementary Schools | 5 days |
| Middle School/Junior High Schools | 10 days |
| Senior High Schools | 15 days |
| Combination Schools | 10 days |

- Each school’s Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- The School Board of Clay County's Food and Nutrition Services department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The School Board of Clay County's wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

The School Board of Clay County will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which The School Board of Clay County is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

The School Board of Clay County will ensure the wellness policy and triennial assessments are available to the public at all times. The School Board of Clay County will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- The School Board of Clay County will ensure the most updated version of the wellness policy and triennial assessments are available on the school website for the public to view.
- Households will be informed about the most updated version of the wellness policy through an annual letter sent home to the public at the beginning of every school year to ensure that the community is informed and that public input is encouraged.

10. Community Involvement

The School Board of Clay County is committed to being responsive to community input, which begins with awareness of the wellness policy. The School Board of Clay County will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- The School Board of Clay County will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback by participating in new product and recipe testing. Their feedback in the form of participation numbers for menu items will also be closely monitored. Students are also encouraged to be part of the District wellness committee.
- The School Board of Clay County will use electronic mechanisms, such as the District's website, as well as non-electronic mechanisms, such as a letter sent home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

Appendix A:

School-Level Wellness Policy Coordinators (Cafeteria Managers)

| School | Name | Email Address |
|-----------------------------|-------------------------|---|
| Argyle Elementary | Shari Futch | <u>shari.futch@myoneclay.net</u> |
| Bannerman Learning Center | Brenda Michael | <u>Brenda.Michael@myoneclay.net</u> |
| C. E. Bennett Elementary | Brenda Martin | <u>Brenda.Martin@myoneclay.net</u> |
| Clay High | Brenda Michael | <u>Brenda.Michael@myoneclay.net</u> |
| Clay Hill Elementary | Cheryl Korey | <u>Cheryl.Korey@myoneclay.net</u> |
| Coppergate Elementary | Rita Holden | <u>Rita.Holden@myoneclay.net</u> |
| Discovery Oaks Elementary | Donna Swain | <u>Donna.Swain@myoneclay.net</u> |
| Doctors Inlet Elementary | Mary Hedrick | <u>Mary.Hedrick@myoneclay.net</u> |
| Fleming Island Elementary | Vicky Webber | <u>Vicky.Webber@myoneclay.net</u> |
| Fleming Island High | Carolene Drake | <u>Carolene.Drake@myoneclay.net</u> |
| Green Cove Spring Jr. High | Katherine Baird | <u>Katherine.Baird@myoneclay.net</u> |
| Grove Park Elementary | Allison Chambers | <u>Allison.Chambers@myoneclay.net</u> |
| Keystone Heights Elementary | Melinda Raines | <u>Melinda.Raines@myoneclay.net</u> |
| Keystone Heights High | Patricia Jones | <u>Patricia.Jones@myoneclay.net</u> |
| Lake Asbury Elementary | Brenda Dallas | <u>Brenda.Dallas@myoneclay.net</u> |
| Lake Asbury Jr. High | Katie Sutton | <u>Katie.Sutton@myoneclay.net</u> |
| Lakeside Elementary | Karen Bramlitt | <u>karen.bramlitt@myoneclay.net</u> |
| Lakeside Jr. High | Mary Kirchner | <u>Mary.Kirchner@myoneclay.net</u> |
| McRae Elementary | April Chismark | <u>April.Chismark@myoneclay.net</u> |
| Middleburg Elementary | Michael Hayward | <u>Michael.Hayward@myoneclay.net</u> |

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| Middleburg High | Patricia Padgett | Patricia.Padgett@myoneclay.net |
| Montclair Elementary | Wende Gentry | Wende.Gentry@myoneclay.net |
| Oakleaf Elementary | Janice Kellogg | Janice.Kellogg@myoneclay.net |
| Oakleaf High | Daysi Sanchez | Daysi.Sanchez@myoneclay.net |
| Oakleaf Jr. High | Teresa Richard | Teresa.Richard@myoneclay.net |
| Orange Park Elementary | Julius Dowling | julius.dowling@myoneclay.net |
| Orange Park High | Janice Foster | Janice.Foster@myoneclay.net |
| Orange Park Jr. High | Patricia Walsh | Patricia.Walsh@myoneclay.net |
| Paterson Elementary | Lisa Scott | Lisa.Scott@myoneclay.net |
| Plantation Oaks Elementary | Kim Martin | Kimberly.Martin@myoneclay.net |
| Ride Out Elementary | Meggan Stephens | Meggan.Stephens@myoneclay.net |
| Ridgeview Elementary | Michelle Ragsdale | Michelle.Ragsdale@myoneclay.net |
| Ridgeview High | Yesenia CorderoDiaz | Yesenia.Corderodiaz@myoneclay.net |
| S. B. Jennings Elementary | Julie Garrard | Julie.Garrard@myoneclay.net |
| Shadowlawn Elementary | Debra Schumacher | Debra.Schumacher@myoneclay.net |
| Swimming Pen Creek Elem. | Sherry Green | Sherry.Green@myoneclay.net |
| Thunderbolt Elementary | Elizabeth Dryden | Elizabeth.Dryden@myoneclay.net |
| Tynes Elementary | Cheryl Curry | Cheryl.Curry@myoneclay.net |
| W. E. Cherry Elementary | Theresa Melton | Theresa.Melton@myoneclay.net |
| Wilkinson Elementary | Melissa Leopard | Melissa.Leopard@myoneclay.net |
| Wilkinson Jr. High | Gwendolyn Higginbotham | Gwendolyn.Higginbotham@myoneclay.net |