

Sec. 3.13.1. WELLNESS

ILTexas shall follow nutrition guidelines that advance student health, reduce childhood obesity, and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

Sec. 3.13.2. WELLNESS GOALS

Sec. 3.13.2.1. Nutrition Education

ILTexas shall implement a coordinated health program with a nutrition education component and shall use health course curriculum that emphasizes the importance of proper nutrition.

In addition, **ILTexas** establishes the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be an **ILTexas**-wide priority and will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Sec. 3.13.2.2. Physical Activity

ILTexas shall implement a coordinated health program with physical education and physical activity components and shall offer at least the amount of physical activity for all grades required by the Texas Education Code or Commissioner Rule.

In addition, **ILTexas** establishes the following goals for physical activity:

1. **ILTexas** will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
2. Physical education classes will regularly emphasize moderate to vigorous activity.
3. **ILTexas** will encourage teachers to integrate physical activity into the academic curriculum where appropriate.

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4. **ILTexas** will encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Sec. 3.13.3. IMPLEMENTATION

The Superintendent or designee shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy, as may be necessary. **ILTexas** shall also seek to involve parents, students, representatives of the school food authority, the Board, administrators, and the public in the continued development and implementation of this school wellness policy.

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.iltexas.org.

Sec. 3.13.4. NUTRITION

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of schoolchildren, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and After School Care Program (ASCP). All food served, meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

- Menus will be posted on the District website or individual school websites, nutrient content and ingredients can be obtained on request.

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- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional through the vendor who provides meals.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. No foods may be sold at any time throughout the school day*, other than through the Child Nutrition Program. All foods and beverages sold will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Celebrations and Classroom Snacks

All foods offered on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. **Celebrations and parties**. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#), (see below, entitled Appendix A).
2. **Birthday Celebrations**. Parents can bring pre-packed items; such as cupcakes or cookies, to be eaten after the student’s lunch period in the classroom, (see below, entitled Appendix B).
3. **Classroom snacks brought by parents**. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards, (see below, entitled Appendix A).
4. **Food Safety**. (see below, entitled Appendix B).

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus. *Fundraising outside school hours: may include the sale of foods that do not meet the USDA Smart Snack nutrition standards. These fundraisers may include, but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.* The State allows up to six Exempt Fundraising days. Notwithstanding the aforementioned, food and beverage items

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sold for exempt fundraisers cannot be sold in competition with school meals in the food service area during the school meal service.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any 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.

Physical Activity

K-8 students receive 180 minutes of weekly physical activity.

9-12 students receive four credits of Physical Education.

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Appendix A

Healthy Options for Classroom Activities, Snack, and Celebrations:

Beverages

- Fruit juices (100%)
- Fruit smoothies
- Lemonade
- Milk (nonfat or low fat, plain or flavored)

Low Fat Grain Foods

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffins (whole wheat)
- Rice cakes or mini rice cakes (flavored)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual serving)
- Fig bars
- Vanilla wafers

Fresh Fruits and Vegetables

- Fresh seasonal fruit
- Carrots, broccoli and cauliflower with low fat dip or salad dressing

Additional Items

- Fruit snacks
- Fruit grain bars
- Frozen fruit bars
- Fat free popcorn (94% fat free)
- Sun butter crackers
- Low-fat string cheese
- Fruit, nut and/or grain trail mixes

Appendix B

Food Safety and Security Guidelines

On **Exemption days and birthday celebrations**, parents and school staff may bring food items for students to the classroom. School staff should be able to identify and verify that the person leaving the item has been approved to do so, prior to providing it to students (i.e. do not accept food from an unidentified person). Parents/sponsors must only provide food items pre-packaged and/or individually wrapped items prepared by grocer or retail establishment for celebrations, approved instructional activities (e.g., folklore festivals), or after school fundraisers to reduce the risk of food contamination, which food items shall be nut-free.

***School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

***School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.