

# **Lasara Independent School District Student Nutrition/Wellness Plan**

For the 2022-2023 school years, Lasara ISD has implemented a strong wellness regulation that targets improved student's wellness through coordinated efforts with Food & Nutrition Services, Physical Education, and Health Services. Numerous state and Federal mandates have taken place to support the need to address student's wellness in a global and impactful way that will help students become more conscious of the effects of healthy eating and physical activity to lifelong learning. The regulations structured to encourage consumption of meals in a safe environment that supports healthy eating behaviors and reduces food waste. The regulation was a collaborative document by multiple departments and the School Health Advisory Council.

## **DEFINITIONS:**

**School Day:** USDA defines it as midnight to 30 minutes after the end of instruction. Enrichment period is included as part of instruction.

**Instructional Day:** the time of instruction at the schools. Normally the bell schedule is used to determine beginning and end of instructional day.

**Compleive Foods:** Foods and beverages sold or made available to students during the school day and therefore compete with the school's operation of reimbursable meals and snacks. This definition includes, but is limited to, foods and beverages sold or provided in vending machines, in school stores, or as part of school fundraisers. All sodas (soft drinks), energy drinks and hot Cheetos are not allowed to be offered to students during the school day on school campuses. An energy drink is a type of beverage containing stimulant drugs, chiefly caffeine, which is marketed as providing mental and physical stimulation. They may or may not be carbonated and many also contain sugar or other sweeteners, herbal extracts, and amino acids. There are many brands and varieties of energy drinks, but examples may include red Bull, Monster, etc.

**School Fundraisers:** Compleive foods and beverages sold through direct or indirect sales by school administration or staff (principals, teachers, coaches, etc.), students or student groups, parents or parent's groups, or organization.

**A la Carte:** Individually priced food and beverage items provided by the school food service authority during mealtimes. These items may or may not be part of the reimbursable meal. Examples include baked chips, V8 splash pizza, etc.

**School Food Authority:** Lasara ISD Food & Nutrition Services Department that provides meals reimbursed under the National School Lunch Program, which includes Seamless

Summer Option & Afterschool Care Program, School Breakfast Program, USDA Food Distribution Program and Child and Adult Care Program.

### **Regulations:**

All elementary campuses must ensure scheduling, so students have recess before or after a designated lunch period of at least thirty minutes. State law requires 20 minutes to eat after meal service is provided.

No competitive food or beverage items may be offered or sold to students, including through direct or indirect sales, during the instructional day at any campus. Any food or beverage items offered or sold to students during instructional day must meet State and Federal guidelines (effective 7/2016) and be provide by the school authority (Lasara ISD Child Nutrition) this does not restrict a parent or custodial guardian from bringing food or beverages for their own child (ren) consumption. (Lauren's Law) a parents/legal guardian or grandparent may bring in any food products (cakes/cupcakes) for the classroom on his or her child's birthday. This does not require the teacher to stop instruction to allow for birthday party or allow food products to be consumed or provided to students during meal periods in areas where reimbursable meals are served and consumed. However, these food or beverages items may not be shares with other students. If campus is finding non-compliance with sharing of outside food and beverages items brought in by parents, they may implement stricter guidance.

All food and beverage items offered or sold to students at any campus before the start of the instructional day until 30 minutes after the end of the instructional day (defined as the school day), must be procured through the school food authority. This allows the district to maintain a central location for all labeling requirements of food and beverages sold or offered to students during the school day. At no time will soft drinks (sodas), energy drinks and hot Cheetos be offered to students during the school day.

It is recommended that all on and off campus fundraisers focuses on non-food and beverage related sales. However, if fundraisers do include food & beverage that must comply with State and Federal guidelines whether they are sold through direct or indirect sales. Examples of indirect sales include catalogue sales, discount cards, tickets for food items that are not consistent with established guidelines.

All a la carte food and beverages offered to students must meet state and Federal guidelines (effective 7/2016 and not include soft drinks, energy drinks and hot Cheetos (defined under competitive foods).

### **Exemption:**

1. Campus will be allowed 6 days exemption for a school fundraising event to occur during the school day or after school with dates submitted to school food authority for record keeping purpose one month in advance. During these events any food and beverage items may be sold or offered to students with the exception of energy

- drinks. The campus still must meet all City of Lasara regulations concerning health permits for the event and complying with health department regulations.
2. Food and beverages sales at UIL sponsored activities (example concession stands) occurring after the end of the school day. During these events, any food and beverage items may be sold or offered to students with the exception of energy drinks.
  3. Fieldtrips not occurring on Lasara ISD campuses are exempted from these wellness regulations.
  4. School nurses providing treatment to students with identified special diet need or requiring specific foods and beverages as part of an established Individualized Education Plan are exempted from these wellness regulations during the school day

### **Nutrition Standards for Food & Beverage Items**

Any food sold in school must:

- Be a “whole grain-rich” grain product; 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:

Calorie limits

- Snack items:  $\leq 200$  calories
- Entrée items:  $\leq 350$  calories

Sodium limits

- Snack items:  $\leq 230$  mg
- Entrée items:  $\leq 480$  mg

Fat limits

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $\leq 10\%$  of calories
- Trans fat: zero grams

Sugar limit  $\leq 35\%$  of weight from total sugars in foods

Accompaniments

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the number of calories, fat, sugar, and sodium added to foods.

Nutrient Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice, and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.
- No more than 12-ounce portions of beverage with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces. Healthy Fundraisers
- Food items that meet nutrition standards are not limited
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

### **FISCAL SANCTIONS:**

Texas Department of Agriculture (TDA) will enforce and diligently monitor schools during announced or unannounced visits. If TDA determines that a school has violated these requirements, TDA may disallow meal reimbursement for the day on which the violation occurred and require the school to reimburse the food service account for the disallowed reimbursement. TDA may, depending on the nature, frequency, and severity of the violation, impose alternative sanctions on the school or schools district, including disallowance of all meal reimbursements of the school district for the four-week period immediately preceding the day of the violation (s). TDA may interview school staff and collect evidence to determine the longevity and severity of the violation (s). While federal laws do not stipulate fiscal sanctions, TDA has maintained that structural component. Any violations of the regulations identified during routine campus visits by staff should be reported to campus principal to prevent fiscal sanctions. Violations of the regulations identified during announced or unannounced visits by TDA can result in the following fiscal sanctions:

1. If identified to be non-systemic and corrected on-site, technical assistance may be provided, and it will be up to compliance monitor to determine if sufficient understanding has taken place to prevent future non-compliance or if financial sanction of one day's worth of meals reimbursement will be taken.
2. If identified to be campus specific and larger in scope, technical assistance will be provided, and one day's worth of meal reimbursement will be taken. A follow up visit may be scheduled to identify if future violations occur.
3. If identified as systemic occurring in multiple locations on the same campus or occurring in multiple campuses, technical assistance will be provided but up to four weeks on meal reimbursement will be taken. If identified at specific campus (es), compliance monitor would have discretion to fine just those campuses or alternatively may choose to withhold four weeks of district reimbursement.

Because campuses vary in meal participation and enrollment, average daily meal reimbursement varies from approximately \$1154.00-1700.00.