

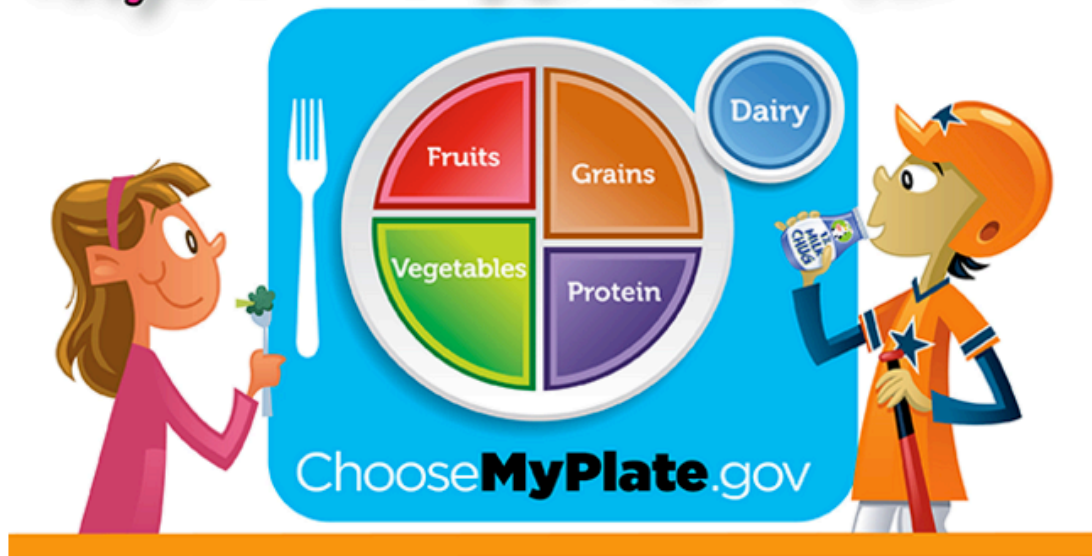


OAK LAWN-HOMETOWN

School District 123

LOCAL WELLNESS POLICY

MyPlate Kids' Place



Summary

The Board of Education of Oak Lawn - Hometown School District 123 is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle, and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

The purpose of the Wellness Policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, and the Illinois School Code, including without limitation, goals for nutrition education, physical activity, guidelines for foods available during the school day, including reimbursable meals, and a plan for measuring implementation.

The Board of Education of Oak Lawn - Hometown School District 123 adopted School Board Policy 6:50 on September 26, 2006 and updated the policy on March 26, 2012. The Wellness Policy is presented in its entirety on the following pages.

Section 6 - INSTRUCTION

6:50 School Wellness

Student wellness, including good nutrition and physical activity, shall be promoted in the District's educational program, school-based activities, and meal programs. The District's school-based activities include: [*list the chosen evidence-based school-based activities*]. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy Hunger-Free Kids Act of 2010 (HHFKA).

The Superintendent will ensure:

1. Each school building complies with this policy;
2. The policy is available to the community on an annual basis through copies of or online access to the Board Policy Manual; and
3. The community is informed about the progress of this policy's implementation.

Goals for Nutrition Education and Nutrition Promotion

The goals for addressing nutrition education and nutrition promotion include the following:

- Schools will support and promote sound nutrition for students.
- Schools will foster the positive relationship between sound nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the District's comprehensive health education curriculum. See Board policy 6:60, *Curriculum Content*.

Goals for Physical Activity

The goals for addressing physical activity include the following:

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students' knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- During the school day, all students will be required to engage in a daily physical education course, unless otherwise exempted. See Board policy 6:60, *Curriculum Content* and Board policy 7:260, *Exemption from Physical Education*.
- The curriculum will be consistent with and incorporate relevant *Illinois Learning Standards for Physical Development and Health* as established by the Illinois State Board of Education (ISBE).

Nutrition Guidelines for Foods Available During the School Day; Marketing Prohibited

Students will be offered and schools will promote nutritious food and beverage choices during the school day that are consistent with Board policy 4:120, *Food Services* (requiring compliance with the nutrition standards specified in the U.S. Dept. of Agriculture's (USDA) *Smart Snacks* rules).

In addition, in order to promote student health and reduce childhood obesity, the Superintendent or designee shall:

1. Restrict the sale of *competitive foods*, as defined by the USDA, in the food service areas during meal periods;
2. Comply with all ISBE rules; and
3. Prohibit marketing during the school day of foods and beverages that do not meet the standards listed in Board policy 4:120, *Food Services*, i.e., in-school marketing of food and beverage items must meet *competitive foods* standards.

The District applies *competitive foods* standards listed in Board policy 4:120, *Food Services*, to foods available, but not sold, in schools.

Exempted Fundraising Day (EFD) Requests

All food and beverages sold to students on the school campuses of participating schools during the school day must comply with the "general nutrition standards for competitive foods" specified in federal law.

ISBE rules prohibit EFDs for grades 8 and below in participating schools.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

At least every three years, the Superintendent shall provide implementation data and/or reports to the Board concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy (a triennial report). This triennial report must include without limitation each of the following:

- An assessment of the District's implementation of the policy
- The extent to which schools in the District are in compliance with the policy
- The extent to which the policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the policy
- How the District will make the results of the assessment available to the public
- Where the District will retain records of the assessment

The Board will monitor and adjust the policy pursuant to policy 2:240, *Board Policy Development*.

Community Involvement

The Board and Superintendent will actively invite suggestions and comments concerning the development, implementation, periodic reviews, and updates of the school wellness policy from parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the community. Community involvement methods shall align their suggestions and comments to policy 2:140, *Communications To and From the Board* and/or the **Community Engagement** subhead in policy 8:10, *Connection with the Community*. As necessary, the Superintendent or designee will convene a Wellness Committee with at least one representative from each of the listed groups.

Recordkeeping

The Superintendent shall retain records to document compliance with this policy, the District's records retention protocols, and the Local Records Act.

LEGAL REF.:

Child Nutrition and WIC Reauthorization Act of 2004, [Pub. L. 108-265](#), Sec. 204.

Child Nutrition Act of 1966, [42 U.S.C. §1771](#) *et seq.*

National School Lunch Act, [42 U.S.C. §1751](#) *et seq.*

Healthy, Hunger-Free Kids Act of 2010, [42 U.S.C. §1758b](#), [Pub. L. 111-296](#).

[42 U.S.C. §1779](#), as implemented by [7 C.F.R. §§210.11](#) and [210.31](#).

Local Records Act, [50 ILCS 205/](#).

[105 ILCS 5/2-3.139](#).

[23 Ill.Admin.Code Part 305](#), Food Program.

ISBE's "School Wellness Policy" Goal, adopted Oct. 2007.

CROSS REF.: 2:140 (Communications To and From the Board), 2:150 (Committees), 2:240 (Board Policy Development), 4:120 (Food Services), 5:100 (Staff Development Program), 6:60 (Curriculum Content), 7:260 (Exemption from Physical Education), 8:10 (Connection with the Community)

ADOPTED: January 29, 2018

Oak Lawn - Hometown School District 123

Wellness Policy Requirements

Nutrition Education

- A) Healthy Eating Goals/ Healthy Choice Posters in Cafeterias
- B) Web Sites for families (Attachment 1)
- C) Student Worksheets (Attachment 2) - Sample

Physical Activity

- A) Board Policy 6:60 outlines Physical Education Curriculum

Nutrition Guidelines/School Based Activities

- A) Follow USDA Nutrition Standards (Attachment 3 & 5)
- B) Meet Regularly with Food Service Representative and Nutritionist to evaluate menu content
- C) Continually evaluate ala carte items
- D) School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

Principal Support

- A) Provide school newsletter articles information regarding nutrition
- B) Websites for nutrition and physical activity supplies (Attachment 1)
- C) Provide healthy options for school functions (Attachment 4)

Reimbursable School Meals

- A) Guidelines and Recommendations (Attachment 5)

Measure Implementation

- A) Cafeteria meeting/training to promote healthy meal options
- B) Members of administration eat lunch with students and ask for input about meals
- C) Dialoging with parents and administrators regarding the lunch program

Who's Involved

- A) Food Service Director
- B) Administrators
- C) Principals
- D) Food Service Provider
- E) Food Service Staff
- F) Students
- G) Parents

ATTACHMENT 1

Reference Links for Families:

2005 USDA Dietary guidelines for Americans

<http://health.gov/dietaryguidelines/2015/>

Accommodating Children With Special Dietary Needs in the School Nutrition Programs

http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf

Action for Healthy Kids (AFHK)

<http://www.actionforhealthykids.org>

Eligibility Guidance for School Meals Manual

http://www.fns.usda.gov/cnd/Guidance/eligibility_guidance.pdf

Food Distribution Handbook (for commodities)

<http://www.isbe.net/business.htm>

Household Eligibility Documents

http://www.isbe.net/nutrition/htmls/household_eligibility.htm

Illinois Nutrition Education and Training (IL NET)

<http://www.kidseatwell.org>

Illinois School Nutrition Association (ILSNA)

<http://www.ilsna.net>

Illinois State Board of Education (ISBE), Nutrition Programs Division

<http://www.isbe.net/nutrition>

Menu Planner for Healthy Adult and Student Meals

<http://www.choosemyplate.gov/>

Institute of Child Nutrition

<http://www.nfsmi.org>

Road to SMI Success: A Guide for School Foodservice Directors

<http://www.fns.usda.gov/tn/food-service-professionals>

Template for Food Safety Program Using Hazard Analysis and Critical Control Point's (HACCP) Standard Operating Procedures

http://www.fns.usda.gov/sites/default/files/Food_Safety_HACCPGuidance.pdf

ATTACHMENT 2

Nutrition Standards

Visit <http://www.choosemyplate.gov/> for a full list of nutrition standards and exercise suggestions for kids, teens and adults

Sample Resource for Kids 5 to 10 available at [choosemyplate.gov](http://www.choosemyplate.gov/):

home / Audience / Children / Kids Print Share

CHILDREN

- Preschoolers
- Kids**
- Games
- Activity Sheets
- Videos & Songs
- Move More
- Recipes
- Parents & Educators
- Let's Move! Kids
- Become a MyPlate Champion



MyPlate Kids' Place

Choose **MyPlate.gov**



Games



Activity Sheets



Videos & Songs



Move More

STUDENTS

ADULTS

PROFESSIONALS

MULTIPLE LANGUAGES

ATTACHMENT 3

Healthy Food & Beverage List for Classroom Parties & Celebrations (This list does not apply to individual student lunches.)

- Healthy Food and Beverages must meet the fat and sugar content guidelines of the National School Lunch Program.
 - Fat is not to exceed 30% per serving
 - Sugar is not to exceed 20 grams per serving
- All processed, non-raw, items must be store-bought and packed by the manufacturer with ingredient label
- Treat bags will be sent home unopened
- All items should be free of peanut products and nut oils, including all items listed below.
Please check nutrition labels before bringing any items to school
- For safety reasons, this list may be altered, for classrooms designated allergy free

Fruits & Vegetables

Raw vegetable sticks/slices with low-fat dressing or yogurt dip
Fresh fruit wedges/slices or canned fruit
Dried fruits
Organic unsweetened fruit wraps
Frozen fruit pops

Snacks

Pretzels (not Snyders)
Popcorn
Crackers
Rice Krispy Treats and or non-gelatin crispy treats
Chips with salsa or low-fat dip
Rice Cakes

Dairy

Low-fat yogurt
Low-fat string cheese, single-serve
Cottage Cheese or cheese cubes
Flavored soymilk fortified with calcium
Low-fat pudding cups
Ice Cream

Exceptions

Exceptions to this list may include special holiday traditions (i.e. candy houses) and curriculum related activities (i.e. ice cream socials, cultural presentations). Parents will be notified of these activities in advance by permission slip. Individual health-related exceptions to our Wellness Policy may be made upon approval by the school nurse.

Birthday Treats

Classroom birthday treats must be non-food, non-edible, non-food items; see list noted above

Bread/Pasta

Pizza
Bread sticks with marinara
Low-sugar cereal with fat-free or low fat milk
Bagels with low-fat cream cheese
Pasta salad

Meats

Lean meats (turkey, ham, chicken, etc.)

Beverages

Water
Fat-free or low-fat milk
100% fruit or vegetable juice
Lemonade

Non-food Items

Non-food items for parties in the classroom are welcomed. Examples include pencils, coloring books, stickers, erasers, crayons, books, colored chalk, bookmarks, play-doh and gift certificates.

ATTACHMENT 4

Calorie and Nutrient Standards/Meal Plans

Visit www.supertracker.usda.gov/samplemealplans.aspx for customizable food plans and tracking

Sunday

12/13/15

Physical Activity Target

Week of 12/13/15 to 12/19/15

Target AT LEAST 150 minutes per week

Actual 0 minutes

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

Sample Meal Plans

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

Meal Plan A
(based on a 2000 Calorie Plan)

Breakfast

- 1 ounce(s) Grains
- ½ cup(s) Fruits
- ½ cup(s) Dairy

Morning Snack

- 1 ounce(s) Grains
- 1 cup(s) Fruits

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Fruits
- 1 cup(s) Dairy
- 2½ ounce(s) Protein Foods

Afternoon Snack

- ½ cup(s) Vegetables
- ½ cup(s) Dairy

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy
- 3 ounce(s) Protein Foods

Meal Plan B
(based on a 2000 Calorie Plan)

Breakfast

- 1 ounce(s) Grains
- 1 cup(s) Dairy
- 1½ ounce(s) Protein Foods

Morning Snack

- 1 cup(s) Fruits
- ½ cup(s) Dairy

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Afternoon Snack

- 1 ounce(s) Grains
- ½ cup(s) Vegetables

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 1 cup(s) Dairy
- 2 ounce(s) Protein Foods

Meal Plan C
(based on a 2000 Calorie Plan)

Breakfast

- 1 cup(s) Fruits
- 1 cup(s) Dairy

Morning Snack

- 1 ounce(s) Grains
- ½ cup(s) Dairy
- 1½ ounce(s) Protein Foods

Lunch

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Dairy

Afternoon Snack

- 1 ounce(s) Grains
- ½ cup(s) Vegetables
- ½ cup(s) Dairy
- 2 ounce(s) Protein Foods

Dinner

- 2 ounce(s) Grains
- 1 cup(s) Vegetables
- 1 cup(s) Fruits
- 2 ounce(s) Protein Foods

ATTACHMENT 5

Meal Planning Approach and Timeline:

Exhibit C-1

Nutrition Standards in the National School Lunch and School Breakfast Programs – Updated Jan. 2014

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7 (1) ^j	8 (1) ^j	9 (1) ^j	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8 (1)	9 (1)	10 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^cOne 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.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^gThis category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “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 §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary 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 milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.

Implementation Timeline for Final Rule—Jan. 2012

Exhibit C-2

Nutrition Standards in the National School Lunch and School Breakfast Programs

ALL meal pattern and nutrition standards requirements indicated by the USDA for implementation through the 2014–2015 School Year for both the National School Lunch and School Breakfast Programs **MUST be implemented for the 2012–2013 Contract Term** with the only exception of the sodium targets, which must be implemented as required in subsequent Contract Terms, if applicable.

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012/13	2013/14	2014/15	2015/16	2016/17	2017/18	2022/23
Fruits Component							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups/week (minimum 1 cup/day)			B				
Vegetables Component							
• Offer vegetables subgroups weekly	L						
Grains Component							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole-grain rich			L, B				
• Offer weekly grains ranges	L	B					
Meats/Meat Alternates Component							
• Offer weekly meats/meat alternates ranges (daily min.)	L						
Milk Component							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
Dietary Specifications (to be met on average over a week)							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Targets <ul style="list-style-type: none"> ○ Target 1 ○ Target 2 ○ Final target 			L, B			L, B	L, B
• Zero grams of <u>trans</u> fat per portion	L	B					
Menu Planning							
• A single FBMP approach	L	B					
Age-Grade Groups							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
Offer vs. Serve							
• Reimbursable meals must contain a fruit or vegetable (1/2 cup minimum)	L		B				
Monitoring							
• 3-year adm. review cycle		L, B					
• Conduct weighted nutrient analysis on 1 week of menus	L	B					

Vegetable Subgroups

Listed below are samples of commonly-eaten vegetables found in each of the required vegetable subgroups. The list is not all-inclusive.

<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> ▪ bok choy ▪ broccoli ▪ collard greens ▪ dark green leafy lettuce ▪ kale ▪ mesclun ▪ mustard greens ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	<p>Beans and Peas*</p> <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ kidney beans ▪ lentils ▪ navy beans ▪ pinto beans ▪ soy beans ▪ split peas ▪ white beans
<p>Starchy Vegetables</p> <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ plantains ▪ potatoes ▪ taro ▪ water chestnuts 	<p>Other Vegetables</p> <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bean sprouts ▪ beets ▪ Brussels sprouts ▪ cabbage ▪ cauliflower ▪ celery ▪ cucumbers ▪ eggplant ▪ green beans
<p>Red & Orange Vegetables</p> <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	<p>Other Vegetables (continued)</p> <ul style="list-style-type: none"> ▪ green peppers ▪ iceberg (head) lettuce ▪ mushrooms ▪ okra ▪ onions ▪ parsnips ▪ turnips ▪ wax beans ▪ zucchini

*For more information on Beans and Peas, refer to <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>.

Choose My Plate.gov, United States Department of Agriculture