

Diocese of Cleveland, Office of Catholic Education VIJ2cviii Wellness, Food and Beverage Policy #6102.38

Rationale

Catholic education has as its goal the total development of the individual as a responsible member of the family, the Catholic faith community and the global community in which we live. Good health is essential to wholesome growth through the spiritual, mental, physical and social development of the individual as well as the community.

A major theme of Catholic social teaching, *Human Dignity and the Value of All Life*, carries the responsibility to care for the health and well being of not only oneself, but of others. The **concept of wellness** is a core principle undergirding both health and physical activity. The parable of the talents indicates that we are expected to develop our potential and our gifts. Another of the justice themes calls us to *Care for God's Creation*. There is a direct relationship between the health of the planet and the health of its human inhabitants.

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. The schools of the Diocese of Cleveland, and the community itself, have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns.

Statement of Policy

The schools of the Diocese of Cleveland are committed to providing school environments that promote and protect children's health and well-being. It is the policy that:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis and school staff will be encouraged to role model healthy eating behaviors;
- To the extent practicable, schools will participate in available school meal programs and students will be provided access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs, while accommodating the religious, ethnic and cultural diversity of the student body in clean, safe and pleasant surroundings with adequate time to eat.
- Food and beverages sold or served throughout the school day will meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations as well as, to the maximum extent possible, incorporate the *Dietary Guidelines for Americans*;

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- **Schools will maintain a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system implemented with the intent of preventing food-borne illnesses.**

Commitment to Nutrition

Minimum Requirements

General

- Administer Child Nutrition Programs by school food service staff members that are properly qualified according to current professional standards.
- Offer school meal programs using the traditional meal pattern that meet the nutrition standards established by the U.S. Department of Agriculture (USDA) and the Ohio Department of Education, Office of Child Nutrition Programs.
- Encourage increased participation in the available federal Child Nutrition programs (e.g. school lunch, breakfast and milk programs).
- Establish food safety as a key component of all school food operations based on Food Code requirements for licensed facilities.
- Encourage students to make healthy food choices by emphasizing menu options that feature baked items (will limit fried foods), whole grains, fresh fruit and vegetables, and reduced-fat dairy products.
- Provide school food service staff routine professional development training opportunities.
- Follow USDA Child Nutrition Program regulations restricting competitive food sales and serving of foods of minimal nutritional value.
- Encourage school-based organizations to use non-food items and/or healthful foods for contests and fundraising programs.
- Ensure all foods made available on campus comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented as required by Child Nutrition Program regulations regarding school meals.
- Ensure water is available to students during mealtimes at no charge. If water fountains are not available in eating or adjacent readily accessible areas, water will be offered via other means such as pitchers, coolers, etc.
- Monitor all food and beverages sold or served to students outside of the federally regulated child nutrition programs (i.e. vending, school stores, fundraising efforts) by school administration to ensure compliance with all local, state and federal statutes and regulations. Nutrient density and portion size will be considered before permitting food and beverages to be sold or served to students. State provided software (if provided and available) or Alliance for a Healthier Generation guidelines and software

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will be utilized to determine acceptability of items in relation to specific nutrition guidelines.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulation;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free white milk, fat-free flavored milk and nutritionally-equivalent non-dairy alternatives (when required and to be defined by USDA); and
- Ensure that half of the served grains are whole grain (by 2012-13 school year).

Foods and Beverages Sold Individually

(i.e., all foods sold outside of reimbursable schools meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

The schools of the Diocese of Cleveland will ensure that student access to foods and beverages meet federal, state and local policies and guidelines, including Ohio Senate Bill 210 requirements for evaluating food and beverage items to sell a la carte. Schools will comply with the most recent guidelines for competitive food sales issued by the Alliance for a Healthier Generation in respect to the sale of a la carte food items. Additionally, Senate Bill 210 includes specific guidelines and restrictions on beverages that must be followed.

A food item sold individually:

(See the Alliance's School Competitive Food Guidelines, Appendix A)

- Will have no more than 150 calories for elementary students, 180 calories for middle school students and 200 calories for high school students;
- Will have no more than 35% of its calories from fat (excluding nuts,

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- seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fats with zero trans fat;
- Will have no more than 35% of its weight from added sugars;
- Will contain no more than 230 mg of sodium per serving for snack items (chips, cereals, crackers, French fries, baked goods, etc.), no more than 480 mg of sodium per serving for pastas, meats, and soups.

A beverage item sold individually:

(See Senate Bill 210 – Beverage Restrictions in Appendix B.)

- Elementary K-4: Limited to water, milk and 8 ounces or less of 100% fruit juice (or fruit/water blend with no added sweeteners) with no more than 160 calories per 8 ounces. NO OTHER BEVERAGES ALLOWED.
- Elementary 5-8: Same limitations as K-4 except 10 ounces of juice are allowed with no more than 160 calories per 8 ounces.
- High School: Water, milk and up to 12 ounces of juice with no more than 160 calories per 8 ounce. Other beverages are allowed as long as they are 12 ounces or less with no more than 66 calories per 8 ounces (larger size beverages are allowed but are limited to 10 calories per 8 ounce).

Commitment to Comprehensive Health Education

Minimum Requirements

- Provide 1/2 Carnegie unit of comprehensive health education for graduation.
- Offer comprehensive health education in grades K-8. Include in each grade level, as stated in the Graded Course of Study, the five strands related to real life choices; nutrition, growth and development, disease prevention and control, safety and first aid, and health issues and dangerous substances.

Commitment to Physical Activity

Minimum Requirements

- Provide physical education opportunities for all students in grades K-8.
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.

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- Create wider opportunities for students to voluntarily participate in extracurricular physical activity programs.
- Incorporate physical activity such as stretching before classes and at appropriate intervals during the day.
- If the schedule allows, provide for physical activity before the lunch period.
- Promote school-wide challenges in conjunction with charitable events such as a Walk for Diabetes or Hoops for Hearts.

Commitment to Healthy School Environment Minimum Requirements

- Provide a clean, safe, enjoyable meal environment for students.
- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events, e.g., school registration, parent-teacher conferences, PTU meetings, open houses, health fairs, book fairs, teacher in-services, sporting and other events.
- Ensure an adequate time for students to enjoy eating healthy foods with friends. Schools shall provide at least 10 minutes from the time the student sits down until the end of the period to consume lunch. However, following the National Association of State Boards of Education recommendations, every effort will be made to provide students with 20 minutes after sitting down to eat lunch.
- Schedule meal periods at appropriate times with not less than three hours between breakfast and lunch. Lunchtime as near the middle of the school day as possible, preferably between 11 am and 1 pm.
- Make efforts to schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.
- Make available drinking fountains or other accessible drinking water in all schools so that students have access to water at meals and throughout the day.
- Refrain from using food as a reward or punishment for student behaviors.
- Avoid scheduling tutoring, club/organization meetings, and other activities that interfere with appropriate mealtime allotments whenever possible. Activities that are scheduled during mealtimes should be structured to accommodate an appropriate mealtime for students.
- Annually before the beginning of the school year, review with staff and students the safety and crisis plans of the school.

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- Review emergency procedures with parents.
- Update parent and faculty handbooks on a regular basis to reflect health and safety concerns.

Commitment to Implementation

Minimum requirements

- Conduct a review of the progress toward Health and Wellness Policy goals each year to identify areas for improvement.
- Review implementation of wellness policy in conjunction with the ongoing OCSAA accreditation process.

School Competitive Food Guidelines

	CALORIES	TOTAL FAT	SAT FAT	TRANS FAT	SUGAR BY WEIGHT	SODIUM
BASELINE	100	35%	10%	0g	35%	230mg
DRIED FRUIT WITH NO ADDED SUGAR	150 ELEMENTARY 180 MIDDLE 200 HIGH	0g	0g	0g	exempt	230mg
NUTS, NUT BUTTERS, AND SEEDS	150 ELEMENTARY 180 MIDDLE 200 HIGH	exempt	exempt	0g	35%	230mg
LOW FAT AND FAT-FREE DAIRY*	150 ELEMENTARY 180 MIDDLE 200 HIGH	35%	10%	0g	35%	480mg
SOUP AND VEGETABLES WITH SAUCE	150 If contains at least two of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	480mg If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.
SNACKS	150 ELEMENTARY 180 MIDDLE 200 HIGH If contains at least one of the following: 2g fiber; or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or 1/2 serving (1/4 cup) fruit or vegetables.	35%	10%	0g	35%	230mg
FRUIT WITH NUTS (TRAIL MIX)	150 ELEMENTARY 180 MIDDLE 200 HIGH Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.	exempt	10%	0g	35%	230mg

* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.

Senate Bill 210 - Beverage restrictions

(Ohio Revised Code 3313.816, amended by Ohio House Bill 153)

The act's restrictions on beverages apply somewhat differently across schools depending on the grade levels they serve. The following table shows the beverages that may be sold under the act. Schools do not have the option to follow the *Alliance for a Healthier Generation* standards for beverages. Schools must follow the below standards (schools have the option to follow standards that are more restrictive than the standards listed below).

Grades	Beverages allowed			
Schools composed primarily of grades K-4	Water	Milk	8 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Schools composed primarily of grades 5-8	Water	Milk	10 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	No other beverage
Schools composed primarily of grades 9-12	Water	Milk	12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	12 ounces or less of any beverage that contains no more than 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.