

## Impacting student success with local wellness policy

Eating smart and moving more form the cornerstone of a healthy lifestyle and provide the solid foundation needed for children and youth to succeed in school and in life.

The health benefits of good nutrition and physical activity are unparalleled. Eating smart and moving more help our youth maintain a healthy weight, feel better and have more energy. These positive health benefits translate into academic benefits at school. Good nutrition and physical activity nourish the brain and body, resulting in students who are present and on-time, participate in class and produce better test scores.

As students work hard to excel amid high academic standards, it is even more important that we provide opportunities for them to eat healthy and be active throughout the day. Working together as families, schools and communities, we have the power to make positive changes that will enable students to reach their full potential.

Local wellness policies are the key to your students' success! Act now to create the supportive environments that will allow your students to perform their best.

## For more information on local wellness policy

[www.nhealthyschools.org](http://www.nhealthyschools.org)  
[www.nutritionnc.com](http://www.nutritionnc.com)  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
[www.schoolnutrition.org](http://www.schoolnutrition.org)  
[www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)  
[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)  
[www.cdc.gov/HealthyYouth/healthtopics/wellness.htm](http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm)  
[www.californiaprojectclean.org/](http://www.californiaprojectclean.org/)



## Local Wellness Policy in North Carolina Schools



## Local Wellness Policy

In an effort to stem the rise in childhood overweight and obesity, federal regulation passed in 2004 requiring all Local Education Agencies participating in the school meals program to have a **Local Wellness Policy**. A comprehensive local wellness policy will describe how each of the following items is addressed:

- ♦ Nutrition Education
  - ♦ Skills-based, sequential and integrated
  - ♦ Follows the Healthful Living Standard Course of Study
- ♦ Physical Activity/Physical Education
  - ♦ Qualified teachers, time allocation, class size, facilities and equipment
  - ♦ Follows the Healthful Living Standard Course of Study
- ♦ All Foods Available during the School Day
  - ♦ Fundraising
  - ♦ Concessions
  - ♦ School Stores
  - ♦ Celebrations at School
  - ♦ Classroom Rewards
  - ♦ Vending
- ♦ School Meals
  - ♦ Foods from home
  - ♦ Time for meals
  - ♦ Eating environment
- ♦ Plan for Measuring Implementation
  - ♦ Who, what, when and how

## Other federal and North Carolina regulations and policies that support local wellness policy

### NC § 115C-264. Operation

- ♦ Under NC statutes, all school food services must be operated on a nonprofit basis for the benefit of the Child Nutrition Program.

### NC SBE Policy ID Number EEO-S-000: Child Nutrition

- ♦ Revenues from the sale of all foods and beverages to students until the last child is served accrue to the non-profit Child Nutrition Program.
- ♦ Profits from all competitive food sales must be used for the non-profit lunch and breakfast programs.

### 7 CFR § 210.11. Competitive food service

- ♦ Competitive foods means any foods sold in competition with the Program to children in food service areas during the lunch periods.
- ♦ Foods of minimal nutritional value cannot be sold. These include:
  - ♦ soda water (soda pop).
  - ♦ water ices.
  - ♦ chewing gum.
  - ♦ processed foods made predominately from sweeteners with a variety of minor ingredients - hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn.
  - ♦ confections and carbonated drinks.



## Other federal and North Carolina regulations and policies that support local wellness policy

### NC SBE Policy ID Number EEO-S-002: Nutrition Standards for Elementary Schools

- ◆ When averaged over the week, **reimbursable meals** will contain 20-35% of calories from fat and  $\leq$  10% total calories from saturated fat; trans fat and sodium levels will be kept as low as possible.
  - ◆ Emphasis on food-preparation methods that do not add fat.
  - ◆ Emphasis on making whole-grain products available daily.
  - ◆ Increased offerings of fruits and vegetables with an emphasis on dark green, deep yellow and fresh produce.
  - ◆ Legumes are required once a week.
  - ◆ Low-fat and nonfat milks (flavored and unflavored) only.
- ◆ For **à la carte** items, there is an emphasis on reducing fat, saturated fat, trans fat and sugar and on increasing nutrient density, while moderating portion sizes.
  - ◆ Calorie, fat and sugar limits for dairy products
  - ◆ Portion size limits for nuts/seeds and yogurt/frozen yogurt
  - ◆ Portion size and sugar limits for fruit juice/frozen fruit products
  - ◆ Fried fruits and vegetables are not allowed
  - ◆ Water, 100% juice and low-fat/nonfat milk are the only beverages allowed

## Other federal and North Carolina regulations and policies that support local wellness policy

### NC § 115C-264.2. Vending Machine Sales

- ◆ **NO** competition with school meals.
- ◆ **NO** soft drinks in elementary schools.
- ◆ **NO** regular soft drinks in middle schools.
- ◆ **NO** more than 50% of offerings in high schools are sugared carbonated soft drinks.
- ◆ **Diet soft** drinks may be offered.
- ◆ **Bottled water** must be available if vending is offered.
- ◆ LEAs may adopt **stricter** policies.
- ◆ **NO** snack vending in elementary schools.
- ◆ In middle and high schools, at least 75% of snacks must have no more than **200 calories** per snack vending package.

### NC SBE Policy ID Number HSP-S-000: Healthy Active Children

- ◆ School Health Advisory Council
  - ◆ Annual reporting requirement.
- ◆ Required Physical Activity
  - ◆ Grades K-8:
    - ◆ 30 minutes physical activity daily.
- ◆ Recommended Physical Activity
  - ◆ Elementary:
    - ◆ 150 minutes PE/week.
  - ◆ Middle and high schools:
    - ◆ 225 minutes of Healthful Living Education/week.
- ◆ Physical activity cannot be withheld or used as punishment.

## Problems Implementing? Use these tips...

### Build Support

- ◆ Work together. Inform and involve students, parents and school staff before major changes and throughout implementation.
- ◆ Help school staff understand why changes are important. Take time to train and prepare them for the changes and to address basic questions from parents.

### Revenue

- ◆ Influence food and beverage contracts.
- ◆ Transfer management of vending machines to the school food service program to improve nutritional quality and increase revenue without external contracts.
- ◆ Write a request for proposal for vending that pays a higher commission for healthy beverages, increases the percentage of healthy items, charges a lower price for the healthier beverages and uses machines with fronts that depict children being physically active.
- ◆ Price healthy foods lower than less healthy items.
- ◆ Raise the price of less healthy food items.

### Sell Your Changes

- ◆ Adopt marketing techniques to promote healthy choices. Consider price, product, promotion and placement.

### Ease It In

- ◆ Implement your local wellness policy using a gradual but purposeful approach.

### Evaluate, Revise and Re-evaluate!

## Use local wellness policies to achieve academic and financial success for your school!

### How YOU can make a difference:

#### School Board Members

- ◆ Become advocates for good nutrition and health.
- ◆ Adopt policy.
- ◆ Adopt curriculum.
- ◆ Allocate resources to district programs.
- ◆ Ensure program accountability.
- ◆ Encourage collaborative approaches.

#### School Health Advisory Council Members

- ◆ Note serious needs and focus on solutions.
- ◆ Link to existing policies, programs and goals.
- ◆ Highlight school health as an emerging trend.
- ◆ Identify policy gaps and options.
- ◆ Be honest about costs and potential problems.
- ◆ Advocate for evaluation of policy implementation.

#### Principals

- ◆ Establish school policy and enforce district policy.
- ◆ Communicate support for policy.
- ◆ Enlist business community endorsement.
- ◆ Ask respected community members for support.
- ◆ Role model healthy eating and physical activity.
- ◆ Provide continuing education opportunities.

#### PTA Members

- ◆ Monitor agendas, discussions, board processes and board members' interests.
- ◆ Contact sympathetic board members.
- ◆ Develop key messages and simple strategies.
- ◆ Provide testimony at meetings.
- ◆ Raise awareness with other parents, principals, teachers and the community.
- ◆ Support and advocate for policy implementation.