

Wellness Policy Nutritional Guidelines 2017-18

The primary goals of the Ozark R-VI School District's Wellness Program are to promote student health, reduce student obesity, facilitate student learning of lifelong healthy habits, and increase student achievement. The Wellness Program meets federal and state regulations.

The Wellness Program encompasses the whole-child and the general educational climate within the District. The Wellness Program includes nutrition education, nutrition promotion, physical activity, community involvement, family involvement, sun safety, tobacco and substance education, staff wellness, staff development/ training, and oversight/assessment of the Wellness Program. The **District Wellness Committee** is open to public participation and meets on a regular basis throughout the school year.

Food, candy, and beverages will not be used as a reward or withheld as punishment.

Nutrition Guidelines:

Ozark is committed to ensuring all foods and beverages sold, provided, or made available to students on school campuses during the school day support healthy eating and create an environment that reinforces the development of healthy eating habits. For that reason, and *as required by law*, the District has set the following nutrition standards for its meal programs, competitive foods and beverages sold outside the meal programs, and other foods and beverages provided or made available to students during the school day.

The food sold to students as part of the District's meal programs will meet the requirements of the U.S. Department of Agriculture (USDA). The foods and beverages sold and served during the school day outside the reimbursable school meal programs (competitive foods and beverages) will meet or exceed the USDA Smart Snacks in School (Smart Snacks) nutrition standards. These standards will apply in all locations any time foods and beverages are sold to students during the school day, which includes, but is not limited to, foods and beverages sold in vending machines, school stores, and snack or food carts; and à la carte options in cafeterias.

Nutrition Standards for Foods and Beverages Provided to Students during the School Day:

All foods and beverages the District provides or makes available to students during the school day will meet or exceed the designated Ozark School District Nutrition Standards. This includes, but is not limited to, foods and beverages provided or made available to students for celebrations, classroom parties and birthdays, regardless of the

source of the food. The District will provide parents/guardians and employees a list of foods and beverages that meet the Ozark School District Nutrition Standards.

Optional Classroom Snacks – students should bring only snacks which meet the Ozark School District Nutrition Standards for classroom snacks. Possible suggestions are found within the Healthy Snack List. If snacks are provided they should be eaten at a single designated snack time.

Celebrations and Parties – in keeping with the overall Ozark School District Nutrition Standards, party and celebration foods and beverages will not include soda. Non-nutritional items will be limited to 25% (1 out of 4 food items) of foods offered at special parties. The remaining party foods offered should meet the Ozark School District Nutrition Standards. A list of healthy suggested food and beverage items will be provided to teachers and parents.

District Guidelines for Celebrations

Examples* of snacks that MEET the recommended criteria as **Healthy Snacks**:

*this is not a definitive list; just examples that fit as healthy snacks

SNACK ITEM:	CALORIES:	GRAMS OF FAT:	GRAMS OF SUGAR:
Snyder's of Hanover Mini Pretzels	160 calories per bag	0.5g	1g
OTHER EXAMPLES:			PORTION SIZE:
Fresh Fruit: - apple, banana, orange, pear, tangerine, grapes			Medium Size
Canned/Dried Fruit: Del Monte canned fruit, lite diced peaches, mixed fruit, Dole fruit cup, raisins			4 oz. packages
Cookies and Crackers: Austin Zoo Animal Crackers, Chips Ahoy! 100 Calorie Packs, Goldfish Crackers, Keebler Animal Crackers			1 oz or less serving size
Breakfast: Nature Valley Granola Bars, Quaker Breakfast Squares, Team Cheerios Cereal Bar, Trix Cereal Bar, Belvita Golden Oat Breakfast Biscuits			1 bar
Little Debbie & Sunbelt Snacks: Angel Cakes--Raspberry (46g size pkg); Fudge Brownies--reduced fat (54g size pkg); Oatmeal Cream Pies--reduced fat (38g size pkg); Fruit & Grain Cereal Bars (39g size pkg)			1 portion
Pudding: Hunt's fat free pudding snack pack--chocolate, vanilla, tapioca, Sugar Free Snack Pack Pudding (70 cal/3g fat/0g sugar)			92g - 99g pudding cup size
Chex Mix: Sweet & Salty; Honey Nut; Trail Mix; Traditional (1.75 oz packages)			1 Package
Yogurt: Trix (4 oz) Yoplait Trix (4 oz) Dannon Fruit Blend (6 oz)			1 Portion
Fruit Roll-Ups: Strawberry & Tropical Tie-Dye			1 Portion
Popcorn: Skinny Pop Popcorn (100 cal/6g fat/0g sugar)			1 Package
Cheese Sticks: Cheese Heads Light String (50 cal/2.5g fat/0g sugar) Kraft String Cheese (80 cal/6g fat/0g sugar)			1 Package

Raisins: Sun-Maid (1 oz package)

1 Package

Non-nutritional Snacks Allowable for Student Birthdays and Classroom Parties:

*If you choose to bring from the list below, please ensure they meet the corresponding guidelines

PREPACKAGED SNACK ITEM:	CALORIES:	GRAMS OF FAT:	GRAMS OF SUGAR:
Cupcakes (equal to 2 mini-cupcakes)	Not to exceed 140 calories per serving	Not to exceed 10g	Not to exceed 14g
Individual bags of chips	Not to exceed 160 calories per bag	Not to exceed 10g	Not to exceed 2g
Sugar cookies with icing (1 cookie per serving)	Not to exceed 100 calories per serving	Not to exceed 6g	Not to exceed 7g
Other cookies	Not to exceed 170 calories per serving	Not to exceed 10g	Not to exceed 14g
Muffins or donuts (per serving)	Not to exceed 160 calories per serving	Not to exceed 10g	Not to exceed 14g