

SCHOOL POLICY AND PRACTICE TOOL

Nutrition Elements

Section 1: Basic Information

Organization Name: _____

County: _____

Lead Agency: _____

Section 2: Rating Scales

Policy Rating Scale

- 0 Language not included in policy
- 1 Partial or weak policy language
- 2 Complete and strong policy language
- 99 Not applicable

Practice Rating Scale

- 0 Not in practice
- 1 Partially in practice
- 2 Fully and completely in practice
- 99 Not applicable

Section 3: Element Ratings

1. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's USDA requirements and follow the Dietary Guidelines for Americans (DGA).
2. The District will ensure that all meals are accessible, appealing, and attractive to all children.
3. The District will ensure that all meals are served in a clean, pleasant, and supervised setting.
4. The District will ensure that all meals are high in fiber, free of added trans fats, and low in added fats, sugar, and sodium.
5. The District will ensure meals are respectful of cultural diversity (e.g. students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences.
6. The District will ensure that all meals are reviewed by a registered dietitian or other certified nutrition professional or based on a meal plan provided by a professional resource (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or The Lunch Box).
7. The District will ensure the schools encourage students to start the day with a healthy breakfast.
8. The District will ensure schools provide breakfast through the USDA School Breakfast Program.
9. Schools will make clean drinking water available and accessible without restriction and at no charge at every district facility (including cafeteria and eating areas, classrooms, hallways, playgrounds, and faculty lounges) throughout the entire school day.
10. Students will be provided drinking cups, glasses, or reusable water bottles in places where meals are served.

	Policy		Practice
	Center	Grantee	Grantee
1.	*	*	2
2.	*	*	2
3.	*	*	2
4.	*	*	2
5.	*	*	1
6.	*	*	1
7.	*	*	2
8.	*	*	2
9.	*	*	2
10.	*	*	2

Grantee is not required to rate the policy content/language. The Grantee-Policy column provided is optional.

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11. Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.	*	*	1
12. All water sources and containers will be maintained on a regular basis to ensure good hygiene standards (including drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water).	*	*	2
13. The District will promote activities to involve students and parents in the School Lunch Program.	*	*	1
14. The District will inform families about the availability of breakfast for students.	*	*	2
15. The District will distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session.	*	*	2
16. The District will post information on the nutritional content and ingredients of school meals on the menus in the cafeteria, on the District website and/or websites of individual schools, and/or in school newsletters.	*	*	0
17. The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.	*	*	2
18. The district will allow students at least 10 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.	*	*	2
19. All competitive foods and beverages sold to students during the school day must meet or exceed the USDA's Smart Snacks standards.	*	*	2
20. Only foods and beverages that meet the USDA's Smart Snacks standards will be allowed to be served during classroom parties and celebrations.	*	*	1
21. The District will provide parents and teachers with a list of ideas for healthy food as well as non-food alternatives for classroom parties and celebrations.	*	*	2
22. When fundraising on campus during the school day, only fundraisers that feature non-food items or foods and beverages that meet the Smart Snacks standard will be permitted.	*	*	1
23. Fundraising activities will not promote any particular food brands.	*	*	2
24. The District will encourage fundraisers that do not sell food and/or that promote physical activity.	*	*	1
25. Food and beverages sold at after-school concessions or as a part of fundraisers held outside of school hours must comply with the USDA's Smart Snacks standards.	*	*	1

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26. Schools will offer and integrate into the core curriculum, nutrition education to all grades, providing students the knowledge and skills necessary for lifelong healthy eating behaviors, including: What it means to eat healthy, consume the proper nutrients, and maintain a wholesome and balanced diet and; How to read labels and understand the problems associated with unhealthy food marketing to children.	*	*	1
27. Schools will ensure that nutrition education compiles with state and federal learning objectives and standards.	*	*	1
28. Schools will ensure that nutrition education provides opportunities for students to practice and apply the skills and knowledge taught in the classroom (e.g. by using the cafeteria as a learning lab, visiting local farms, etc.).	*	*	1
29. Schools will ensure that nutrition education is made available for staff.	*	*	1
30. Schools will ensure that nutrition education is promoted to families and the community.	*	*	1
31. Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.	*	*	1
32. The District will exhibit posters, signs, or other displays on the school campus that promote healthy nutrition choices.	*	*	1
33. The District will provide age-appropriate activities such as contests, food demonstrations, and taste-testing, that promote healthy eating habits.	*	*	1
34. The District will offer information to families (via communications with parents, educational workshops, screening services and health-related exhibitions and fairs) and encourage them to teach their children about nutrition and healthy eating behaviors.	*	*	1
35. The District will encourage school staff to display healthy eating habits and physical activity choices to students (e.g., by consuming only healthy snacks, meals, and beverages in front of their students, sharing positive experiences about physical activity with their students, etc.).	*	*	1
36. Only foods and beverages that meet the USDA's Smart Snacks standards may be marketed in schools. Schools may not market or advertise any corporate brand, unless every food and beverage product manufactured, sold, or distributed under the corporate brand name can be served or sold on the school campus during the school day (i.e., satisfy the USDA's Smart Snacks standards).	*	*	1
37. The District will follow the USDA's Professional Standards for State and Local Nutrition Programs in selecting local school nutrition program directors.	*	*	1
38. The District will require all personnel in the school nutrition program to complete annual continuing education and training.	*	*	2

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39. The Child Nutrition Staff will receive training in basic nutrition education, safe food preparation, and nutrition standards for healthy meals.	*	*	2
40. The Child Nutrition Staff will organize and participate in educational activities that support healthy eating behaviors and food safety.	*	*	2
41. The District will allow school gardens on District property.	*	*	2
42. The District will dedicate resources (e.g., tools, materials, volunteer hours, etc.) to build a school garden on District property and/or actively participate in community gardens by dedicating the same resources as would be required for gardens on District property.	*	*	2
43. The District will incorporate local and/or regional products into the school meal program.	*	*	1
44. The schools will take field trips to local farms.	*	*	2
45. As a part of their education, students will learn about agriculture and nutrition.	*	*	1

Section 4: Rating Summary

Comprehensiveness:	<u>0.0%</u>	<u>97.8%</u>
Strength:	<u>0.0%</u>	<u>48.9%</u>
Organization Classification:	<u>No Classification</u>	

Section 5: Methods Used to Assess Organizational Practice (Select all that apply)

Observations
 Interviews
 Document Reviews
 Other: _____

Section 6: Comments

As applicable, provide information that will help explain element ratings. Focus on elements rated as a 1.

Provide an explanation for any element(s) that were rated as not applicable (99).