

TROY CITY BOARD OF EDUCATION DISTRICT WELLNESS POLICY

Troy City Schools are committed to a quality education in a safe learning environment for all students. We welcome the participation of parents, alumni and the community as we strive to reach this goal.

Troy City Board of Education accepts the responsibility to create healthy school environment through adopting sound nutrition and wellness policies. We believe the schools' child nutrition program is an important partner with physical activity and nutrition education in improving our students' wellness. The Troy City Board of Education supports activities to encourage wellness, including:

- Providing child nutrition programs that are accessible to all children and that comply with federal, state and local requirements
- Pleasant eating areas for students and staff with adequate time for unhurried eating
- Integrating nutrition education across the curriculum
- Providing opportunities for all students to participate in physical activities, such as physical education
- courses and athletics
- Supporting professional development for staff on nutrition and physical education

Representatives from schools, child nutrition program, physical education department, school nurses, parents, and others, known as the District Wellness Committee, will oversee the Troy City Board of Education Wellness Policy.

The District Wellness Committee will:

- Support the schools in developing a healthier environment
- Create the vision and goals for the Wellness Policy
- Assist with policy development or revision to support healthy school environments
- Promote parent, community and professional involvement in developing a healthier school environment
- Advocate for school health programs and policies within the broader school community
- Tap into resources for student and staff wellness
- Plan and implement programs for students and staff
- Evaluate program and policy efforts

It shall be the committee's responsibility to set and update appropriate goals, monitor the goals implementation and effectiveness in the following areas:

- 1) Nutrition Promotion
- 2) Nutrition Education
- 3) Physical Activity
- 4) Nutritional Guidelines for All Food Served
- 5) Other School-Based Activities

Evidence-based strategies will be considered in determining goals.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff should receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District should promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion should occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom Techniques](#)
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks
- Nutrition facts and information will be included on the monthly printed child nutrition program menus

Nutrition Education

Nutrition Education topics shall be integrated with the sequential, comprehensive health education program. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with Federal and State health education standards. As possible, nutrition education should be integrated into all areas of the curriculum. Schools will aim to provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as culinary lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.

School staff members are encouraged to model healthy eating behaviors.

Physical Education & Physical Activity

Children and adolescents are encouraged to participate in physical activity during the school day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity programs that include these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities.

Physical activity during the school day should not be withheld as a consequence. This does not include participation on sports teams that have specific academic requirements. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

Recommendations for Physical Education during the Normal School Day:

- Ensure that state-certified physical education teachers teach physical education classes
- Provide an adequate amount of time for physical education classes.
- Schools should provide daily recess periods for all elementary school students
- Schools should encourage parents and community involvement to support physical education/activity program.
- Schools should encourage students to participate in extra- curricular activities such as, athletics, marching band and community programs.
- School staff is encouraged to help motivate students to move more and sit less through physical activity.

Nutrition Standards

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the district are committed to offering school meals and beverages that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using [Smarter Lunchroom Techniques](#).
Examples include:
 - Whole fruit options are displayed in attractive bowls or baskets
 - Sliced or cut fruit is available daily

- Daily fruit options are displayed in a location in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Periodic student surveys and taste testing opportunities are used to inform menu development
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options
- Menus should be created and reviewed by a certified nutrition professional.
- School meals should be administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs with a current IEP/504 plan. The District child nutrition program will also assist with meal planning and substitutions for all other individuals that request modifications, (i.e: health plans, religious beliefs, food preferences), however, additional purchases of food items that are not part of the foods served are not required if a student does not have an IEP/504 plan. Please contact the CNP Department at 334-566-3741 to discuss menu modifications.

Free and Reduced-price Meals

Federal Law requires that schools make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

- 1) Schools in Troy City shall utilize electronic identification and payment systems that do not identify the student's eligibility.
- 2) In the event of computer failure, school cafeterias shall have procedures in place to account for meals without exposing individual student's eligibility status.
- 3) School Administrators are to promote the availability of school meals to all students and encourage participation in the lunch and breakfast program.

Offer versus Serve (OVS)

It is Troy City Schools policy that "Offer Versus Serve" shall be implemented in all cafeterias grades K-12.

At Lunch, schools must offer students all five required food components in at least the minimum required amounts. The components at lunch are: meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component.

At Breakfast, schools must offer students all three required food components in at least the minimum required amounts. The components at breakfast are: grains (with optional meats/meat alternates allowed); juice/fruit/vegetable; and milk. Under OVS, a student must be offered at least four food items and must select at least three food items. One selection must be at least ½ cup from either the fruit or vegetable component.

Outside Food

Troy City Schools has a strict policy that **no outside food products** can be brought into the cafeteria/eating areas in the original boxes or bags; for example, Chick-fil-A, Burger King, Sonic, McDonald's, Subway bags or ANY Brand pizza boxes. Items that are pre-wrapped or placed in a non-identifiable container such as a lunchbox will be acceptable.

Carbonated beverages in the original containers are also **prohibited**. It is permissible if they are placed in a thermos or other container in which they cannot be identified. These guidelines should be followed by both students and adults in the cafeteria/eating areas.

Smart Snacks in School Nutrition Standards

Snacks sold during the school day, including lunchroom a la carte snacks, vending machine snack, break or recess snack sales, etc. must all meet requirements of **Smart Snacks in School** nutrition standards.

- Any food sold in schools must:
 - Be a “whole grain-rich” grain product; or
 - Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - AND meet several nutrient requirements:
 - Calorie limit: 200 calories or less
 - Sodium limit: 200 mg or less
 - Fat limit: Total fat: 35% or less of total calories
 - Saturated Fat: Less than 10% of total calories
 - Trans fat: zero
 - Sugar limit: 35% or less of weight from total sugars
- Beverage requirements:
 - Plain water
 - Unflavored low fat milk (1%)
 - Unflavored or flavored fat free milk
 - 100% fruit or vegetable juice

Elementary schools (Pre K-Grade 6) may sell up to 8-oz. portions, while middle schools (Grades 7-8) and high schools (Grades 9-12) may sell up to 12-oz. portions of milk and juice. There is no portion size limit for plain water. Beyond this, “no calorie” and “lower calorie” beverage options are allowed for high schools:

- No more than 20-oz. portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contains <5 calories per 8 oz. or ≤10 calories per 20 oz.
- No more than 12-oz. portions of beverages with ≤40 calories per 8 oz. or ≤60 calories per 12 oz.

*For purposes of the nutritional requirements, USDA defines the school day as: Midnight until 30 minutes after the regular school day ends.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus*. The District will make drinking water available where school meals are served during mealtimes if a drinking fountain is not present.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*.

At no time may fundraisers compete with the National School Breakfast and National School Lunch Program as reinstated in the Memorandum issued June 17th, 2015 by State Superintendent of Education, Thomas R. Bice. Therefore, **food-related fundraisers are not to take place one (1) hour before or one (1) hour after meal service has ended per meal service schedule for all grades at the school.** *For example at School A, if lunch meal schedule is 11:00-1:00, fundraisers may be sold from 9:00 AM to 10:00AM and after 2:00 PM.*

Allowable Fundraising on School Campuses:

- Foods that meet the USDA Smart Snacks in School standards, but are not sold in competition with school meals. Example: Fresh Fruit and/or Vegetables
- Foods that do not meet the USDA Smart Snacks in School standards, but are not consumed at school. Example: Cookie Dough Sales and Beverage Sales
- Non-food items. Example: School Supplies, Wrapping Paper, Candles

Exempt Fundraiser Definition: An exempt food fundraiser is defined as the sale of food items that do not meet the USDA Smart Snacks in School standards and are sold during the school day. A school may sponsor up to and not to exceed **30 exempt fundraisers per year**, for no more than one (1) day each in length. Exempt fundraiser food is prohibited from being sold as a la carte item, in vending machines or in school stores, or before school on school campus.

• Exempt Food Fundraiser Procedure:

- o School Principal
 - Alabama's Implementation of USDA Smart Snacks in School and Exempt Fundraisers Form
 - Complete, approve, sign form (Semi-annual due dates are: July 1 and January 1 each year)
 - Provide a copy to the CNP Director
 - Keep copy on file for audit
- o Superintendent
 - Attestation of Compliance with Alabama Implementation of USDA Smart Snacks in School and Fundraising Activities.
 - Complete and sign the attestation document
 - Provide to CNP Director's to support the annual online application renewal
- o Director of Child Nutrition
 - Place a copy of the completed Alabama Implementation of USDA Smart Snacks in School and Exempt Fundraising Form in the wellness plan file
 - Provide documentation of approval upon request by ALSDE

Other School-Based Activities

Student health and wellness will be promoted through other activities and programs within each Troy City School. Schools should be encouraged to participate in other programs, as available, that would promote healthy living, such as: Healthy School Grants, School Gardens, and Community Partnerships

Staff Qualifications, Professional Development and Learning

School nutrition program director, managers, and staff should meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Child Nutrition Operations

- The Child Nutrition Programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The Child Nutrition Program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition Program (e.g. school lunch and school breakfast).
- Employ a Director of Child Nutrition, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the child nutrition program and satisfy reporting requirements.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel.

ANNUAL REPORTS

The Troy City Board of Education Wellness Committee will provide annual reports that will include:

- Information on how the public can access a copy of the policy and progress reports
- Contact information for Wellness Committee team
- Information on how individuals and the public can get involved

TRIENNIAL ASSESSMENTS

The Troy City Board of Education District Wellness Policy will have a triennial assessment at a minimum that will address:

- Compliance with School Wellness Policy
- Progress made in attaining the goals of the School Wellness Policy

UPDATES TO THE District WELLNESS POLICY

The Troy City Board of Education District Wellness Policy will be updated, as needed and appropriate by the District Wellness Committee. All updates will be made available to the public.

School Definitions:

- | | |
|---------------------|-----------------|
| • Elementary School | Pre K – Grade 6 |
| • Middle School | Grades 7 – 8 |
| • High School | Grades 9 – 12 |

USDA Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider

Troy City Schools
WELLNESS POLICY ASSESSMENT

School Reviewed: _____

Date Reviewed: _____

Reviewer Signature: _____

Public Involvement

Y____N____ We encourage the public to participate in the development, implementation, and evaluation of our wellness policy

Y____N____ We make our policy available to the public

Y____N____ Our district reviews the wellness policy at least annually.

Nutrition Education

Y____N____ We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Y____N____ We offer nutrition education to students

Nutrition Promotion

Y____N____ We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Y____N____ We have reviewed Smarter Lunchroom techniques and evaluated our ability to implement some of them

Y____N____ We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line)

Y____N____ We ensure students have access to hand-washing facilities prior to meals

Y____N____ We regularly share school meal nutrition, calorie, and sodium content information with students and families

Y____N____ We offer taste testing or menu planning opportunities to our students

Y____N____ We participate in Farm to School activities and/or have a school garden

Y____N____ We only advertise and promote nutritious foods and beverages on school grounds

Y____N____ We prohibit the use of food and beverages as a reward.

Nutrition Guidelines

Y____N____ Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.

Y____N____ We operate the School Breakfast program

Y____N____ We follow all nutrition regulations for the National School Lunch Program (NSLP)

Y____N____ We have a Certified Food Handler as our Food Service Manager

Y____N____ We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours

Physical Activity

Y____N____ Our district's written wellness policy includes measurable goals for physical activity

Y____N____ We provide physical education for ALL students on a weekly basis

Y____N____ We provide recess for elementary students on a daily basis

Other School Based Wellness Activities

Y N We provide training to staff on the importance of modeling healthy behaviors
Y N We provide annual training to staff on Nutrition
Y N We have school district staff who are CPR certified
Y N We have community partnerships which support wellness programs, projects, events, and/or activities

Observation

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

Reviewer Signature

Date

Source: Troy City Board of Education

Adopted: October 19, 2015

Revised: May 31, 2023

Legal Ref.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204, P.L. 108-265, as amended, and related regulations; The Richard B. Russell National School Lunch Act, 42 U.S.C. §§1751 - 1769h, as amended, and related regulations; The Child Nutrition Act of 1966, 42 U.S.C. §§1771 – 1789, as amended, and related regulations; USDA Smart Snacks in Schools “All Foods Sold in Schools” Standards

