

**Oregon School District Wellness  
Committee  
Report  
July 23, 2007**

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## **Executive Summary**

### ***Rationale***

Poor nutrition affects children's health and their ability to learn. Schools are uniquely positioned to model and reinforce healthy eating behaviors by limiting access to high calorie, high fat, and high sugar food and beverages. This includes providing healthy choices that are consistent with nutrition education messages and maximizing participation in the school meal program.

The availability of non-nutritious food undermines nutrition education efforts, encourages over-consumption of foods high in fat and added sugar, teaches children to associate food with praise and teaches children to eat when they are not hungry. It also increases the potential for the development of eating disorders, food-borne illnesses and food-based allergic reactions.

All food distributed to students on District property shall meet the nutritional standards set forth in policy 721. The school principal or designee shall assure compliance with established standards governing all food distribution that are not within the school food service facilities. Food Services shall assure compliance within the school food service facilities. However, if we are going to impact student choices, it needs to be a community effort.

### ***Review***

The Oregon School Board drafted policy 721 during the 2005-2006 school year. In 2006-07, a School Wellness Committee consisting of teachers, nurses, food services personnel and administrators developed the nutritional guidelines for the Oregon School District. Jane Peschel worked with the Phy-Ed and Health teachers to discuss revision of curriculum to include board policy 721.

After developing guidelines throughout the 2006-2007 school year, the Institute of Medicine of the National Academies released nutritive guidelines very closely aligned to what we had developed. They also took into consideration non-school hour events and activities. We have merged the two and used their framework for use in the Oregon School District

### ***Timeline***

Beginning with the 2007-2008 school year building level administrators will be asked to share the nutritional guidelines with their PTA, PTO, Booster and other organizations that have been working to help provide opportunities for students during their curricular or co-curricular activities.

The information will be shared in a manner that explains the districts goal as well as the requirement from our federal government to establish nutritional guidelines. We do not expect all groups to meet these recommendations immediately, but wish to foster communication on how we can achieve fulfillment of these recommendations.

The questions we are suggesting be for discussion:

What would the timeline look like for your organization to evaluate current fundraising activities and if necessary, develop new ideas to maintain your organizations ability to support the school's wellness initiative?

How can offerings be nutritionally improved?

How will changes impact your ability to raise funds?

What is the timeline that you would need to transition to a majority of healthy food offerings at concessions?

After these meetings are held, we would like to review the information and comments from these meetings and make any modifications to these guidelines and present them to the board during the spring semester of the 2007-2008 school year.

***Ongoing Review***

A minimum of two meetings will be held per year of the Wellness Committee to review the recommendations and their implementation.

## Recommended Standards

### Standards for Nutritive Food Components

**Standard 1:** Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:

- No more than 35 percent of total calories from fat (*approx. 3 grams per 100 calories*) per serving (*not including seeds and nuts*);
- Less than 10 percent of total calories from saturated fats; and
- Zero trans fat.

**Standard 2:** Snacks, foods, and beverages provide no more than 35 percent of calories from total sugars per portion as packaged.

*Exceptions include:*

- 100-percent fruits and fruit juices in all forms without added sugars;
- 100-percent vegetables and vegetable juices without added sugars; and
- Unflavored nonfat and low-fat milk and yogurt; flavored nonfat and low-fat milk with no more than 22 grams of total sugars per 8-ounce serving; and flavored nonfat and low-fat yogurt with no more than 30 grams of total sugars per 8-ounce serving.

**Standard 3:** Snack items are 200 calories or less per portion as packaged and á la carte entrée items do not exceed calorie limits on comparable NSLP (National School Lunch Program) items.

**Standard 4:** Snack items meet a sodium content limit of 200 mg or less per portion as packaged or 480 mg or less per entrée portion as served for á la carte.

### Standards for Nonnutritive Food Components

**Standard 5:** Beverages containing nonnutritive sweeteners are only allowed in school district buildings after the end of the school day.

**Standard 6:** Foods and beverages are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.

### Standards for the School Day

**Standard 7:** Foods and beverages offered during the school day are limited to those in Tier 1.

**Standard 8:** Plain, potable water is available throughout the school day at no cost to students.

**Standard 9:** Sports drinks are not available in the school setting during the school day except when provided by the school for student athletes participating in sport programs involving vigorous activity.

**Standard 10:** Foods and beverages are not used as rewards or discipline for academic performance or behavior.

### **Standards for the After-School Setting and School-sponsored Fundraising Activities**

**Standard 11:** Tier 1 snack items are allowed after school for student activities for elementary and middle schools. Tier 1 and 2 snacks are allowed after school for high school.

**Standard 12:** For on-campus fundraising activities during the school day, Tier 1 foods and beverages are allowed for elementary, middle, and high schools. Tier 2 foods and beverages are allowed for high schools *after* school. For evening and community activities that include adults, Tier 1 and 2 foods and beverages are encouraged.

**Standard 13:** Occasional Parties and celebrations are exempt from the above guidelines; however, providing healthful options is strongly encouraged. A list of suggested foods and beverages is included.

### ***Fundraising for School-sponsored Activities***

- Items offered for fundraising activities should meet the suggested nutritional guidelines.
- A list of alternative fundraising ideas is included in the appendix.

## Foods and Beverages that Meet Tier 1 and Tier 2 Standards

Foods Tier 1 Standards	Beverages Tier 1 Standards
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Tier 1 Foods are fruits, vegetables, whole grains, and Tier 1 Beverages are:

related combination of products\* and non-fat and low-fat dairy that are limited to 200 calories or less per portion as packaged and:

- No more than 35% of total calories from fat
- Less than 10% of total calories from saturated fats
- Zero Trans Fat ( $\leq 0.5$  g per serving)
- 35% or less of calories from total sugars, except for yogurt with no more than 30g of total sugars, per 8-oz. Portion as packaged
- Sodium content of 200mg or less per portion as packaged

À la carte entrée items meet fat and sugar limits as listed above and :\*\*

- Are National School Lunch Program (NSLP) menu items
- Have a sodium content of 480mg or less

*\*Combination products must contain a total of one or\*\*\* 1% milk fat more servings as packaged of fruit, vegetables, or whole grain products per portion.*

*\*\*200-Calorie limit does not apply; items cannot exceed calorie limit of comparable NSLP entrée items.*

- Water with flavoring and or additives that do not inhibit good nutrition. Water without any additives or flavoring is highly recommended.
- Low-fat\*\*\* and non-fat milk (in 8oz portions):
  - Lactose-free and soy beverages are included
  - Flavored milk with no more than 22g total sugars per 8-oz. Portion
- 100% fruit juice in 4-oz portion as packaged for elementary/middle school and 8oz (two portions) for high school.
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.

## Tier 2 for District After School Events

Tier 2 snack foods are those that do not exceed 200 calories per portion as packaged and:

- No more than 35% of total calories from fat
- Less than 10% of total calories from saturated fats
- Zero Trans Fats ( $\leq .5$ g per portion)
- 35% or less of calories from total sugars
- Sodium content of 200mg or less per
- portion as packaged

Tier 2 beverages:

- Diet soda and enriched water; highly recommend non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without non-nutritive sweeteners, carbonation or flavoring).

## How to read your food label

### EXAMPLE

<p><b>Serving Size</b>  <i>Many packages which appear to be single servings are really more. A package with 2 servings means twice the calories and twice the fat if you eat the whole thing.</i></p> <p><b>Sugars</b>  <i>There are many different sources of sugars including fruit and fruit juice, cane-sugar, high fructose corn syrup, honey, and molasses. Nutritionally they are all simple carbohydrates, contributing just calories.</i></p>	<p><b>Lowfat Yogurt</b></p> <hr/> <p><b>Nutrition Facts</b>          Serving Size 6 ounces (170g)          Servings Per Container 1</p> <hr/> <p>Amount Per Serving</p> <table border="1"> <tr> <td><b>Calories</b> 130</td> <td><b>Calories from Fat</b> 15</td> </tr> <tr> <td colspan="2" style="text-align: right;">% Daily Values*</td> </tr> <tr> <td><b>Total Fat</b> 1.5g</td> <td><b>2%</b></td> </tr> <tr> <td>    Saturated Fat 1g</td> <td><b>5%</b></td> </tr> <tr> <td><b>Cholesterol</b> 5mg</td> <td><b>2%</b></td> </tr> <tr> <td><b>Sodium</b> 115mg</td> <td><b>5%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 23g</td> <td><b>8%</b></td> </tr> <tr> <td>    Dietary Fiber 0g</td> <td><b>0%</b></td> </tr> <tr> <td>    Sugars 22g</td> <td></td> </tr> <tr> <td><b>Protein</b> 6g</td> <td><b>12%</b></td> </tr> </table> <hr/> <p>Vitamin A 0% *    Vitamin C 4%          Calcium 36% *    Iron 6% *    Vitamin D 0%</p> <p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p>	<b>Calories</b> 130	<b>Calories from Fat</b> 15	% Daily Values*		<b>Total Fat</b> 1.5g	<b>2%</b>	Saturated Fat 1g	<b>5%</b>	<b>Cholesterol</b> 5mg	<b>2%</b>	<b>Sodium</b> 115mg	<b>5%</b>	<b>Total Carbohydrate</b> 23g	<b>8%</b>	Dietary Fiber 0g	<b>0%</b>	Sugars 22g		<b>Protein</b> 6g	<b>12%</b>	<p><b>Low/ High</b>  <i>If the % Daily Value (DV) is 5% or less, the food is considered “low” in that nutrient. A % DV of 20% or more is considered “High” in that nutrient.</i></p> <p><b>Fats</b>  <i>“Low Fat” means no more than 3 grams total fat per serving and no more than 1 gram of saturated fat</i></p> <p><b>Fiber</b>  <i>Dietary Fiber is an important part of a healthy diet. Look for snacks with at least 2 grams of fiber per serving.</i></p>
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Information from:

<http://www.co.tompkins.ny.us/wellness/worksite/livehealthy/nutrlabel.html#>

## Appendix 1: Suggestions Fundraising Items

### Suggested Fundraising Ideas

#### *ACTIVITIES*

Alumni sports tournaments	Magic shows
Auctions	Raffles
Bike-a-thons	Read-a-thons
Bowling nights	Recycling (cans, paper, ink cartridges, cell phones)
Car washes	Singing telegrams
Carnivals	Skate night
Celebrity basketball games	Snow softball tournaments
Contributions	Snow volleyball tournaments
Dances	Spelling bees (family oriented)
Family portraits	Talent shows
Festivals	Tennis tournaments
Gift wrapping	Treasure hunts
Golf tournaments	Walk-a-thons
Horseshoe tournaments	
Jog-a-thons	
Jump-rope-a-thons	

#### *ITEMS THAT CAN BE SOLD*

Activity cards	Greeting cards
Balloon bouquets	Hats
Bath accessories	Healthy snack items
Batteries	Holiday ornaments
Books and calendars	House decorations
Brick/stone/tile memorials	Jewelry
Buttons, pins and stickers	License plate frames with school logo
Candles	Magazine subscriptions
Cookbooks	Megaphones
Coupon books	Mugs
Emergency kits for cars	Personalized stationary
First aid kits	Plants
Flowers and bulbs	Pocket calendars
Fruit & vegetable baskets	Privileged seats at sporting events
Fruit smoothies and slushies	Raffle donations
Gift baskets	Scarves
Gift items	School art projects
Gift wrap, boxes and bags	School Frisbees

School spirit gear and accessories  
Scratch-off cars  
Spirit/seasonal flags  
Stadium pillows/cushioned seats

Stuffed animals  
T-shirts and sweatshirts  
Temporary tattoos  
Tupperware

## Appendix 2: Suggested Food and Beverage Items That Meet Guidelines

### Suggested Food and Beverage Items that meet Oregon School District Guidelines

*These items are examples that meet the guidelines and not an endorsement of any particular brand. Store branded or generic items that meet the same criteria will also work to meet our guidelines.*

#### **BAKERY ITEMS**

Muffins: *portion size must be 3 oz. or less*

Kellogg's Muffin Bars (blueberry, banana nut)

#### **BEVERAGES**

Bottled water (20 oz. or less)

Vitamin water (20 oz. or less)

Diet soda (20 oz. or less)

Sports drinks (20 oz. or less)

Fruit juice (K-6: 4 oz. or less; 7-12: 8 oz. or less)

#### **COOKIES & CEREAL BARS**

Breakfast, Cereal and Granola Bars: *portion size must be 2 oz. or less*

Kellogg's Nutri-Grain Cereal Bars (apple cinnamon, strawberry, blueberry)

Kellogg's Nutri-Grain Yogurt Bar (strawberry)

Kudos Milk Chocolate Granola Bars

Nature Valley Chewy Trail Mix Bars

Nature Valley Honey and Oats Granola Bars

Quaker Chewy Granola Bars (chocolate chip, peanut butter chocolate chip, s'mores)

Raspberry and Yogurt Newtons

Cookies: *portion size must be 2 oz. or less*

Nabisco 100-calorie cookies

#### **DAIRY PRODUCTS**

Yogurt

Frozen Yogurt

String Cheese

Low-fat Pudding

Milk (skim, low-fat and chocolate)

#### **FRUIT**

Any fresh fruit

Sun-Maid Dried Fruit

## **SNACKS**

Crackers & Grahams: *portion size must be 1.25 oz. or less*

Honey Maid Graham Crackers  
Keebler Honey Grahams, fiber enriched  
Pepperidge Farms Giant Goldfish Grahams (chocolate, cinnamon)  
Teddy Grahams (cinnamon)

Chips, Peanuts, Popcorn, Pretzels and Snack Mixes: *portion size must be 1.25 oz. or less*

Baked Classics Potato Chips  
Frito Lay Baked Doritos  
Frito Lay Baked Lays (BBQ, sour cream and onion, KC Masterpiece)  
Cracker Jacks Caramel Coated Popcorn  
General Mills Chex Mix  
General Mills Morning Mix  
Guiltless Gourmet Corn Chips  
Kettle Chips, low fat  
Lays Honey Mustard Pretzels  
Lays Munchie Snack Mix  
Nabisco Corn Nuts  
Pepperidge Farms Pretzel Fish  
Planter's Peanuts  
Popcorn  
Frito Lay Rold Gold Classic Tiny Twists  
Ruffles Baked Regular Potato Crisps  
Snyder's Pretzels  
Fresh Baked Pretzels w/ 2 oz. or less cheese sauce

Fruit Snacks: *portion size must be 1.25 oz. or less*

Fruit by the Foot  
Fruit Rollups Hot Colors  
Hi-C Fruit Snacks  
Scooby Doo Fruit Snacks  
Sunkist Mixed Fruit Snacks  
Tree Top Fruit Energy Bar  
Welch's Fruit Snacks

Trail Mix, Nuts, Seeds and Jerky: *portion size must be 1.25 oz. or less*

Blue Diamond Plain Almond (\*contains nuts)  
Blue Diamond Almonds Smokehouse (\*contains nuts)  
David Pumpkin Seeds  
David Sunflower Seeds  
Jimmy Dean Beef Jerky, original

## **VEGETABLES**

Fresh Veggies