



Wellness Policy

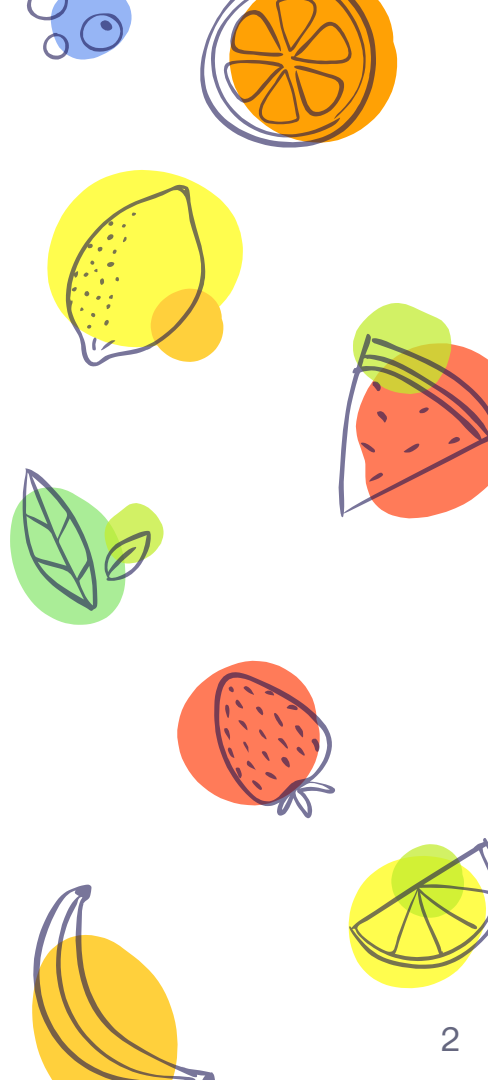
Ralph C. Mahar & Union 73
SY 2022 - 2023

Standards?

The “Act Relative to School Nutrition,” requires the Massachusetts Department of Public Health to establish **standards for competitive foods and beverages sold or provided in public schools during the school day.**

The goal of the standards is to ensure that public schools offer students food and beverage choices that will enhance learning, contribute to their healthy growth and development, and cultivate lifelong healthy eating behaviors.

The standards are part of the Commonwealth’s broad-based, collaborative initiative to reduce childhood obesity and prevent its complications in childhood and later in adulthood.



What are some specifics?

The Districts need to be in compliance with **Massachusetts 105 CMR 225.000 Nutrition Standards for Competitive Food and Beverages in Public Schools**. In all of our schools, Pre K-12, **no** food or beverage will be sold in any school areas from 30 minutes before the start of the school day to 30 minutes after the school day ends. This affects:

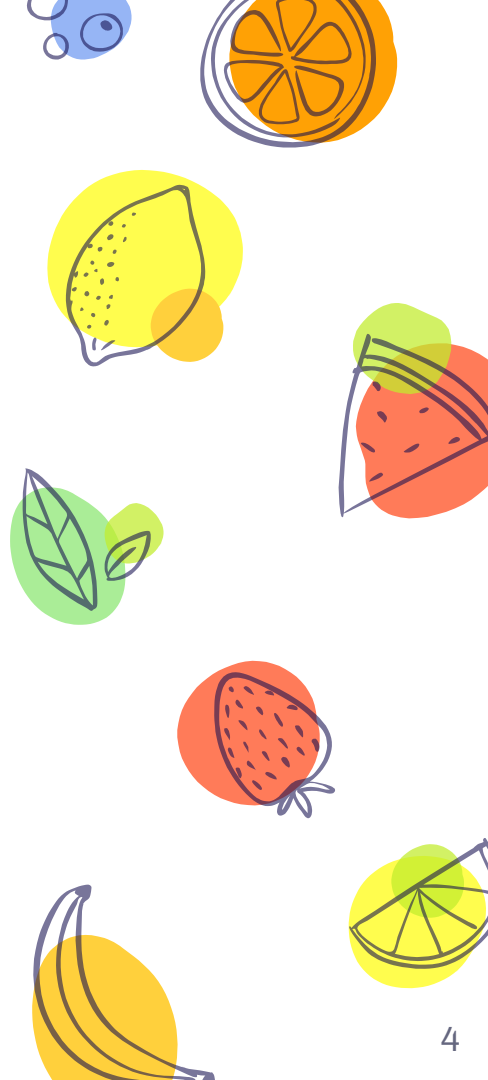
- × School cafeterias
- × School buildings, including hallways and classrooms
- × School stores
- × School snack bars
- × Vending machines (including those in non-student areas such as the teachers' lounges and athletic areas)
- × Concession stands
- × Booster sales
- × Fundraising activities
- × School-sponsored or school-related events
- × Any other location on school property



But they get donuts for breakfast?

The standards do not apply to foods and beverages sold as part of a federal nutrition program such as the School Breakfast Program, School Lunch Program, or the Child and Adult Care Food Program (**all of which follow USDA national guidelines**).]

The standards also **do not apply** to foods or beverages sold or provided at booster sales, concession stands, and other school-sponsored or school-related fundraisers and events. School districts have the discretion to go beyond these standards and establish. This is why some **out-of-school fundraisers** pertain to food items.

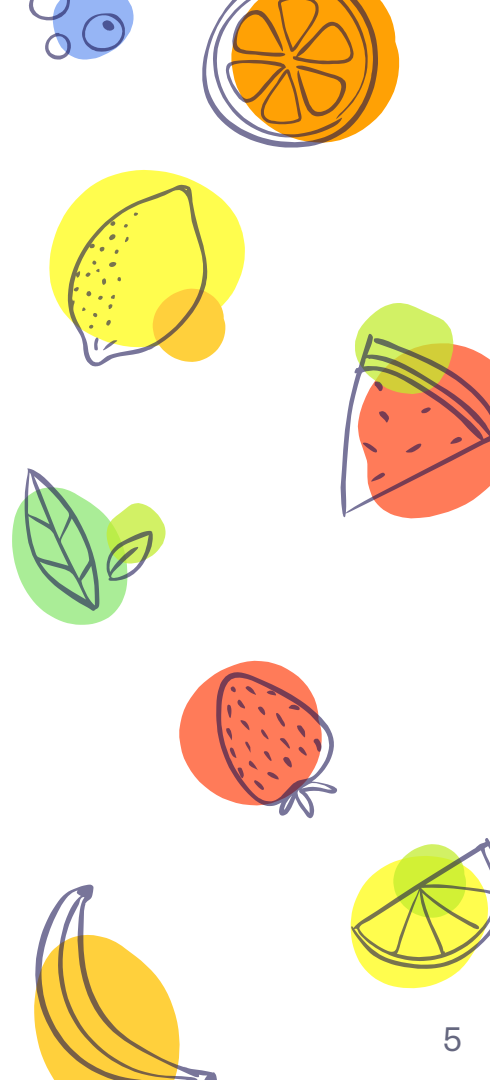


Let's compare

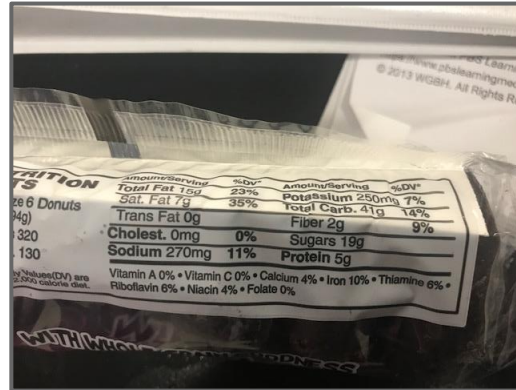


Donuts bought at a local store:

- × 430 calories
- × 27 grams of fat; 19 grams of saturated fat
- × 28 grams of sugar
- × 3 grams of protein
- × 1 gram of fiber

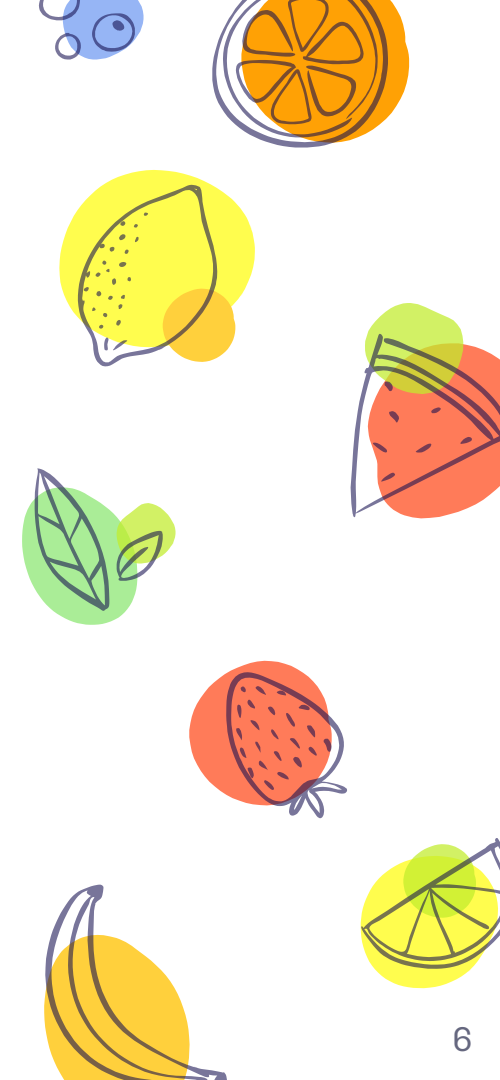


Let's compare



Donuts served at school:

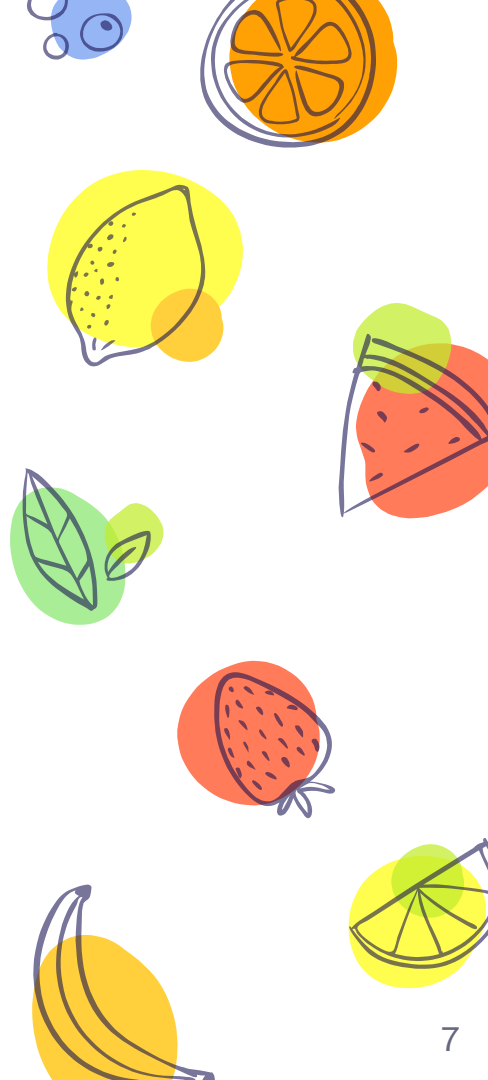
- × 320 calories
- × 15 grams of fat; 7 grams of saturated fat
- × 19 grams of sugar
- × 5 grams of protein
- × 2 grams of fiber



What else is in the policy?

Curriculum:

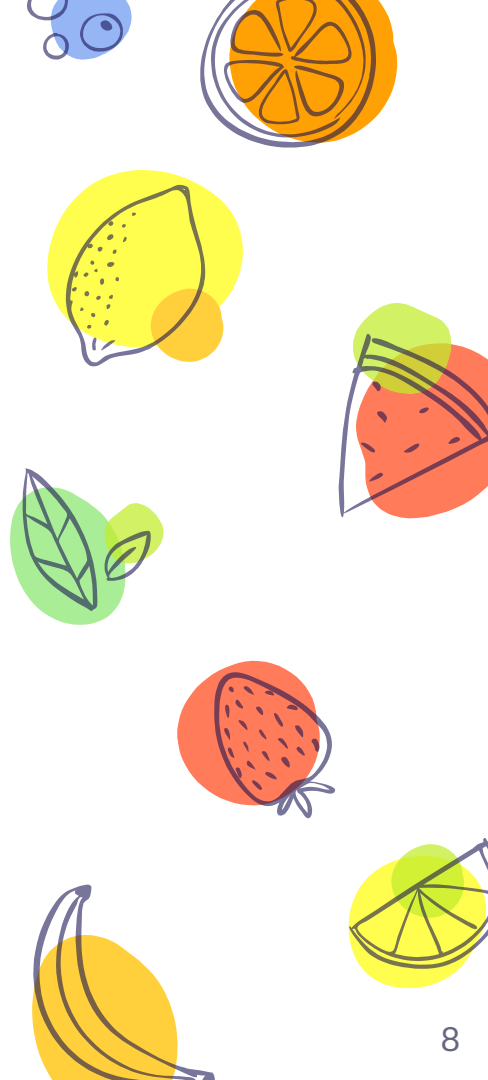
- × All students participate in a physical education/health program K-12
 - PE/health classes promote a healthy and physical lifestyle
 - Comprehensive unit on nutrition at the elementary school (ES), middle school (MS), and high school (HS) level
 - Nutrition education that addresses agriculture and food systems at the ES, MS, and HS level
 - Promotes daily physical activity -- recess and PE
- × Teachers may have food items in the class as long as the items are directly linked to the curriculum -- i.e. French students may see how crepes are made as part of a unit on French Culture and Cuisine



There's more?

School & Classroom Celebrations:

- ✗ Food items may **not** be provided to students as academic rewards and incentives -- i.e. pizza from *Dominoes* for **being** the winning class
- ✗ Food items may **not** be prepared at home to share with classmates -- i.e birthday parties
- ✗ Food items served in school **must** meet the *U.S. Dietary Guidelines for Americans* -- i.e. no take-out from *Subway* for students
- ✗ School sponsored events **must** meet the *U.S. Dietary Guidelines for Americans* and be prepared by licensed *ServSafe* staff in appropriate school facilities



But why? We've always done this before?

- × The USDA guidelines have changed and we are required to follow them
- × The district and schools are not able to ensure that items brought in from home meet the USDA guidelines
- × The district and school are not able to ensure that items brought in have been adequately prepared and stored -- we cannot guarantee that all items have maintained a safe temperature for storage and transportation
- × The district and school does not know all the ingredients used to prepare the item brought from home -- some students have severe food and spice allergies



Still more?

- × Food service staff shall be highly qualified and all head cooks will have *ServSafe Certification*
- × Students will have the prescribed time for meals
 - Minimum 10 minutes for breakfast
 - Minimum 20 minutes for lunch
- × Food items may **not** be provided to students as academic rewards and incentives



And finally

The Districts need to be in compliance with **Massachusetts 105 CMR 225.000 Nutrition Standards for Competitive Food and Beverages in Public Schools**. In all of our schools, Pre K-12, no food or beverage will be sold in any school areas from 30 minutes before the start of the school day to 30 minutes after the school day ends. This affects:

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For More Information:

The local school committees have approved the Wellness Policy during their November 2019 meetings. A copy of the policy is available by clicking on the link below:

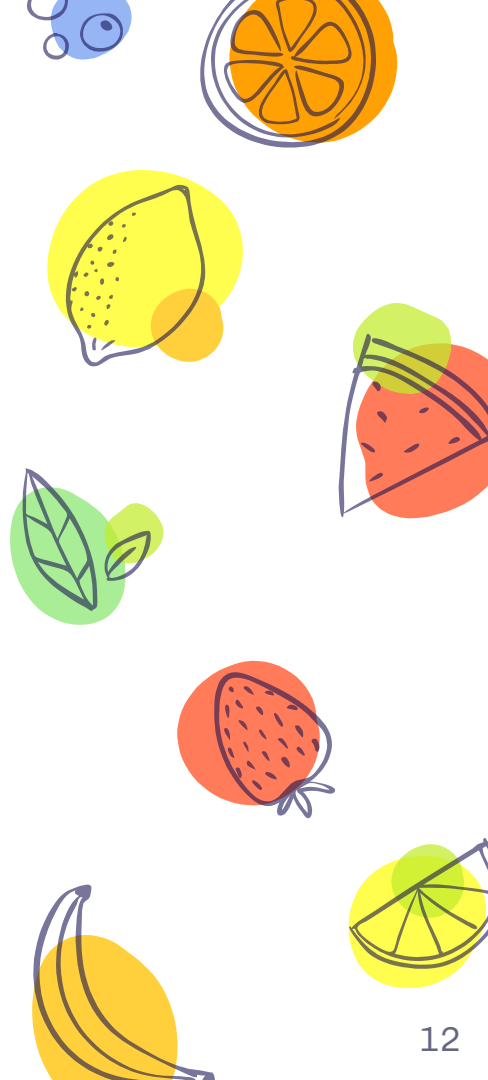
<https://drive.google.com/open?id=1v95Ld67hiIEjaeuYlt31ZLpdWixRWPeU>

Please click on the above link and read the policy in its entirety, before signing off.

Or Contact:

[Jacki Dillenback](#), Director of Food Services

[Marie Cole](#), Director of Curriculum



Confirmation of Policy

Please click on the link below to record your confirmation and acknowledgement that you have received, read, and understand that you are responsible for adhering to the approved Wellness Policy for the Ralph C. Mahar and Union 73 School Districts.

<https://forms.gle/KzfnU9RTrW8WwdVm6>

Please complete by: **September 9, 2022**

