

**WHITE RIVER SCHOOL DISTRICT #416  
ADMINISTRATIVE PROCEDURES**

**No. 6700P**

**Nutrition and Physical Fitness**

**Local School Wellness Procedures**

**Nutritional Standards for Food and Beverages**

All foods offered to White River School District students during the school day will conform to the following standards, unless specifically noted in a following subsection;

- In elementary and middle schools, no more than 30% of total calories in a meal will come from fat.
- In the high school, no more than 35% of total calories in a meal will come from fat.
- No more than 10% of total calories from a separate food or meal will come from saturated fat.
- Fluid milk will contain 1% or less fat.
- Foods will have no more than 35% sugar by weight.
- The majority of items served by the National School Lunch program contain whole grains.
- Trans fats/hydrogenated oils and high fructose corn syrup will be minimized or eliminated.
- All school eating areas shall contain free, safe drinking water sources.
- Ala-carte offerings will meet Smart Snack standard requirements.

Exceptions to these nutritional standards are:

- All nuts, seeds, real cheese, fruit (fresh or dried), vegetables, and 100% fruit or vegetable juices.

Nutritional information for all foods served as part of the National School Lunch Program (NSLP) will be available in all school settings where food is served as well as the Child Nutrition Department.

**School Meals and Non Program Foods**

The goal of the NSLP is to ensure foods offered at school are wholesome, nutritious and safe. The meal program will operate in accordance with the National School Lunch and Breakfast Program standards and applicable laws and regulations of Washington State. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

In addition to the Nutritional Standards, meals and ala-carte items served at all White River School District schools during the school day will conform to the following guidelines:

- Fresh fruits and vegetables are offered daily with seasonal produce provided by local vendors when possible.
- Healthy foods should be competitively priced; and
- Meal prices will be obviously posted in each cafeteria or designated meal area.

### **Nutrition and Food Services Operation**

In order to support the school nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent is responsible for the following:

- Students have adequate time to eat their entire meal; 30 minutes is the recommended optimal amount of time.
- Seating for meals is uncrowded and occurs in a pleasant and safe environment.
- Rules for mealtime behavior are consistently enforced.
- Mealtime supervision is appropriate.
- Elementary recess held in conjunction with the lunch period occurs prior to, not immediately following the lunch period when possible.
- Buses arrive in time for students to participate in the School Breakfast Program.

### **Staff Development**

Ongoing in-service and professional development training is mandated through OSPI (effective July 1, 2015) for all Child Nutrition staff and tracked by the Child Nutrition office for compliance.

### **Family and Community Involvement**

The board encourages promoting family and community involvement in supporting and reinforcing nutrition education in schools in various ways as determined by building principals and other appropriate staff.

### **Nutrition Education**

A district's K-12 nutrition education curriculum shall be in alignment with the Washington state K-12 Learning Standards.

### **Food Allergies/ Accommodating Food-Related Medical Conditions**

For students with known food allergies that may interfere with or limit their ability to participate in the educational program, the District will work with parents to provide reasonable accommodations in accordance with the District policies and federal law.

**Committee Role and Membership**

The District will convene a representative District Wellness Committee that meets at least four times per year to establish goals for and oversees school health and safety policies and programs, including development, implementation, and periodic review and update of this District-level wellness policy.

**Annual Progress Report**

The district will compile and publish an annual report to share basic information about wellness. This annual report will be published around the same time each year and will include a summary from each school within the District of events and activities related to wellness implementation.

**Leadership**

The Superintendent or designee will facilitate development of and updates to the wellness policy, and will ensure each schools compliance with the policy.

For more information, please contact:

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