

## **NON-INSTRUCTIONAL OPERATIONS**

### Nutrition

The board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Obesity rates have doubled in children and tripled in adolescents over the last two decades and physical inactivity and excessive calorie intake are the predominant causes. Only 2% of children (2 to 19 years) eat a healthy diet consistent with USDA recommendations. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity and cardiovascular disease, diabetes some cancers, and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to attend school and learn in the classroom. The Board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our district's youth. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics.

The superintendent or designee shall develop and implement a comprehensive district-wide nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program and the School Breakfast Program.

Nutrition topics shall be integrated within the sequential, comprehensive health education curriculum, and coordinated with the district's nutrition services operation.

### **Nutrition Standards**

The district shall provide school breakfasts and lunches which meet the nutritional standards required by state and federal school breakfast and lunch programs. Meals served in school before the end of the last lunch period shall conform to the U.S. Dietary Guidelines for Americans.

The superintendent or designee shall establish rules for the sale of food during the school day to encourage the eating of nutritious food consistent with state and federal requirements. The district shall offer and promote healthy food choices at all grade levels. Foods and beverages sold during the school day outside of those served as part of the National School Lunch, National School Breakfast, Summer Food or Snack Programs should attempt to use the Competitive Food guidelines from the Alliance for a Healthier Generation as appropriate.

Foods and beverages of minimal nutritional value, as defined by the U.S. Department of Agriculture and District policies and procedures, shall not be sold or served on school premises during scheduled meal service periods, as required by the National School Lunch Program.

Providing healthy or non-food options for fund raisers is strongly encouraged. Links to fundraising ideas can be found on the Kennewick School District Nutrition Services web page.

Food should not be used as a reward or punishment.

Schools will promote healthy food choices and not allow advertising that promotes foods of minimal/limited nutritional value.

### **Nutrition Services Program**

The district supports the philosophy of the National School Lunch and Breakfast programs and shall provide wholesome and nutritious meals for children in the district's schools. The board authorizes the superintendent or designee to administer the nutrition services program, provided that any decision to enter into a contract with a food service management company shall require the approval of the board. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the district, the nutrition services program shall not accept donations of food other than as provided in this policy without the expressed approval of the Board.

Procedures should be put in place at each elementary school to ensure that students are less distracted and ready to eat. This may include scheduling recess before lunch, increasing supervision, providing adequate time to eat, etc.

### **Free And Reduced-Price Nutrition Services**

The district shall provide free and reduced-price breakfasts, lunches and milk to students according to the terms of the National School Lunch and Breakfast programs and the laws and rules of the state. The district shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price nutrition services to the superintendent or designee.

The board of directors may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from local, state and federal assistance (cash and food).

### **Surplus Commodities**

The district shall use food commodities made available under the Federal Food Commodity Program for school menus.

Cross References: [Board Policy 2110](#)  
[Board Policy 4330](#)

Instructional Program Offerings  
School Facility Use

Legal References: RCW [28A.230.040](#)  
[28A.230.050](#)

Physical Education – Grades 1-8  
Physical Education in High School

<a href="#"><u>28A.235</u></a>	Surplus or Donated Food Commodities for School Hot Lunch Programs
<a href="#"><u>28A.235.120</u></a>	Lunchrooms — Establishment and operation — Personnel for — Agreement for
<a href="#"><u>28A.235.130</u></a>	Milk for children at school expense
<a href="#"><u>28A.623.020</u></a>	Nonprofit meal program for elderly — Authorized — Restrictions
<a href="#"><u>69.04</u></a>	Food, Drugs, Cosmetics, and Poisons
<a href="#"><u>69.06.010</u></a>	Food service worker permit
<a href="#"><u>69.06.020</u></a>	Permit exclusive and valid throughout state — Fee
<a href="#"><u>69.06.030</u></a>	Diseased persons — May not work — Employer may not hire
<a href="#"><u>69.06.050</u></a>	Permit to be secured within fourteen days from time of employment.
<a href="#"><u>69.06.070</u></a>	Limited duty permit
<a href="#"><u>7 CFR, Part 210</u></a>	
<a href="#"><u>7 CFR, Parts 220</u></a>	
<a href="#"><u>7 CFR, Part 245.5</u></a>	

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