

Child Nutrition Wellness Policy

District Nutrition Standards

The District recognizes that optimal nutrition is essential for lifelong health and optimal academic performance. The Griffin School District is committed to providing an environment that promotes healthful food choices. This environment includes not only the District Child Nutrition Program but also school vending operations, fundraising sales, Frosty Friday, activities, organizations and any other foods available on campus before and during the academic day. The Griffin School District strongly encourages the sale or distribution of nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories associated with high nutrient content. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale or distribution of beverages and food on school grounds before and during the academic day.

Hot Lunch Program

- 1) The Board will ensure the Food Service Program at Griffin School provides a healthy nutritional meal to all.
- 2) The Board will ensure that the nutritional value of food served by the Griffin School District and Griffin food service professionals will significantly improve upon the USDA guidelines.
- 3) The Board supports sustainable organic agriculture. Therefore the Child Nutrition Supervisor shall develop and implement a plan to integrate organic food into the meals served to our students by the Griffin School District. The plan shall seek to reduce or eliminate potential harmful food additives and processes, such as bovine growth hormones, irradiation, hydrogenated oils, and known genetically modified foods, as per Government Safety Standards.
- 4) High sugar foods on the menu will be limited to items with high nutritional value.
- 5) Deep fat frying as a cooking method will not be used.

Beverages

- 1) All beverages sold or dispensed to students will be no more than 12 ounces, with the exception of unsweetened water.
- 2) Vending sales of pop, drinks containing less than 100% juice, sports drinks, or artificially sweetened drinks, will not be accessible to Griffin students.
- 3) 1% white milk or Fat Free chocolate milk will be served in 4 oz. containers.
- 4) Non-Vending sale of pop, drinks containing less than 100% juice, sports drinks or artificially sweetened drinks will not be permitted at Griffin School District.

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Application

This policy applies to all food and beverages sold on school grounds before and during the course of the academic day. We are encouraged to study these standards and develop a building policy that uses the District Nutrition Standards as minimum standards. The Board recognizes that class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of this policy and held after the lunch hour whenever possible. It is also recognized that there may be rare special occasions when a school principal may allow a school group to deviate from these standards.

Frequently Asked Questions

How can parents get involved in school meals programs?

Review cafeteria menus with your child and be encouraging about trying new items. Try new food – especially fruits and vegetables – at home and your child may be more willing to try these foods at school.

Visit the school cafeteria to make your own observations and have lunch. Please check in with your school's main office before going to the cafeteria. We are also in need of substitute workers from time to time. You may apply to this position at ESD 113 attach file.

Are school meals nutritious?

School meals are well-balanced, healthy meals that are required to meet science-based, federal standards.

- No more than 30% of calories can come from fat, less than 10% from saturated fat
- Meals must provide 1/3 of the Recommended Dietary Allowances of protein, vitamins A & C, iron, and calcium
- School meals are served in age appropriate portions

At Griffin, every school lunch provides a variety of menu choices

- Milk – 1% white & nonfat chocolate
- Vegetables - Several choices each day, sometimes from our Griffin Garden
- Grains – All whole grain items like rolls, bread, and pasta
- Meat or meat alternate – chicken, beef, turkey, beans, and cheese

Each student may select an unlimited amount of fruits and vegetables each day on our salad bar

Why should I encourage my children to eat school meals?

Providing students their choice of milk, fruits and vegetables, grains and proteins, are a great value and convenience for parents. School cafeterias offer students a variety of healthy choices and help children learn how to assemble a well-balanced meal. Federal regulations require that meals be served in age –appropriate portions.

Don't school meals contain processed foods?

What have come to be known as “processed foods” are increasingly prepared with healthier ingredients, as well as less fat and sugar.

- Pizzas are increasingly made with whole grain crusts, low-sodium sauce and reduced fat cheese.
- Chicken nuggets and patties regularly use whole grain breading and are baked rather than fried

- French fries are often without trans fats

My child's school has vending machines – are the foods sold in these machines subject to the same regulations as school meals?

All school meals are required to meet federal nutrition standards, but other foods that are served in school through vending machines, fundraisers, class parties, etc., are not required to meet federal nutrition standards. These items are increasingly being subject to local and state laws that require nutrition standards. These items are regulated through our district's school board approved Nutrition and Wellness Policy.

What are the beverage options with school meals?

At Griffin, 1% white milk and nonfat chocolate milk are offered with each meal. School meals offer flavored milk as an option because experts agree that to ensure intake of calcium, vitamin D, protein and other nutrients important for growth and development, it is better for children and adolescents to drink flavored milk than to avoid milk altogether. We also offer juice on Wednesdays and Fridays per Federal Standards limiting the availability of juice to two days out of five when replacing a fruit item with fruit juice.

How are school nutrition programs working to make healthy meals kid-friendly?

Children can be picky eaters, but school nutrition managers are always working to find new healthy recipes that children are willing to eat. Schools and the foodservice industry are making student favorites healthier, such as serving pizza on whole grain bread with low-sodium sauce and low-fat cheese. School nutrition programs also work to meet the needs of their diverse student population.

Do all students have access to school meal programs?

All children at Griffin School may purchase meals, meeting federal nutrition standards, but families at or below 185% of the poverty level are eligible for free or reduced price meals. Families may complete applications for the free and reduced price program at any time during the school year. The applications are available from your child's school office, the Nutrition Services Department, the entryway of Griffin School, and on the Griffin website ~~on~~ the child nutrition portion of the website.