School Meals and School Wellness Update

Iowa Department of Education
Bureau of Nutrition and Health Services

- Afterschool Snack Program
- Child and Adult Care Food Program
- Fresh Fruit and Vegetable Program
- National School Lunch Program
- School Breakfast Program
- Summer Food Service Program

- School Wellness and Physical Activity:
  - Team Nutrition – USDA Grants
  - State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health – CDC Grant
The Guidelines

1. Follow a healthy eating pattern across the lifespan
2. Focus on variety, nutrient density, and amount
3. Limit calories from added sugars and saturated fats and reduce sodium intake
4. Shift to healthier food and beverage choices
5. Support healthy eating patterns for all

Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.
Healthier School Meals: Part of the Solution

**Healthy Hunger Free Kids Act**

- Went into effect July 1, 2012
- Aims to align school meals with Dietary Guidelines
- Lunch aims to meet 1/3 of daily calories
- First major change in 15 years
Focus of Meal Pattern

- Nutrient dense foods
- Whole-grain rich foods
- Low-fat milk
- Increase fruit choices and amounts
- Increase vegetable choices and amounts

Lunch Components

- Meat/Meat Alternates
- Grain/Bread
- Milk
- Fruit
- Vegetable

Remember to take a fruit or vegetable to make a meal!
Whole Grain Waiver

- All grains served much contain at least 50% whole grain
  - Not required to be 100% whole grain
- Schools have experienced challenges
  - Financial hardship
  - Limited product availability
  - Unacceptable product quality
  - Poor student acceptability

- USDA provided exemptions School Years 2014-2015 and 2015-2016
  - Any type of grain product (e.g. pasta, bread, brown rice, etc.)
  - One or more different products
  - Schools granted exemption must work with State Agency to search for acceptable products

Professional Standards

- USDA has established minimum professional standards requirements for school nutrition professionals who manage and operate school meal programs
  - Create minimum hiring standards for new school food service directors based on a school district’s size
  - Establish minimum hiring standards for new State directors of school nutrition programs and State directors of distributing agencies
  - Require minimum annual training for all new and current school nutrition professionals
School Wellness Policies

Healthy, Hunger-Free Kids Act

- Goals for nutrition promotion
- Goals for nutrition education
- Goals for physical activity
- Nutrition guidelines
- Designated at least one official
- Informs and updates the public
- Periodically measures implementation

Interim Final Rule
Building Assessment Tool

Monitoring allows schools to determine if their building is meeting the expectations of the wellness policy.

Tools may be completed monthly, quarterly, annually, etc.

Reporting to the Public

- The extent to which schools are in compliance and the district policy
- The progress made in attaining the goals of the local wellness policy

Electronic posting and distribution is allowable
State Agency Review Process

- 3 year review cycle

- Districts should keep the following on file:
  - A copy of the current policy
  - Documentation that assessments have been made available to the public
  - District’s efforts to review and update the Local School Wellness Policy
  - A copy of the district’s most recent assessment

Sample Wellness Policy

- Partnership with the Iowa Association of School Boards
- Sample policy available as a guide
- Currently working to update the sample policy to reflect changes and simplify the process
Healthy Kids Act
- State Law
  • Competitive Foods
  • Physical activity
  • CPR requirements

Healthy Hunger-Free Kids Act
- Federal Law
- School Meals
  • Competitive Foods
  • School Wellness Policy

All products SOLD
Entire school day
(midnight to 30 minutes after the end of the school day)
Entire school campus
NOT classroom parties
NOT evenings, weekends or community events

FUNDRAISERS

School Day Only
(midnight to 30 minutes after the end of the school day)
All foods and beverages sold must meet the standards

Smart Snacks
Beverages

All Grades
- Water
- Non Fat Milk (plain or flavored)
- Low Fat Milk
- 100% fruit or vegetable juice
  - Full strength or diluted
  - With or without carbonation

Serving size limits:
- Elementary (8 oz)
- Middle/High (12 oz)

High School Only
- Diet beverages – up to 20 oz
  - < 5 calories per 8 oz
  - ≤ 10 calories per 12 oz
- Low-calorie beverages – up to 12 oz
  - ≤ 40 calories per 8 oz
  - ≤ 60 calories per 12 oz

No guidance on caffeine or non-nutritive sweeteners.
Smart Snacks Changes – July 1st!

• Foods may not qualify using the 10% Daily Value for one of the nutrients of public health concern (calcium, potassium, vitamin D, or dietary fiber)

• Snack items must contain < 200 mg sodium per items
New Smart Snacks Recipes!

• Smart Cranberry Cookie
• Gooey Chocolate Muffin
• Cherry Chocolate Smoothie
• Strawberry PB Smoothie
• Berry Lemon Sorbet
• And More!

School Wellness Best Practices
Drinking Water Access

- Potable water is required in school cafeterias
- Best Practices:
  - Allow students to visit the water foundation throughout the day and have a water bottle in class or at breaks
  - Remind parents of the option to bring water bottles from home

Non-Food Rewards

- Do not use food or beverages to reward good behavior
- Use non-food items, activities and opportunities
- Do not withhold food, beverages, or physical activity time to discipline
Celebrations and Fundraisers
Best Practices

- Encourage parents to provide healthy food and beverages
- Consider nonfood celebrations
- Use healthy foods, physical activity events, or nonfood items for fundraising activities
  - Prairie Dog Dash - $33,000
  - Read-a-Thon - $10,000
  - Fruit Sales - $5,000
  - Hat Day Event - $700
  - Homecoming 1 mile Fun Run

Celebrate School Lunch!

- Hold a special “Take Your Parent to School Lunch Day!”
- Have local celebrities take part in serving the meals (principal, mayor, athletes/cheerleaders, etc.)
- Have a school lunch-themed coloring contest
  - Ask teachers to talk about school lunch
  - Share information with parents about school meals
- Feature the Food Service Director in the school newsletter

Communication Tools
Physical Activity at School

• Incorporate into academic lessons
• Add physical activity to planned breaks
• Work with the physical education teacher to get ideas and resources
• Develop a Comprehensive School Physical Activity Program (CSPAP)
  • Physical Activity Resources

What is CSPAP?

• Multi-component approach
• Promotes opportunities for students to be physically active 60 minutes each day
• Develop lifelong knowledge, skills and confidence to be physically active
• Coordination across 5 components
Comprehensive School Physical Activity Program

60 Minutes

- Physical Education
- Physical Activity During School
- Physical Activity Before and After School
- Family and Community Engagement
- Staff Involvement

HealthierUS School Challenge: Smarter Lunchroom

- Awards to schools that choose to take steps to encourage kids to make healthy choices and be more physically active
- *Smarter Lunchroom* techniques!
- 70 Iowa schools have been awarded!
E-Newsletter

Interested? Contact schoolmeals@iowa.gov

School Wellness Coaches

- Fall 2016
- RDN Wellness Coaches
- 30 school districts
- Local Wellness Policy and Smart Snacks
- 3 visits per district during
- Patti Delger patti.delger@iowa.gov
School Food Waste Pilot Project

- Partnership with Iowa Department of Natural Resources and Iowa Department of Education
- Pilot project with 10 elementary schools
- To identify quantity of food waste
- Develop action plan to reduce food waste
- Showcase best practices
- **Application deadline: September 1st**

Data Collection Efforts

**Youth Risk Behavior Surveillance (YRBS)**
- Conducted in odd years (2011, 2013, 2015)
- Students complete the survey
- Last year of weighted data 2011
- Grades 9-12

**School Health Profiles (SHP)**
- Conducted in even years (2012, 2014, 2016)
- Principal and Lead Health Teachers
- Grades 6-12
- **Sent to schools Spring 2016!**
Peach Out

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