



# **WICHITA PUBLIC SCHOOLS**

Unified School District No. 259  
Sedgwick County  
State of Kansas

## **Student Wellness Guidelines Manual 2006-2007**

January, 2006

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The Unified School District No. 259 *Student Wellness Guidelines Manual* is intended to set forth guidelines for use by all school staff, families and members of the community to help make significant progress in solving the nutritional problems of children. Schools have especially important critical roles to play. The U. S. Congress and the Kansas legislature have recognized the important role of schools when passing the recent legislation.

When developing these guidelines, particular attention has been given to providing healthful foods and beverages with the goals of preventing and reducing childhood obesity.

Please review the policies relating to student wellness:

- P7500 Student Wellness: Overview
- P7501 Student Wellness: Health Education
- P7502 Student Wellness: Physical Activity
- P7503 Student Wellness: Nutrition Guidelines for Students
- P6791 Physical Education
- P7400 Food Service Programs

## **Monitoring Requirements**

Building principals have the responsibility of ensuring building compliance with student wellness policies and guidelines. To ensure compliance, principals shall review policies and guidelines with staff at the beginning of each school year. Throughout the year, principals shall routinely monitor for compliance, providing assistance to staff members as needed.

## **Nutrition Guidelines**

The following foods may be served or sold to students before or during the school day through vending and a la carte.

- (1.) Plain and flavored waters;
- (2.) 2%, 1% or non-fat milk with no more than 360 calories per container;
- (3.) 100% juice in containers less than or equal to 16 oz.;
- (4.) Tea and/or sports beverages in containers less than or equal to 12 oz.;
- (5.) Snack choices that contain 200 calories or less per package;
- (6.) Fruits and vegetables;
- (7.) Nuts and seeds;
- (8.) Low-fat and/or non-fat yogurt; and
- (9.) Low-fat cheese sticks.

In addition, Food Services may offer a la carte items as follows:

- **Elementary Schools** may offer milk only.
- **Middle Schools** may offer the same portion size of any food item served that day in the school breakfast or lunch program. In addition, items that meet the Nutrition Guidelines may be sold.
- **High Schools** may offer the same portion size of any food item served that day in the school breakfast or lunch program. In addition, items that meet the Nutrition Guidelines may be sold.

## Vending/Fundraising Criteria

**Elementary Schools** - no beverage/snack vending machines may be in operation where students may purchase items during the school day. Food and beverage sales to students before and during the school day shall be prepared and served following all applicable health codes and USDA regulations.

**Middle Schools** - where vending or school stores are available to students, items that meet the Nutrition Guidelines may be sold. Food and beverage sales to students before and during the school day shall be prepared and served following all applicable health codes and USDA regulations.

**High Schools** - where vending or school stores are available to students, at least 50% of the items available in any single location within a building where food/snacks are sold must meet the Nutrition Guidelines. Food and beverage sales to students before and during the school day shall be prepared and served following all applicable health codes and USDA regulations.

## Health Codes

Staff and students must follow all applicable health codes when serving and/or selling food items. A license is not required for the sale of baked goods, or items that are not potentially hazardous foods. Occasional sale of potentially hazardous foods\* (less than seven days in a calendar year) is allowed if foods are prepared on site or are obtained from a licensed commercial source. The City of Wichita Department of Environmental Services should be contacted for guidance. Contact the Food Program Supervisor at 316-268-8351.

A current Kansas Food Service License is required for the sale or serving of potentially hazardous foods\* in the same location seven or more days in any calendar year, and the Kansas Food Code as developed by the Kansas Department of Health and Environment must be followed. The Kansas Food Code identifies a system of safeguards designed to minimize the hazards that lead to food borne illness.

The Kansas Food Code can be found at:

[www.opkansas.org/Documents\\_and\\_Forms/1999\\_food\\_code.pdf](http://www.opkansas.org/Documents_and_Forms/1999_food_code.pdf)

Contact the City of Wichita Department of Environmental Services Food Program Supervisor at 316-268-8351 for information regarding licensing.

The United States Department of Agriculture Food Safety and Inspection Service (FSIS) regulations limit the resale of most food items containing meat. (Certain items, including commercially prepared pizza and sandwiches, are exempt from the requirement.) Except for the exempt items, food items containing meat (including meat tacos, and fried or otherwise cooked chicken) may not be purchased from a commercial restaurant and resold because of FSIS inspection requirements.

\*Potentially hazardous foods as defined by the current Kansas Food Code include: cooked or raw meat and dairy products; heat treated vegetables and starches such as cooked rice, beans, potatoes, and pasta; other foods such as sprouts, melons, tofu, garlic in oil, etc.

## Classroom Food Safety

During the school year food may be frequently stored, prepared, or eaten in the classroom. Snacks are important for providing children energy for learning. In addition, preparing or tasting foods can be valuable teaching activities. However, improper handling of food can cause food borne illness. Symptoms may resemble the stomach flu and are caused by eating contaminated food. Help protect your students . . .

### FOLLOW SIMPLE RULES

- Keep all food clean
- Keep hot foods hot
- Keep cold foods cold

### KEEP ALL FOOD CLEAN

Keep everything that comes in contact with food clean.

- Always wash hands before eating and handling foods. Wash your hands thoroughly in warm, sudsy water (at least 20 seconds). Repeat washing between food handling.
- Use clean towels, dishcloths, cooking dishes, and utensils.
- Scrub work surfaces and disinfect cutting boards.
- Avoid cross contamination of foods by using separate cutting boards and cutting utensils for meat and fruits/vegetables.
- Never taste with the stirring spoon!
- Wash dishes in hot (140° F) soapy water, then rinse well.
- Avoid chipped or cracked dishes that can harbor bacteria.

### KEEP HOT FOODS HOT

Between 40° and 140°F. bacteria will double every 20 to 30 minutes.

- Cooked foods should be held at temperatures higher than 140°F. Temperatures between 140° and 159°F prevent bacteria growth.
- High temperatures (160° to 212°F), kill most bacteria. That is the reason meats, such as ground meat and poultry, should register an internal temperature of 160°F.

### KEEP COLD FOODS COLD

- Foods should be refrigerated at a temperature between 34° and 40° F.
- Rapidly cool any cooked foods and never leave foods at room temperature.
- Below 32°F, which is freezing, bacteria will not grow, but will survive. Frozen foods should be stored at 0°F for long-term storage.

For more classroom information and educational activities for the classroom on food safety:

[www.cfsan.fda.gov/~dms/educate.html](http://www.cfsan.fda.gov/~dms/educate.html)

## Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with nutrients to support growth and learning. Parties are an opportunity to celebrate. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods.

Food allergies and special dietary needs, including diabetes, are becoming increasingly common in the general population and should be considered when planning food at school. Check with the school nurse for guidance.

Give healthy partying and snacking a try with the following foods:

### Assist Hydration

Water (flavored)

### Promote Fruits and Vegetables

Fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges

Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears and apples

Fruit salad or fruit added to gelatin

Fresh Fruit with yogurt dipping sauce

Apples with caramel dip

Fruit and cheese kabobs

Fruit with whipped topping – strawberries with whipped cream

100% fruit snacks (packaged gels)

Dried fruit – raisins, cranberries, apples, and apricots

100% vegetable or fruit juice -orange, apple, grape, cranberry or applesauce singles

Fruit smoothies

Berry parfaits with vanilla yogurt

Vegetable tray with low fat dip

Celery & peanut butter, celery & squeeze cheese

Carrots, celery, broccoli, cauliflower, cucumbers with dip

Salsa & low fat chips

Angel food cake with fruit toppings

### Grains

Trail mix or cereal mixes

Granola bars, graham crackers

Banana, carrot or zucchini bread

Bagels & cream cheese

Pasta salad

Bread sticks with marinara

Low-fat pretzels or popcorn

Graham or animal crackers

### Dairy

String cheese or small packets of cheese

Yogurts in a cup or in a tube, smoothies

Low-fat pudding cups

Cottage cheese singles  
Low-fat milk (plain or flavored) – plain, chocolate, strawberry, vanilla  
Cheese quesadillas

### **Easy Ideas for Protein**

Low fat beef jerky  
Nut assortments/trail mix  
Peanut butter w/ apples or celery  
Salami, cheese and whole grain crackers  
Pizza with low-fat toppings – veggies, lean ham

### **What about Birthday Cake?**

Once in awhile a piece of birthday cake can fit into a healthy diet. However, if each student brings in cake for his or her birthday, eating cake becomes a regular occurrence. Keep cake a “sometimes” food by having all students with birthdays in the same month celebrate on one day. Try to limit parties with cake and other sugary or high fat foods to once a month or less, and provide alternative foods for children with special dietary needs, including allergies and diabetes.

## **Alternatives to Using Food as a Reward**

Teachers, administration, parents, and the community often offer kids food as a reward for “good” behavior. Typically “food rewards” have little or no nutritional value, but are used because they are easy, inexpensive treats that are thought to bring about short-term behavior change. Teachers and staff are encouraged to reward students with non-food items. Using food as a reward sends a mixed message that highlights the conflict between nutrition education taught in the classroom and the school environment. It encourages over-consumption of foods high in added sugar and fat that can lead to overweight, and may displace more nutritious foods. Food as reward teaches kids to reward themselves with food, even when they are not hungry.

### **Zero Cost Alternatives**

Sit at the teacher’s desk  
Sit by friends  
Eat lunch with the teacher/principal  
Make a delivery to the office  
Be the classroom helper  
“No homework pass”  
Read outside  
Extra recess time  
Class walking break  
Listen/dance to appropriate music  
Watch a video  
Free choice time  
Game day  
Listen to a book on tape  
Extra computer time  
Teacher performs special skill (i.e. sing, dance)  
Teacher reads a special book to the class

### **Low-Cost Alternatives**

Books  
Enter drawing for donated prizes  
Stickers  
School supplies  
Movie/video coupons  
Trading cards  
Stamps  
Trip to the treasure box  
Coloring books  
Art supplies  
Gift certificates to school store  
Physical activity equipment

## List of Non-food Items for Fundraising

Schools can help promote a healthy learning environment by using non-food items as fundraising alternatives. Ideas adapted from *Creative Financing and Fundraising*, California Project Lean, California Department of Health Services, 2002.

### Items You Can Sell

Balloon bouquets  
Batteries  
Books, calendars  
Brick/stone/tile memorials  
Bumper stickers, decals  
Buttons, pins  
Candles  
Coffee cups, mugs  
Cookbooks  
Crafts  
Coupon books  
Customized stickers  
Discount cards  
Emergency kits for cars  
First aid kits  
Flowers, plants, bulbs  
Foot warmers  
Gift baskets  
Gift certificates  
Hats  
Holiday wreaths  
House decorations  
Jewelry  
License plates or holders  
Magazine subscriptions  
Newspaper space, ads  
Pet treats/toys/accessories  
Pocket calendars  
Pre-paid phone cards  
Rent a special parking space  
Scarves  
School Frisbees  
School spirit gear  
Spirit/seasonal flags  
Stadium pillows or seats  
Stationery  
Student directories  
Temporary/henna tattoos  
T-shirts, sweatshirts  
Valentine flowers  
Yearbook covers

### Things You Can Do

Auction (teacher does something for kids)  
Bike-a-thons  
Bowling night/bowl-a-thon  
Car wash  
Carnivals  
Dances  
Family/glamour portraits  
Festivals  
Fun runs  
Gift-wrapping service  
Golf tournament  
Jump-rope-a-thons  
Magic show  
Read-a-thons  
Recycling cans/bottles/paper  
Science fairs  
Singing telegrams or singing valentines  
Skate night/skate-a-thon  
Spelling bee  
Talent shows  
Tennis/horseshoe competition  
Treasure hunt/scavenger hunt  
Walk-a-thons  
Workshops/classes

## **List of Healthy Foods and Beverages for Fundraisers**

Sales of nutritious foods and beverages as fundraisers help create a healthy school environment. The following “healthier” foods should be considered as fundraising events are planned. The items with an asterisk (\*) are potentially hazardous foods, and appropriate food safety practices must be used to reduce the possibility of food borne illness when serving these foods. See “Health Codes” (p. 4) for more information.

Bottled water (flavored or plain)  
Canned or bottled 100% juices  
Frozen juice pops  
Fresh citrus (by the piece or by the case)  
Fruit cups  
Fresh fruit with yogurt dipping sauce\*  
Apples with caramel dip  
Fruit and cheese kabobs  
Dried fruit – raisins, cranberries, apples, and apricots  
Trail mix  
Cereal mix  
Spiced nuts  
Fruit smoothies\*  
Berry parfaits with vanilla yogurt\*  
Vegetable cups with low fat dip  
Celery & peanut butter, celery & squeeze cheese  
Pickles  
Salsa & low fat chips  
Granola bars  
Banana, carrot or zucchini bread  
Bagels & cream cheese  
Pretzels  
Popcorn  
String cheese\*  
Yogurt in a cup or in a tube\*  
Cottage cheese singles\*  
Cheese quesadillas\*  
Low fat beef jerky  
Salami, cheese and whole grain crackers\*

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