

# **LOCAL WELLNESS POLICY**

## **BAGDAD UNIFIED SCHOOL DISTRICT**

### **Program Requirements**

Bagdad Unified School District shall continue to follow and meet the guidelines and requirements of the USDA's National School Lunch Program and School Breakfast Program. We will encourage the students of the K-8<sup>th</sup> grade and the High School to participate in the lunch and breakfast program. The Program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

### **Purpose and Goals**

All students shall have knowledge and skills necessary to improve their nutrition and well being so they may achieve their full potential and enjoyable food choices for a lifetime. We will encourage school leaders to be a model for healthy eating behavior as a valuable part of daily life.

### **Daily Goals of Bagdad Unified Schools**

1. Meet the recommended Dietary Allowances
2. Follow Guidelines set by Child Nutrition Program
3. Serve appealing choices of nutritious foods
4. An overall school environment that encourage students to make healthy food choices
5. Pleasant eating areas for students and staff with adequate time for unhurried eating
6. Encourage students to eat breakfast and on testing days implement a program so each student in school has breakfast on testing day.
7. Encourage the staff to have model healthy eating habits.
8. Follow good safety and sanitation guidelines.
9. Have good rapport with students.

### **Food Service Operation**

1. Food Service will supplement the family effort. Every school shall operate a food serve program to ensure that all students have affordable access to various and nutritious foods they need to stay healthy and learn well.

2. Food service program shall aim to be financially self-supporting. However, the program is essential educational and support activity and budget neutrality or profit generation must not take precedence over nutrition needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of food that has minimal nutritional value/ or compete nutritionally with program meals.
3. No foods of minimal nutritional value will be sold on campus from bell to bell.

## **Program Requirements**

Bagdad Unified School District shall continue to follow and meet the guidelines and requirements of the USDA's National School Lunch Program and School Breakfast Program. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

1. BUSD will continue to operate under the USDA National School Lunch Program and Breakfast Program to ensure students are provided a nutritious meal at each lunch and breakfast.
2. BUSD ensures that all enrolled children will receive a NSLP Free and Reduced Price School Meals Household Application each year.
3. BUSD shall offer various and nutritious food choices that are consistent with the federal government's Dietary Guidelines for children. On request information about the ingredients and nutrition value of food served will be available. A monthly Menu will be posted at the Cafeteria, on the website, and also sent home with each student.
4. Milk choices will be 1% white milk, Fat-Free chocolate milk. One choice comes with the lunch meal.
5. Food Service Staff shall know procedure for handling leftover food production, in the distribution to people in need.

## **Staffing**

1. BUSD shall employ a Food Service Director, who is properly qualified to administer the NSLP along with the reporting requirements to the state each month. The Food Service Director will make sure that all food service staff has training that is necessary to provide nutritious meals and serving skills.
2. All staff will be trained in safety and sanitation.
3. Each kitchen employee must have a valid Yavapai County Food Worker Certificate
4. Lunchroom staff shall receive appropriate training in how to maintain a safe, orderly and sanitary eating environment. The lunch tables are kept properly

cleaned throughout the lunch period. Floors are swept and mopped and the end of the lunch day.

### **Adequate Eating Space and Time**

1. Students and staff shall have adequate space to eat meals in a pleasant surrounding and shall have adequate time to eat and socialize.
2. Current eating environment provides sufficient amount of time to eat their meal. Lunch time allows at least 20 minutes after sitting down to eat their lunch.

### **Food Choices at School and a Healthy School Environment**

**Recess** School Administrator ensure that recess is offered at the most appropriate and beneficial time for the students.

**Commercial Advertising** Advertising messages should be consistent with and reinforce the objective of the education and nutrition environment goals of BUSD.

### **Food Safety**

1. **Hazard Analysis and Critical Control Point (HACCP)** plans and guidelines are in place.
2. BUSD Cafeteria is in compliance with Yavapai County Health Services. Health inspections are done regularly and health certificates are on file.

### **Nutritious Food Choices**

1. Food of good nutritional content including fruits, vegetables, dairy foods and low fat grain products shall be available wherever and whenever food is sold or otherwise offered at school during the normal school day. BUSD will take efforts to encourage students to make nutritious food choices.
2. Foods of minimal nutritional value as defined by 7 CRFR 210.11(2) are prohibited from being served or sold anywhere a reimbursable meal is served, sold and/or eaten. Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.
3. No Foods of Minimal Nutritional Value are sold during the normal school day; bell to bell.