

# Bloomfield Schools Board Submission Form

MEETING DATE: April 20, 2022

ITEM TITLE: Revisions to the Nutrition section of the District Wellness Policy

ACTION REQUESTED BY: Evelyn Barry PRESENTED BY: James Olivas

ACTION REQUESTED: Approve the revisions to the Nutrition section of the District Wellness Policy

ITEM SUMMARY: Per NMPED, adjustments had to be made to the Nutrition section of the District Wellness Policy

Brief history to refresh the Board's memory (if applicable)

NMPED has determined that the Nutrition section of the District Wellness Policy must have additions made to our policy to be in compliance.

Answer the following:

Request: Approve the revisions made to the District Wellness Policy

Benefit or impact to the District: Benefit

Reason for Request: Our District Wellness Policy will meet the NMPED requirements

Cost: 0 What Budget: \_\_\_\_\_

Mandate:  Yes  No

BUDGET OR GRANT? Budget  Grant

SUMMARY BY/TITLE: Evelyn Barry, Food Service Director

ATTACHMENTS: Revisions to the Nutrition section of the District Wellness Policy

ROUTE FOR STAFF REVIEW:	Reviewed by:	Comments:
<input type="checkbox"/> Not Applicable		
<input type="checkbox"/> FINANCE	_____	_____
<input type="checkbox"/> PURCHASING	_____	_____
<input type="checkbox"/> HUMAN RESOURCES	_____	_____
<input type="checkbox"/> _____	_____	_____
<input type="checkbox"/> _____	_____	_____

## **NUTRITION**

### **Definition:**

Nutrition means programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition of all students. **Meals served through the National School Lunch and Breakfast Programs will:**

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes, and regulations;
- offer a variety of fruits and vegetables;
- serve New Mexico Grown fruit and vegetables when available
- serve only low-fat (1%) and fat-free milk – white or flavored
- strive to serve only whole grains or at least 80% whole grains

Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

### **Requirement:**

The wellness policy includes nutrition guidelines for a la carte offerings minimally meeting the guidelines set forth in 7 CFR 210.11 and Subsection B of 6.12.5.8 NMAC

The wellness policy includes guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC A fund raiser may be conducted during school hours a maximum of one time per semester or trimester per school.

The wellness policy includes guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices in accordance with the requirements set forth in Paragraph (2) of Subsection C of 6.12.5.8 NMAC

All foods and beverages sold separate from school meals on the school campus during the school day are required to meet Smart Snacks standards.

Any foods and beverages marketed or promoted to students on campus during the school day will meet the Smart Snacks in Schools nutrition standards.

All schools must meet or exceed local, state, and federal nutrition requirements and/or USDA nutrition standards.

**The Bloomfield School District will model and encourage healthy eating by all students by engaging in nutrition education and promotion by: a) Nutrition education will be integrated within the comprehensive health education curriculum and other instructional areas, as appropriate, and taught at every grade level, K through 12. Nutrition education will follow**

applicable New Mexico Health Education Content Standards with Benchmarks and Performance Standards as set forth in 6.29.6 NMAC and be designed to help students acquire: 1. Nutrition knowledge, including, but not limited to: the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation. 2. Nutrition-related skills, including, but not limited to: planning healthy meals; understanding and using food labels; critically evaluating nutrition information, misinformation, and commercial food advertising; assessing personal eating habits; and setting and achieving goals related to these concepts.

All schools will ensure free drinking water is readily available during the school day and where meals are served.

All schools are committed to providing a safe and nurturing environment for students. We understand the risk of accidental exposure to allergens can be reduced in the school setting, we are committed to working in cooperation with parents, students, and physicians, to minimize risks and provide a safe educational environment for all students. The food service staff in each school is aware of the allergies and food restrictions for students in their building, based on information given to them by the nursing staff. Building nursing staff develops individualized healthcare plans and/or individualized emergency plans, as appropriate, for students with severe food allergies and/or restrictions. In addition, the United States Department of Agriculture regulations require substitutions or modifications in school meals for children whose disabilities restrict their diets. When in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability," and the substitutions. The United States Department of Agriculture regulations require substitutions or modifications in school meals for children whose disabilities restrict their diets prescribed by the licensed physician must be made. The school nutrition program must receive a signed statement by a licensed physician that identifies: \*the child's disability; \*an explanation of why the disability restricts the child's diet; \* the major life activity affected by the disability; and \* the food or foods to be omitted from the child's diet and the food or choice of foods that must be substituted.

Encourage parents and staff to bring foods that meet the district's nutrition guidelines for school celebrations and snacks.

To ensure that only foods that have been prepared and held under safe food handling procedures, "hot cooked" potentially hazardous foods will not be allowed to be served to students during school hours. This does not apply to foods that a student brings from home for his or her own consumption (lunches, snacks).

**Goal:**

The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school practices that provide adequate nutrition opportunities.