

Renaissance Arts & Education

Manatee School For the Arts

iHOLA! Elementary

Renaissance Arts & Education recognizes that good nutrition and regular physical activity affect the health and well-being of our students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Wellness Policy is implemented as part of the School Wellness Committee. Following the Coordinated School Health Approach, Wellness Committee members will include food service, school health, teachers, school administration, parents, students. Wellness Committee meetings dates are advertised to the public and are open to the community. The purpose of the Wellness Committee is to monitor the compliance of the nutrition and wellness policy, propose needed revisions to the policy, and set yearly measurable goals. The Wellness Committee will review and consider evidence-based strategies and techniques in establishing measurable goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

A. School Meals

1. All Meals

- a. To the maximum extent possible, all schools will participate in available Federal school meal programs, including the SBP, NSLP.
- b. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional State nutrition standards that go beyond USDA requirements.
- c. Students with special dietary needs will be accommodated as required by USDA regulations and District Meal Modifications and Food Allergies Policy 5335.02.
- d. Water will be available to students within the cafeteria either through a water fountain or water cooler.
- e. Dining areas and cafeterias will be kept attractive and include enough seating to accommodate all students who would like to sit and eat.
- f. All menus, nutritional content, allergy and ingredient information will be available through application software, and via hardcopy if requested.
- g. A comprehensive outreach, promotion, and pricing plan will be used to ensure maximum participation in the school meal program, and ensure all eligible students qualify and receive meal benefits.
- h. The schools will make student meal accounts readily available online.
- i. When available and competitively priced, local foods will be considered during menu planning.

2. Breakfast and Lunch

- a. All schools will provide breakfast and lunch through the USDA National School Lunch Program.
- b. School meals will include a variety of nutrient dense foods, including whole grains and fiber-rich fruits and vegetables. Salads, sandwiches, wraps, and other alternative entrée items will be offered daily at lunch.
- c. A choice of fresh fruits and vegetables will be offered each day as part of a healthy diet. Students will be required to take at least one half (1/2) cup of fruit or vegetable with both breakfast and lunch.
- d. Students will have a choice of milk with breakfast and lunch based on current USDA standards. Students will be allowed to select which type of milk they choose to drink. Students are not required to take milk as part of breakfast or lunch.
- e. Healthy choices will be prominently displayed in the cafeteria to encourage students to make healthy choices.
- f. Renaissance Arts & Education shall operate a "closed" lunch period to encourage students to eat a nutritious lunch. Students will not be allowed to leave the school campus during lunch periods.
- g. Students will be allowed, once seated, a minimum of fifteen (15) minutes to eat breakfast. If time is a concern, alternate arrangements will be made. Students will be allowed, once seated, a minimum of Twenty (20) minutes to eat lunch. If time is a concern, alternate arrangements will be made.
- h. There should be enough meal periods to ensure the student per meal period ratio is such that students can be moved through the lunch line efficiently. Student identification cards must be presented by all high school and middle school students for meal service. Elementary school students will be tallied using tic sheets.

A.

1. A la Carte

- a. All a la carte items offered by the Food and Nutrition Department will meet USDA Smart Snacks Nutritional Standards below in Schools requirements, Nutrition Standards above.
- b. Fresh fruits and vegetables will also be offered as a la carte.
- c. Parents can restrict the purchase of a la carte items through the application software or by contacting the food service director.

B. Other Foods Available to Students

The following standards apply to all foods, other than those in school meals, available to students during the school day on the school campus. The Healthy Hunger Free School Act defines the school day as the period from the midnight before, to thirty (30) minutes after the end of the official school day. The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day. No ready-to-eat combination foods of meat or meat alternate and grain products may be sold to students during the school day.

USDA Smart Snack Nutritional Standards:

1. All foods must meet at least one (1) of the following:
 - a. include fifty percent (50%) or more whole grains by weight or have a whole grain listed as the first ingredient
 - b. have as the first ingredient one of the non-grain major food groups: a fruit, a vegetable, a dairy product, or a protein food

- c. or be a combination food that contains at least ¼ cup of fruit and/or vegetable
 - d. if water is the first ingredient, the second ingredient must be one of the above
2. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

| Nutrient | Snack Item | Entrée Items* |
|----------------------|-------------------|----------------------|
| Calories | ≤ 200 calories | ≤ 350 calories |
| Sodium | ≤ 200 mg | ≤ 480 mg |
| Total Fat | ≤ 35% of calories | ≤ 35% of calories |
| Saturated Fat | <10% of calories | <10% of calories |
| Trans Fat | 0 grams | 0 grams |
| Sugar | ≤ 35% of weight | ≤ 35% of weight |

3. Allowable exemptions to these standards:
- a. Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
 - b. Fresh or frozen fruits and vegetables with no added ingredients, except water.
 - c. Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup.
 - d. Low sodium/no salt added canned or frozen vegetables with no added fats.
 - e. Reduced fat cheese, nuts, seeds, and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

4. School Celebrations

- a. School-wide celebrations and special events may be exempted from the nutritional standards once each quarter.
- b. Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child only. Ingredient labels must be available for all food brought to the classroom.
- c. USDA Smart Snack Nutritional Standards above should be considered when bringing in food for classroom parties. Healthy food alternatives, games, and crafts should be used as alternatives.

- d. In elementary schools, foods and beverages for classroom parties and celebrations can only be offered in the last hour of the school day. If allowing celebrations, schools are encouraged to establish a once a month birthday celebration for all students who had a birthday during the month.

5. Rewards/Classroom Food

- a. If food is used as part of a learning experience, staff shall consider the USDA Smart Snack Nutritional Standards. Food allergies/medical conditions should also be considered.
- b. Staff shall consider the USDA Smart Snack Nutritional Standards above when using food as a reward.
- c. Students are allowed to have individual water bottles in the classroom unless disciplinary issues dictate otherwise.
- d. Fund-raising sales in the classroom during the school day to students must meet USDA Smart Snack Nutrition Standards above. Items that meet Smart Snack requirements may only be sold thirty (30) minutes after the last lunch period.
- e. Foods distributed to students as part of classroom snacks will meet USDA Smart Snack Nutrition Standards above.
- f. The District will disseminate a list of healthy party/snack ideas and nonfood rewards to parents and teachers.

6. Vending

During the school day, vending machines accessible to students is limited to:

- a. Elementary – no vending
- b. Middle School – not until one (1) hour after last bell
- c. High School – not during meal service hours until thirty (30) minutes after the last lunch period.

All vending machines if available to students must be provided with a locking/timer mechanism. Machines must be turned off until thirty (30) minutes after the last lunch period.

6. Beverages

Portion sizes listed are the maximum that can be offered.

| Beverages | Elementary | Middle | High |
|-------------------------|-------------------|---------------|-------------|
| Plain water | unlimited | unlimited | unlimited |
| Unflavored low-fat milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |

| | | | |
|---|-----------|------------|------------|
| Unflavored or flavored fat-free milk | 8 fl. oz. | 12 fl. oz. | 12 fl. oz. |
|---|-----------|------------|------------|

| | | | |
|--|-------------|-------------|------------|
| Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz. | Not allowed | Not allowed | 20 fl. oz. |
|--|-------------|-------------|------------|

| | | | |
|---|-------------|-------------|------------|
| Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz. | Not allowed | Not allowed | 12 fl. oz. |
|---|-------------|-------------|------------|

6.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

7. School Stores/Group Sales

- a. Foods sold in school stores must meet the nutritional requirements as stated in USDA Smart Snack Nutritional Standards above.
- b. Documentation must be maintained by the store/group staff to assure that all foods meet the nutrition standards.
- c. In accordance with State regulation, foods cannot be sold in schools' stores/groups until thirty (30) minutes after the last lunch period.

8. Concession

Concession stands operating during the school day must meet the criteria outlined in the procedures. Concession stands operating outside of the school day are exempt from restrictions on food sold to students.

9. Culinary Programs

- a. Foods sold to students as part of a culinary instructional program must meet USDA Smart Snack Nutritional Standards above.
- b. In accordance with State regulation, food from these programs cannot be sold to students until thirty (30) minutes after the last lunch period.

10. Foods brought into schools during meal service hours

- a. Parents are encouraged to provide meals from home that meet the nutritional requirements set forth in Dietary Guidelines for Americans.

- b. Occasionally, a parent may bring food into the cafeteria for their student only, not for larger groups of students.

C. Fund-Raisers

1. Foods sold for fund-raising purposes during the school day on the school campus must meet the minimum nutrition requirements as outlined in USDA Smart Snack Nutritional Standards above.
2. In accordance with State regulations, fund-raiser foods or beverages may not be sold until thirty (30) minutes after the last lunch period.
3. All vendors who plan to sell food to students during the school day on school campus must meet with a school representative to evaluate whether the food complies with USDA Smart Snack Nutritional Standards. Vendors not meeting policy requirements will not be permitted to sell food during the school day to students.
4. Renaissance Arts & Education will strive to have a majority of their fund-raising come from non-food alternatives.
5. Food fund-raisers that sell food to be consumed off-site are exempt from meeting the nutritional guidelines.

D. Marketing Food and Beverages

1. Advertising visible to students during the school days must be consistent with USDA Smart Snack Nutritional Standards above.
2. Marketing activities that promote healthful behaviors are encouraged.

E. Food Safety and Security

1. Food and non-food inventory located at the schools will be kept in a secured area with access granted only to food service personnel and administration.
2. Use of the food service area (kitchens) must follow facility use agreement. A food service employee must be present any time the facility will be used for the preparation or service of food.
3. School Food Services will use the Hazard Analysis Critical Control Point (HACCP) guidelines to assure food safety and security.
4. Cafeteria managers will maintain a safe food handling certification and all staff training will be tracked to ensure USDA Professional Standards are met along with state requirements.
5. Education activities using raw ingredients, such as eggs, meats, should be prepared under the supervision of staff who have food safety training.
6. Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child. Ingredient labels must be available for all food brought to the classroom.
7. Only Food and Nutrition Services employees are authorized to receive the deliveries of program food and beverages.

F. Nutrition Education

1. General Requirements

- a. All students in grades K-12, including students with disabilities, special health care needs, and those in alternative educational settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
- b. Schools will strive toward integrating nutrition education with a coordinated school health approach.
- c. Promote the integration of nutrition education into other areas of curriculum such as math, science, health, physical education, language arts, and social studies.
- d. We adopt various guidelines from the district's wellness policy.

2. Cafeterias/Food and Nutrition Services

- a. Attractive, current nutrition education materials are prominently displayed in dining areas.
- b. Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.
- c. Provide nutrition education in the classroom.
- d. Provide nutrition education materials to promote healthy eating, physical activity, food systems and overall wellness developed by the nutrition specialist/registered dietitian.
- e. Provide nutrition education resources on the food and the school website.

G. Physical Activity

Physical education instruction focuses on the outcomes of achieving and maintaining a health-enhancing level of fitness and understanding that physical activity provides the opportunity for enjoyment, challenge, self-expression, communication, and well-being.

1. General Requirements

- a. All students shall receive the prescribed amount of physical education.

2. Other Physical Activity Opportunities

- a. All school classrooms' health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
- b. Opportunities for physical activity will be incorporated into other subject areas.
- c. Classrooms shall incorporate, where possible and appropriate, short physical activity breaks between lessons and classes.
- d. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
- e. Staff members shall not require the participation in physical activity, such as walking laps, as a form of discipline or punishment during the school day.

- f. After school flag football, soccer and runners' clubs, and other physical activities events will be utilized, where possible and appropriate, as additional opportunities for physical activity.
- g. Students should have the opportunity to be physically active before and after school where possible.

3. School-Based Activities

- a. Food and Nutrition Services will support school-based wellness efforts.

4. Employee Wellness

Staff will be encouraged to model healthy eating and physical activity behaviors for students.

H. Recordkeeping/Accountability/Evaluation

1. School Health Advisory Committee (SHAC) Responsibilities

- a. Meet bi-annually. Wellness Committee members will include food service, school health, teachers, school administration, as well as a board member, parents, students, Wellness Committee members are selected on an annual basis.
- b. Establish priority items and yearly measurable goals.
- c. Review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- d. Help in the implementation of school-wide wellness programming. Community partnerships and community members will be utilized to assist in the development, implementation, and evaluation of the schools wellness initiatives.
- e. Monitor the compliance of the nutrition and wellness policy and propose needed revisions to the policy.
- f. Provide training, tools, and information for effective implementation of the wellness policy.

2. Accountability and Evaluation

- a. Food Services will conduct an annual review to ensure compliance with policy procedures at all schools. A triennial assessment will be conducted every three years.
- b. The school Principals or representatives and the Food Services Director shall ensure overall compliance with the wellness policy.
- c. A detailed annual report on the completion of yearly goals and school-based wellness policy compliance will be available on the school's website.
- d.

- e. The Wellness Committee will update and make modifications to the wellness policy based on the results of the annual survey and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new Federal or State guidance or standards are issued. The wellness policy will be assessed as indicated at least every three (3) years.
- f. The most current version of the wellness policy will be available on the Food and Nutrition Services website.
- g. Florida Department of Agriculture and Consumer Services will monitor school compliance as part of their administrative review process. The Food Services Department will monitor school compliance as part of their annual school review process.

Revised 1/28/26

Legal

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 120.81(1)(a)

F.S. 595.405

F.S. 1001.32(2)

F.S. 1001.41

F.S. 1001.42

F.S. 1001.43

F.S. 1003.453

F.S. 1003.455

F.A.C. 5P-1.003

Healthy Hunger Free Kids Act of 2010

7 C.F.R. Part 210

7 C.F.R. Part 220

§