

**5.08 FOOD AND NUTRITION SERVICES**

E. Employee and Student Wellness

1. The School District of Clay County is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

During the school year, employees and students of Clay County schools will have an increased awareness of wellness and opportunities for a healthy lifestyle by accomplishing the following goals:

- a. Assure the school environment is a safe, comfortable and pleasing environment for consuming meals.
- b. Assure that all food made available in the cafeteria and through out the campus adhere to food safety and security guidelines.
- c. Assure that the schools provide a physical and social environment that encourages activity for all students.
- d. Food and Nutrition Services will ensure that student access to food and beverages meet federal, state and local laws and guidelines.
- e. Food and Nutrition Services will offer a variety of age appropriate healthy food and beverage selections for all grade levels.
- f. Reimbursable school meals will not be less restrictive than regulations and guidance issued by the USDA.
- g. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch (at least 20 minutes) and breakfast (at least 10 minutes), respectively, from the time the student is seated.
- h. The district will strive to increase participation in the available federal Child Nutrition Programs – school breakfast, school lunch, and summer food service programs.
- i. Assure that menu items in cafeteria include healthy options: i.e., pizza with whole grain crust, baked French fries with zero trans-fats, water, reduced sugar and fat free milk, whole wheat cookies and rolls, fresh salads and fruit.

- j. Promote and encourage student-oriented wellness and fitness activities (i.e., monthly fitness challenge in each elementary school, **Safe Routes to School Programs (SRTS) and walk to school programs like the “Walking School Bus.”**)
- k. Conduct yearly employee and student-based wellness fair.
- l. Nutrition education goals include but are not limited to: printed material available at serving areas in cafeterias, on parent menus sent home, on District website.
- m. Clay County school menus are analyzed on NutriKids software and foods served meet recommended guidelines for calories, fat and saturated fat. The District has an exclusive beverage contract with Pepsi and administrators work with Pepsi representatives to ensure that the competitive foods policy is adhered to.