

Wagon Mound Public Schools
Nutrition Policy

District: Wagon Mound Public Schools

Component: Nutrition

Definition:

Nutrition means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.

Requirements:

Each local board of education shall establish a district school health advisory council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community members(s).

The school health advisory council shall have the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the school district wellness policy.

The school health advisory council shall meet for this purpose a minimum of one time annually.

The nutrition guidelines will address and stipulate all edible foods offered to staff, students, families and visitors. These guidelines will be governed as follows:

A la carte offerings will minimally meet the guidelines set forth in Subsection B of 6.12.5.8 NMAC

School sponsored fund raisers during the normal school hours will minimally meet guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC

School sponsored fund raisers before and after school hours will ensure that at least fifty percent 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

Goal:

The goal of this policy is to provide students and staff with sound nutritional foods so they may reach their full educational potential, learning and demonstrating positive health practices.

1. School/Selling of Food:
 - A. Outside vendors: Outside vendors are not allowed to sell on the school grounds.
 - B. Superintendent and student organizational leaders will be instructed that 50% of bake sale items will be healthy choices. Student organizations may only have bake sales on school grounds when prior approval is granted by the superintendent/principal. Pizza, frito pie, burritos, brownies, rice krispies and pickles are typical foods sold at a bakesale.

- C. Vending Machines (beverage sales) will follow the guidelines of Nutrition: Competitive Food Sales 6.12.5.8 NMAC.
- D. Concession stands will not be opened during **school lunch** hours.
- E. **Fundraiser may be conducted only for up to one school day on two occasions per semester. Competitive Food Sales 6.12.5.8 NMAC**

MOST WAGON MOUND STUDENTS LIVE IN RURAL AREAS, ARRIVING AND LEAVING BY BUS AND MOST ARE UNABLE TO FUNDRAISE AT ANY OTHER TIME. BAKESALES ARE A WAY FOR ALL STUDENTS TO PARTICIPATE IN FUNDRAISING.

- II. School Nutrition Curriculum-Vending
 - A. Comprehensive school nutrition program from pre-school through 6th grade is provided by the school staff. Materials are provided by the cafeteria department, the Public Education Department and the Organ Wise Guys Curriculum.
 - B. The elementary teachers and the school nurse provide nutrition education on a continuing basis which includes hands on tips of a school health program, for example providing and making healthy snacks and the practice of encouraging healthy habits for nutrition.
 - C. The cafeteria staff also promotes proper nutrition information through Dairy Max, Team Nutrition, Fuel Up to Play and through posters as well as providing a relaxing atmosphere where students can enjoy their meals and visit with their friends and classmates. Pleasant decorations may be provided throughout the dining area.
 - D. Nutrition will be taught in elementary classrooms, secondary Family and Consumer Science, Physical Education and Health Classes as part of the Comprehensive School Health Curriculum and integrated in the cafeteria with fun and innovative activities.
 - E. Our school provides breakfast for staff and students at the beginning of each school day for the elementary and between the 1st and 2nd class period for the junior high and high school students.
 - F. Our school staff has embraced the nutrition curriculum and they are encouraged to supplement their education with current knowledge.
 - G. Our school staff actively involves family members and the community in supporting and reinforcing nutrition education.
- III. School Food Service

Breakfast and lunch are offered to all students on school days. Modifications to the menu to accommodate special needs and school sponsored trips are the norm and are available upon a timely request.

 - A. Food service staff will be accorded needed respect and attention and treated as equal partners in education.
 - B. Food service staff will work cooperatively with all students, teachers, educational support staff, administrators and parents, creating an atmosphere so children are ready to learn.

- C. On-going training programs will be developed and implemented for all aspects of school nutrition and food service.
 - D. Food Service staff will follow the Dietary Guidelines for Americans and USDA Regulations.
 - E. Effective and efficient purchasing practices by our staff will insure that quality food will be available for our students and staff consumption.
- IV. School Nutrition Program Community Support:
- A. Breakfast and Lunch menus with nutrition disclosure information on a regular basis will be printed distributed to staff/parents & posted in the cafeteria & also on the on-line school web-site.
 - B. Breakfast and Lunch menus will be provided for all classrooms and to anyone who requests one. The menus will be provided to a local newspaper on a monthly basis. (The Las Vegas Daily Optic) and to the local radio stations: KRTN, KNMX).
- V. School Campus, Meals and Snacks
- A. Students are treated with love and respect.
 - B. Breakfast will be served to all students at the beginning of each day as fuel for the brain.
 - C. Lunch at the school will be served with adequate time for all students to eat.
 - D. Meals will be well-balanced, with a variety of choices, appealing to students.
 - E. Sufficient amounts will be prepared so the last will have the same as the first.
 - F. Portions will be appropriate for age/grade.
 - G. Students with special nutritional needs will be assessed on an individual basis according to USDA Regulations.
 - H. Our school environment will be pleasant, student friendly and updated as needed providing funds are available.
 - I. Food will not be utilized as a reward or punishment by any staff member.
- VI. Evaluation component:
- A. The on-site review is provided by the Student Nutrition Dept. at the Public Education Department at the beginning of every school year.
 - B. The State of New Mexico Environment Department inspects our facility at the beginning of every school year.
 - C. Our staff completes a refrigeration survey as required in the commodities agreement. They also complete a Daily Perpetual Inventory and Daily Temperature Log on every school day.
 - D. Safety inspections are completed at the beginning of each school year.
 - E. Constant evaluation is ongoing, between the cooks, the cafeteria business manager and Superintendent/Principal.

Revised: April 22, 2014
 April 14, 2015
 March 15, 2016
 January 3, 2017

Adopted: December 21, 2005