

**Natchitoches Parish School Board Wellness Policy
Fall 2008**



**School Nutrition-Food Service Environment
Physical Activity
Nutrition Education**

**Natchitoches Parish School Board
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2007-2008**

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Louisiana Department of Education Natchitoches Parish School Board Wellness Policy

On June 30, 2004, Congress passed Section 204 of Public law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, more high school students should participate in sufficient vigorous physical activity and attend daily physical education classes;

Whereas, very few children (2 to 19 years) eat a healthy diet consistent with the recommendations from MYPyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Natchitoches Parish School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Natchitoches Parish School District has given the superintendent the responsibility to appoint a designated person to coordinate and assess the implementation of a wellness policy.

Therefore, it is the policy of the Natchitoches Parish School District that:

- ❖ The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- ❖ All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ❖ Foods and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 1196*.
- ❖ Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and service in a timely manner.
- ❖ To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.)
- ❖ Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Federal and State Requirements

The Natchitoches Parish School District will:

- ❖ Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
 - The school food service program will monitor the nutrient breakdown of their menus. Schools shall analyze the menus offered to students using nutrient analysis software to ensure that USDA guidelines are being met. An SMI (*School Meals Initiative*) will be conducted by the Louisiana Department of Education, Division of Nutrition Assistance every three years.
 - The school will make efforts to ensure that families are aware of need-based programs to provide free or reduced-price meals and those eligible families will be encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.
- ❖ Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
 - Snacks will be offered based on the nutrient guidelines in the USDA's After School At-Risk Snack Program to students in after-school education or enrichment programs. Schools are encouraged to serve snacks through the School Food Service Program.
- ❖ Encourage school staff and families to participate in school meal programs.
- ❖ Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (*Policies of Operation, Bulletin 1196, Chapter 11*).
 - The School Nutrition Association (SNA) has established certification and credentialing standards available at <http://www.asfsa.org/continuinged/>. The American Dietetic Association (ADA) has

established certification and credentialing standards available at www.eatright.org. Schools will utilize SNA and ADA recommendations for food service staffing and qualifications to appropriately staff their food service departments.

- All food service personnel will have adequate training in safe food handling.
- ❖ Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
 - Schools will encourage classes to order foods for classroom parties from the school's food service program or sources providing food in compliance with the Louisiana Food Code to ensure compliance with food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCAP) plans and guidelines must be implemented to prevent food illness in schools.
 - All food service equipment and facilities will meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation; and workplace safety.
- ❖ Follow State Board of Education policies on competitive foods and extra food sales (refer to *Bulletin 1196*).
- ❖ Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity. (see "Other School Policies")

School District Policies

The Natchitoches Parish School District will provide:

- ❖ Adequate time for breakfast and the recommended 30 minutes for lunch.
 - Students and staff shall have adequate space to eat meals in pleasant surroundings and adequate time to eat, relax, and socialize with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with students. Convenient access to facilities for hand washing must be available during all meal periods.
- ❖ Foods of good nutritional content including:
 - Whole and enriched grain products high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards;
 - Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice;
 - Nonfat, reduced fat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese;
 - Nuts, nut butters, seeds, trail mix and/or soybean snacks;
 - Healthy food preparation techniques for lean meat, poultry, and fish;will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Schools will encourage students to make nutritious food choices as recommended in Act 331. Attached is a list, from Pennington Biomedical Research Center, of foods with good nutritional content.
- ❖ Foods of Minimal Nutritional Value, as defined by 7 CFR 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 the United States Department of Agriculture (USDA), include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

- ◆ Non-Creditable Food Items- may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count towards USDA meal patterns. Schools are encouraged to limit availability of these food items to students.
- ◆ Creditable- food item determined by USDA to have nutritional value and acceptable as a component of a complete meal. Schools are encouraged to serve a variety of creditable food items.
- ◆ Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, or similar, may not be sold to students on school grounds during the normal school day.

Other School Policies

The Natchitoches Parish School District will:

- ❖ Eliminate use of foods as **rewards** for student accomplishment. (See appendix A for reward alternatives).
- ❖ Encourage serving healthy food at school **parties**. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix B for healthy school parties).
- ❖ Strongly discourage selling food items of limited nutritional value as **fundraisers**, such as candy, cupcakes, or sugar beverages. (See Appendix C for healthy fundraising alternatives.)
- ❖ Strongly encourage nutritious and appealing options (such as fruits, vegetables, nuts, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.

Food Marketing

- ❖ School-based marketing should be consistent with nutrition education and health promotion. As such, it is recommended that schools limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is strongly discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy foods is encouraged.
 - School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.
 - School staffs are encouraged to cooperate with other agencies (Parish Health Unit, hospital, Northwestern State University) and community groups to provide opportunities for student volunteer work related to nutrition. School officials should disseminate information to parents, students, and staff about community programs that offer nutrition assistance (WIC, Food Stamp applications, free and reduced lunch eligibility and applications) to families.
- ❖ Marketing activities that promote healthful behaviors include: vending machine covers promoting water or milk; pricing structures that promote healthy options in vending machines, and sales of fruit for fundraisers.

- ◆ Partnerships between schools and businesses are encouraged and business sponsorship of educational activities and materials shall be duly acknowledged. However, such partnerships shall be designed to meet identified educational needs and healthy school environment goals and shall be evaluated for educational effectiveness by the school/district on an ongoing basis.
 - ◆ Advertising messages should be consistent with and reinforce the objectives of the educational and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times should be consistent with established USDA Dietary guidelines.
- ❖ The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:
- **Product:** Vendors and companies have increasing numbers of products available—many with a more healthful profile than traditional snack foods and beverages.
 - **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations—like at students’ eye level in a vending machine.
 - **Price:** Another way to increase the sale of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to \$.50 less than other drinks.
 - **Promotion:** There are many creative ways to promote healthy options—like offering samples of new healthful products or giving discount coupons during the introductory period; or designating healthy choices in vending machines and school cafeteria by using school mascot symbol.

Nutrition Education

The Centers for Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, food service personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among school food service staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education—traditional classroom lessons that address general knowledge, attitude, and behavior AND behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum including science, mathematics, English/language arts, and social studies. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school and the community. Nutrition education also is part of health education, which enables students to acquire knowledge and skill needed to practice good health. A planned, sequential curriculum is essential.

Behavior change can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The Natchitoches Parish School District will:

- ❖ Promote and implement nutrition education programs that promoting lifelong healthful eating practices using resources available from the Pennington Biomedical Research Center, LSU AgCenter and local resources such as Northwestern State University, Natchitoches Parish Health Unit, Natchitoches Regional Medical Center, and LSU Extension services;
- ❖ Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant, sequential and are correlated with standards, benchmarks, and grade level expectations;
 - Teachers may access the *Nutrition Across the Curriculum* lessons available online through the Louisiana Department of Education at <http://www.louisianaschools.net/lde/nutrition/1667.html>.
- ❖ Provide hands-on activities that are fun;
- ❖ Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;
- ❖ Focus on positive aspects of healthful eating behaviors; and
- ❖ Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
- ❖ Strive toward hiring qualified, certified health education teachers.
- ❖ Provide staff development for teachers.
 - Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Physical Education

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity.

When examining Physical Education programs, ask the question, “Does the physical education program help every student attain the knowledge, skills, and attitudes needed for them to lead active, productive lives and maintain a health-enhancing level of physical fitness?” Quality physical education programs include the following components:

1. Emphasizes knowledge and skills that promote a lifetime of physical activity.
2. Is based on standards that define what students should know and be able to do.
3. Keeps students active for most of the class time.
4. Provides many different physical activity choices.
5. Meets needs of **all** students, especially those who are not athletically gifted.
6. Features cooperative, as well as competitive, games.
7. Develops students’ self-confidence and eliminates practices that humiliate students.
8. Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
9. Promotes physical activity outside of school.
10. Teaches self-management skills, such as goal-setting and self-monitoring.
11. Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
12. Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.

In Louisiana, Act 814 passed in 2003 to require that public schools for grades K6 provide 30 minutes each day of quality physical activity. **Act 734**, passed in 2004, revised Act 814 wording to require 30 minutes each school day of *quality, moderate to vigorous physical activity for students*. Implementation of Act 734 requirements began with the 2004-05 school year.

The Natchitoches Parish School District will:

- ❖ Promote and implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
 - ◆ Currently, Parks Elementary/Junior High is serving as a pilot site for the *Five for Life* curriculum (through a federal grant) correlating academic curriculum with physical activity.
- ❖ Provide students in grades K-8 with a minimum of 150 minutes per week of health and physical education.
- ❖ Ensure that students in grades K-6 participate in planned, organized, moderate to vigorous physical activity for a minimum of 30 minutes each school day.
- ❖ Strive toward having qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
- ❖ Provide staff development on standards implementation for physical education instructors.
 - Encourage staff to become members of Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD).
- ❖ Ensure that adequate safety policies and provisions are in place for physical education programs.
- ❖ Strive toward ensuring that adequate equipment is in place to guarantee that all students are able to be active for a minimum of 30 minutes per school day.
- ❖ Provide a variety of fitness training, motor skills, and team work modules in the 270 hours of physical education required at the high school level for graduation.
- ❖ Use a recognized instrument or program such as *Fitnessgram*®, to evaluate student's physical fitness.
 - ◆ Parks Elementary/Junior High is serving as a pilot site implementing *Fitnessgram*® testing to evaluate and track students' progress.
- ❖ Provide age-appropriate equipment and facilities for implementing quality physical education programs.

Physical Activity Opportunities

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

The Natchitoches Parish School District will provide opportunities for physical activity:

- ❖ Recognize that daily physical activity is essential to student welfare and academic performance.
- ❖ Encourage physical activity during recess for elementary students, intramurals programs, integration in the academic curriculum, and clubs as well as in physical education programs.
- ❖ Provide daily recess for all children in K-8th grade.
- ❖ Work with the community to create ways for students to walk, bike, skateboard, roller-skate, play basketball, softball, and baseball, or participate in other physical activities in a safe location at times other than the school day.
- ❖ Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
- ❖ Encourage school staff to participate in physical activities to serve as role models.
- ❖ Support community-based physical activity programs.

Definitions

The following definitions apply to the Louisiana School Wellness Policy:

A. Competitive Foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program or School Breakfast Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of in-school fundraisers. In-school fundraisers include food items sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization. These items may be sold at school *only* if they meet the requirements *SBESE Bulletin 1196*.

B. Elementary School: School with grade 9 and one or more lower grades, but not grades 10, 11, or 12; schools with any single grade or combination of grades below grade 9.

C. FMNV: Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soft drinks, water/ices, chewing gum, and certain candies) that are restricted by the U.S. Department of Agriculture under the child nutrition programs.

D. Food Service: Refers to the school's operation of the National School Program and School Breakfast Program and includes all food service operations conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.

E. Fruit or Vegetable Drink: Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.

F. Fruit or Vegetable Juice: Beverages labeled as containing 100 percent fruit or vegetable juice.

G. High School: Any school whose grade structure falls within the sixth through 12th grade ranges and includes grades in the 10th to 12th range, or any school that contains only grade 9.

H. School Day: For the purpose of the Louisiana School Wellness Policy, the school day begins during a period of thirty minutes prior to and thirty minutes after the end of the normal school day.

I. School Meals: Meals provided under the National School Lunch Program and School Breakfast Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.

Appendix A

Alternatives to Using Food as a Reward

At school, home, and throughout the community, kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring short-term behavior change.

There are many disadvantages to using food as a reward:

- ❖ It undermines nutrition education being taught in the school environment.
- ❖ It encourages over-consumption of foods high in added sugar and fat.
- ❖ It teaches kids to eat when they’re not hungry as a reward to themselves.
- ❖ Kids learn preferences for foods made available to them, including those that are unhealthy.
- ❖ Poor food choices and inadequate physical activity contribute to overweight and obesity.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- *Sit by friends
- *Watch a video
- *Read outdoors
- *Teach the class
- *Have an extra art time
- *Enjoy class outdoors
- *Have an extra recess
- *Play a computer game
- *Read to a younger class
- *Get a “no homework” pass
- *Make deliveries to the office
- *Listen to music while working
- *Earn play money for privileges
- *Play a favorite game or puzzle
- *Get a set of flash cards printed from a computer
- *Walk with a teacher during lunch
- *Eat lunch outdoors with the class
- *Be a helper in another classroom
- *Eat lunch with a teacher or principal
- *Get “free choice” time at the end of the day
- *Listen with a headset to a book on audiotape
- *Have a teacher perform special skills (i.e. sing)
- *Have a teacher read a special book to the class
- *Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- *Select a paperback book
- *Enter a drawing for donated prizes
- *Take a trip to the treasure box (non-food items)
- *Get stickers, pencils, and other school supplies
- *Receive a video store or movie theatre coupon
- *Receive a “mystery pack” (notepad, folder, sports cards, etc.)

Adapted from: Tips and Tools to Help Implement Michigan’s Healthy Food and Beverage Policy, <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

Appendix B

Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools--which have a great impact on children--to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- *Fresh fruit and vegetables – Buy locally when possible.
- *Yogurt
- *Bagels with low fat cream cheese
- *Baby carrots and other vegetables with low fat dip
- *Trail mix§
- *Nuts and seeds§
- *Fig cookies
- *Animal crackers
- *Baked chips
- *Low fat popcorn

- *Granola bars§
- *Soft pretzels and mustard
- *Pizza (no extra cheese and no more than one meat)
- *Pudding
- *String cheese
- *Cereal bar
- *Single-serve low fat or fat free milk (regular or flavored)
- *100% fruit juice (small single-serves)
- *Bottled water (including flavored water)

§May be allergens and/or a choking risk for some people, please check with a health care provider.

Appendix C

Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

Search the Web

Select a search engine and type in “school fundraisers” to access 112,000+ sites. A few of these sites are:

www.afrds.org/homeframe.html

Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with “*Fundraising Fundamentals*,” a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

www.PTOtoday.com

Lists fundraising activities by categories, has a “work vs. reward” equation, contains a parent sharing section on “what works, what doesn't, and why.”

www.fundraising-ideas.com

Offers a free newsletter with programs, services, and press releases. Links to www.amazon.com with books on fundraising.

Schools are also selling an ever-expanding variety of non-food items such as:

- *Gift wrap
- *Magazine subscriptions
- *Garden seeds
- *Candles
- *Discount coupon books
- *Raffles of gift baskets
- *Plants and flowers
- *School spirit items
- *Cookbooks

Schools also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- *Car washes
- *Walk-a-thons, bike-a-thons, skate-a-thons, etc.
- *Family game nights
- **Hire a Student Day* for odd jobs, babysitting services, etc. (with proceeds going to the school)
- *3-on-3 basketball or soccer tournaments
- *Silent auctions
- *Talent shows
- *Family skate nights
- *Monday night football *Dad's Night Out*
- **Mom's Night Out* restaurant discounts
- *School Movie Night (free movies can be rented at the library)
- *Raffle of dinner prepared by school faculty
- *Fashion show
- *Dinner and a movie
- *Dinner theatre (students perform a play)
- *Parent *Principal of the Day*
- *Sell VIP parking spaces

Adapted from: Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

Appendix D



Pennington Biomedical Research Center in Cooperation with the Louisiana Department of Education presents:

Vending Snacks Meeting Recommended Criteria

- 150 calories or less**
- 35% of total calories from fat or less**
- 10% of total calories from saturated fat or less**
- 30 g or sugar or less**
- 360 mg of sodium or less per serving**

ITEM

Fresh Fruit/Fruit Juices

	Serving size (weight)
Apple	1 medium
Banana	1 medium
Orange	1 medium
Pear	1 medium
Tangerine	1 medium
Lucky Leaf Apple Juice	5.5 fl oz.
Minute Maid® 100% Juice Fruit Punch	6.75 fl oz (1 juice box)
Mott's Fruit Punch (100% Juice)	6.75 fl oz. (1 juice box)
Nestle Juicy Juice All Natural 100% Juice—all flavors	6.75 fl oz.
V-8 Low Sodium 100% Vegetable Juice	5.5 fl oz.
Welch's 100% Grape Juice	5.5 fl oz.

Canned/Dried Fruit

Betty Crocker Fruit Roll Ups (Blastin' Berry Hot Colors)	0.5 oz (14 g) = 1 roll
Dakota Gourmet/Kettle Valley Real Fruit Bars – All Flavors	20 g bar
Del Monte Diced Peaches in 100% Juice in Pull Top Cans	4 oz.
Del Monte Lite Mixed Fruit in Pull Top Cans	4 oz.
Del Monte Mixed Fruit in Plastic Cups	4 oz.
Del Monte Tropical Fruit in Plastic Cups	4 oz.
Edy's Fruit Bars – Strawberry	86 g bar
Members Mark Fruit Snacks in Zoo Animal Shapes	1 pouch (26 g)
Nabisco 100 Calorie Packs – Fruit Snacks – Mixed Berry	1 pack (1.1 oz)
Powersnacks Raisins Thompson Seedless	1 oz.
Powersnacks Pineapple Bites	1.5 oz
Raisins (all brands)	

Frozen Products

Blue Bell Creameries Fruiti Bar	2.75 fl oz (90 g)
Blue Bell Creameries Fudgy Bar	2 fl oz (54 g)
Blue Bell Creameries Grape Freeze Bar	1.75 fl oz (62 g)
Blue Bell Creameries Rainbow Freeze Bar	3.75 fl oz (124 g)
Blue Bell Creameries Rainbow Pop Up	2.75 fl oz (61 g)
Blue Bell Creameries Rainbow Sherbet – 3 oz cup	63 g
Blue Bell Creameries Strawberry Banana Bar	2.5 fl oz (79 g)
Blue Bell Creameries Strawberry Lowfat Frozen Yogurt – 3 oz cup	55 g
Blue Bell Creameries Vanilla Light Ice Cream – 3 oz cup	50 g
Frostar® Juice On-A-Stick, Cherry	1.75 oz. (59 g)
Frostar® Pudding On-A-Stick, Chocolate or Swirl Flavors	1.75 oz. (59 g)
J & J Snack Foods CALIFORNIA NATURAL JUICE BARS (M-Pak) 100% juice-cherry	3 oz.

J & J Snack Foods CALIFORNIA NATURAL JUICE BARS (M-Pak) 100% juice-orange	3 oz.
Luigi's® Sherbet Cups CN Labeled – all flavors	4 oz (90 g)
Luigi's® Sourpuss™ Juice Bars (M-PAK®) CN Labeled – all flavors	2.25 oz (74 g) or 3.1 oz (103 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled—all flavors	2.25 oz (74 g)
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled—all flavors	3.1 oz (103 g)
Schwan's Chocolate Malt PUSH-EMS® Treats (#008)	1 Push-Ems® (64 g)
Schwan's Chocolate Fudge Sticks (#010)	1 bar (79 g)
Schwan's Orange Sherbet PUSH-EMS® Treats (#013)	1 Push-Ems® (64 g)
Schwan's Strawberry Fruit Bars (#024)	1 bar (52 g)
Schwan's Vanilla Mini Lite Ice Cream Sandwiches (#036)	1 sandwich (41 g)
Schwan's TRIM CREATIONS® Chocolate Fudge Sticks (#039)	1 bar (53 g)
Schwan's Raspberry & Orange HEALTHY CREATIONS® Crème Bars (#040)	1 bar (64 g)
Schwan's Rainbow HEALTHY CREATIONS® (#043)	1 bar (65 g)
Schwan's HEALTHY CREATIONS® Fudge Swirl Sundae Cups (#050)	1 sundae cup (79 g)
Schwan's HEALTHY CREATIONS® Strawberry Swirl Sundae Cups (#054)	1 sundae cup (74 g)
Schwan's Lemon Freeze Cups (#055)	½ cup (107 g)
Schwan's Blueberry Fruit Bar (#070)	1 bar (55 g)
Schwan's Peach Mango Fruit B(#071)	1 bar (55 g)
Shape-Ups® Holiday/Theme Juice Cups—all flavors	3 oz. (78 g)
Shape-Ups® Juice Cups—all flavors	3 oz. (78 g)

Dairy Products

Blue Bunny Lite 85 Yogurt Cups—all flavors	6 oz (170 g)
Breyers Light Probiotic Plus Formula—all flavors	1 cup (227 g)
Dannon Activia—all flavors	4 oz cup (113 g)
Dannon DanActive—all flavors	3.3 fl oz
Dannon DanActive Light—all flavors	3.3 fl oz
Dannon Danimals—all flavors	113 g
Dannon Danimals Drinkable Rockin' Raspberry	3.1 fl oz (100 g)
Dannon Light 'n Fit Nonfat—all flavors	6 oz (170 g)
Dannon Light 'n Fit Smoothie—all flavors	7 fl oz (207 ml)
Dannon Light 'n Fit w/Fiber—all flavors	4 oz (113.4 g)
Dannon Sprinkl'ins Vanilla	4.1 oz (116 g)
Frigo Cheese Heads 100% Natural String Cheese Light	1 piece (28 g)
Xyience Chocolate Flavored Smoothie	332 g
Xyience Vanilla Flavored Smoothie	332 g
Yoplait GoGurt Portable Yogurt-Strawberry Splash & Berry Blue Blast	1 tube (64 g)
Yoplait Light Nonfat Yogurt—Strawberry	170 g container
Yoplait Lowfat Yogurt—Trix (Wild Berry Blue & Triple Cherry) 1% milkfat	113 g container
Yoplait Whips! Lowfat Yogurt Mousse—Key Lime Pie 2% milkfat	113 g container

Chips/Pretzels/Other Snacks

Dakota Gourmet Cool Ranch Toasted Corn	1 oz
Frito Lay Baked Cheetos Crunchy	1 oz
Frito Lay Baked Cheetos Crunchy Flamin' Hot	1 oz
Frito Lay Baked Doritos Cooler Ranch	1 oz
Frito Lay Baked Doritos Nacho Cheezier	1 oz
Frito Lay Baked Lay's Masterpiece	1 oz
Frito Lay Baked Lay's Original	1 oz
Frito Lay Baked Lay's Sour Cream & Onion	1 oz
Frito Lay Baked Ruffles Cheddar & Sour Cream Potato Crisps	1 oz
Frito Lay Baked Ruffles Original Regular Potato Crisps	1 oz
Frito Lay Baked Tostitos Original Bite Size	1 oz
Frito Lay Doritos Light	1⅞ oz (38.9 g)
Frito Lay Munchies Brand Snack Mix – Kids Mix	1 oz
Frito Lay Munchies Brand Snack Mix – Ultimate Cheddar	1 oz

Frito Lay Baked Rold Gold Brand Pretzels – Honey Braided Twists (only)	1 oz
Frito Lay SunChips Brand Multigrain Snacks Harvest Cheddar	1 oz
Frito Lay SunChips Brand Multigrain Snacks Original	1 oz
J&J Snack Foods--SuperPretzel® 51% Whole Wheat Pretzel Rods	1 oz (28 g)
J&J Snack Foods--SuperPretzel® Soft Pretzel Rods™	1 oz (28 g)
J&J Snack Foods--SuperPretzel® Soft Pretzel	1 oz (28 g)
Nabisco Cheese Nips 100 Calorie Packs	.75 oz (21 g)
Nabisco Kid Sense Cheese Nips Sport Crisps Fun Pack	22 g
Nabisco Ritz Chips	.75 oz (21 g)
Nabisco Ritz Crackers Dinosaurs	1 oz
Nabisco Wheat Thins 100 Calorie Packs	.75 oz (21 g)
Stacy's Chips (Crisps)—BBQ Flavor	1 oz (28 g)
Stacy's Chips (Crisps)—Caramel Flavor	1 oz (28 g)
Stacy's Chips (Crisps)—Cinnamon Sugar Flavor	1 oz (28 g)
Stacy's Chips (Crisps)—Garlic & Herb Flavor	1 oz (28 g)
Stacy's Chips (Crisps)—Tex Hot Flavor	1 oz (28 g)
Stacy's Chips (Crisps)—White Cheddar Flavor	1 oz (28 g)
Xyience Snacks—Mixed Berry	30g

Breakfast/Cereal/Energy Bars

Cascadian Farms Granola Bars—Berry	1 bar (35 g)
Cascadian Farms Granola Bars—Chocolate Chip	1 bar (35 g)
Cascadian Farms Granola Bars—Fruit and Nut	1 bar (35 g)
FruitSnax Energy Bar—Apple Apricot	1.4 oz (40 g)
FruitSnax Energy Bar—Apple Raspberry	1.4 oz (40 g)
FruitSnax Energy Bar—Apple Strawberry	1.4 oz (40 g)
FruitSnax Energy Bar—Wildberry	1.4 oz (40 g)
General Mills Oatmeal Crisp Fruit 'n Cereal Bars—Strawberry	1 bar (40 g)
Kellogg's Nutri-Grain Cereal Bar Apple Cinnamon	37 g
Kellogg's Nutri-Grain Cereal Bar Blueberry	37 g
Kellogg's Nutri-Grain Cereal Bar Cherry	37 g
Kellogg's Nutri-Grain Cereal Bar Mixed Berry	37 g
Kellogg's Nutri-Grain Cereal Bar Raspberry	37 g
Kellogg's Nutri-Grain Cereal Bar Strawberry	37 g
Nature Valley Chewy Trail Mix Bars Fruit & Nut	35 g
Nature Valley Chewy Trail Mix Bars Strawberry Yogurt	35 g
Nature Valley Healthy Heart Chewy Granola Bars Honey Nut	40 g
Nature Valley Healthy Heart Chewy Granola Bars Oatmeal Raisin	40 g
Post Honey Bunches of Oats Low Fat Cereal Bars Cranberry Almond	35 g
Post Honey Bunches of Oats Low Fat Cereal Bars Oatmeal Raisin	35 g
Quaker Breakfast Bars—Apple Crisp	37 g
Quaker Breakfast Bars—Cranberry Orange Muffin	37 g
Quaker Breakfast Bars—Iced Raspberry	37 g
Quaker Breakfast Bars—Strawberry	37 g
Quaker Breakfast Bites—Apple Crisp	37 g pouch
Quaker Breakfast Bites—Iced Raspberry	37 g pouch
Quaker Breakfast Bites—Iced Strawberry	37 g pouch
Quaker Breakfast Bites—Strawberry	37 g pouch
Quaker Breakfast Graham—Cherry & Graham Cereal Bar	30 g
Quaker Breakfast Graham—Strawberry & Graham Cereal Bar	30 g
Quaker Chewy Butterfinger Granola Bar	28 g
Quaker Chewy Chocolate Chip w/25% Less Sugar Granola Bar	24 g
Quaker Chewy Cookies & Milk—Cookies 'n Cream Flavor Granola Bar	28 g
Quaker Chewy Low Fat Favorites Chocolate Chunk Granola Bar	28 g
Quaker Chewy Low Fat Favorites S'mores Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Baked Apple Granola Bar	28 g
Quaker Chewy Low Fat Wholesome Favorites Cinnamon Sugar Granola Bar	28 g

Quaker Chewy Low Fat Wholesome Favorites Oatmeal Raisin Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk Granola Bar	28 g
Quaker Chewy Peanut Butter Chocolate Chunk w/25% Less Sugar Granola Bar	24 g
Quaker Chewy Peanut Butter Granola Bar	28 g
Quaker Chewy Trail Mix Granola Bars Cranberry Raisin & Almond	35 g
Quaker Fruit and Oatmeal Bites Pouches Iced Strawberry	37 g
Quaker Fruit and Oatmeal Bites Pouches Strawberry	37 g
Quaker Oatmeal Breakfast Squares	40 g
Cookies/Crackers	
J&J Snack Foods—MGC Whole Wheat Grahams (all varieties)	1 oz (28 g)
Little Debbie Gingerbread Cookies	21 g = 1 cookie
Little Debbie Pecan Spinwheels	28 g = 1 roll
Mrs. Goodcookie® Character Cookies-Belly Bears™	
Graham Crackers—all flavors	1 oz (28 g)
Mrs. Goodcookie® Character Cookies-Icee® Cookies	1 oz (28 g)
Mrs. Goodcookie® Character Cookies-Jungle Crackers™ Fruit Swtnd	1.1 oz (31 g)
Mrs. Goodcookie® Character Cookies-Jungle Crackers™ Vanilla	1 oz (28 g)
Mrs. Goodcookie® Character Cookies-Star Spangled Cookies	1 oz (28 g)
Nabisco Barnum's Animal Crackers	1 oz (28 g)
Nabisco Chips Ahoy 100 Calorie Packs	23 g
Nabisco Honey Maid Grahams Cinnamon Sticks	28 g
Nabisco Kid Sense Ritz Bits Smilin' Fun Pack	22 g
Nabisco Kid Sense Teddy Grahams Cubs Fun Pack Cinnamon	22 g
Nabisco Mini Nilla Wafers	1 pkg (28 g)
Nabisco Oreo Thin Crisps 100 Calorie Packs	23 g
Nabisco Strawberry & Yogurt Bars	37 g
Nabisco Teddy Grahams Chocolate	1.25 oz (35 g)
Old Colony Big Top Animal Crackers	1.1 oz (31 g)
Pepperidge Farm Goldfish Baked Snack Crackers	1 oz (28 g)
Stauffer's Animal Crackers—Original (low fat)	1 oz (28 g)
Nuts/Seeds	
David Sunflower Seeds Bar-B-Q	1.75 oz (49.6 g)
David Sunflower Seeds Roasted and Salted	1.75 oz (49.6 g)
Frito-Lay Honey Roasted Peanuts	1.5 oz (42.5 g)
Frito-Lay Pistachios Salted	1.75 oz (49.6 g)
Frito-Lay Salted Peanuts	1.75 oz (49.6 g)
Frito-Lay Sunflower Seeds	2.25 oz (63.7 g)
Golden Flake Honey Toasted Peanuts	1.75 oz (50 g)
Golden Flake In-Shell Sunflower Seeds	2.5 oz (70.9 g)
Golden Flake Salted Peanuts	1 pkg (50 g)
Powersnacks Sunflower Kernels—Oil Roasted & Salted	1 oz
Powersnacks Sunflower Kernels—Honey Roasted	1 oz
Powersnacks Sunflower Kernels—BBQ	1 oz
Powersnacks Sweet Trail Mix	1 oz
Powersnacks Peanuts—Oil Roasted & Salted	1 oz
Miscellaneous	
Carnival Crunch	.75 oz
Cracker Jack Original	28.3 g
Cracker Jack Original	1.25 oz (35.4 g)
Dakota Gourmet S'More Trail Mix—Cocoa	1.25 oz
Kellogg's Rice Krispies Treats—Chocolatey Drizzle	22 g (1 bar)
Kellogg's Rice Krispies Treats—Original	22 g (1 bar)
Kellogg's Rice Krispies Treats—Rainbow	22 g (1 bar)
D'Fazio's Meat Turnovers (Pepperoni, Sausage, or Beef)	3 oz

Addendum I
Wellness Policy
Natchitoches Parish School Board
2008-2009 School Year

The Natchitoches Parish School Board received a Team Nutrition grant to assist in the implementation of the Wellness Policy. The grant will fund Family Nutrition Nights at the Parent Expo and individual schools.

During the Parent Expo a booth will be set up presenting nutrition education activities highlighting *MyPyramid* for students and parents. Activity books and bookmarks will be distributed.

Each school will be given a toolbox with resources needed to complete a Family Nutrition Night. Resources will include food lists, handouts to be printed, instructions for each activity, timeline and evaluations for the following activities:

K-4 Mathematics - *The Colors of Health*

5-8 Mathematics – *My Bony Body*

K-4 Science – *Mapping Your Tastes*
What are Fats?
What's in Your Cereal?
Your Skin

K-4 English/Language Arts – *BEAN-Go*

5-8 English/Language Arts - *Breakfast*

Schools that include grades K-12 will each participate in Family Nutrition Nights. All students and their parents are invited to participate in the Parent Expo to be held on October 30, 2008 at the Natchitoches Events Center.