

BUSINESS AND NONINSTRUCTIONAL OPERATIONS

FOOD SERVICE

Objectives

The Board of Education recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board also recognizes the school's role, as part of the larger community, to promote family health and provide a sound foundation for future physical well-being.

The Board Believes:

1. In providing the most healthy and appealing food choices possible on school premises significantly contributing to the nutritional well-being of students and staff.
2. That the nutritional quality of breakfast, lunch, snacks, and beverages served in our schools be considered as carefully as other educational support materials.
3. That foods prepared and served in ways that provide a pleasant atmosphere for students and staff will encourage a fundamental experience toward building friendships, celebrating our diversity, and nurturing inter-generational bonds.

Goals and Strategies

1. Ensure that a healthy and nutritious breakfast, lunch, and snacks during nutrition, after school, and the summer months is available to every student at every school so that students are prepared to learn to their fullest potential.
 - a. The District shall maintain the financial stability of its Child Nutrition Service programs.
 - b. The District shall develop a coordinated and comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
 - c. The District shall ensure that all qualified children become eligible for free and reduced meals.

2. Ensure the nutritional quality and quantity of all foods served or made available to students and staff.
 - a. The Child Nutrition Service program will ensure that all foods sold through its' program comply with SB 19 standards.
 - b. The Child Nutrition Service program will increase the availability of fresh fruits and vegetables, using California grown produce when feasible, as part of the school food service program.
 - c. The District shall exercise control over all vending machines on its property including vendors, locations, contents, and appearance.
 - i. Vending machines accessible to students shall only dispense SB 19 compliant foods and beverages.
 - ii. Vending machines accessible to staff shall dispense SB 19 compliant and non-compliant foods and beverages in appropriate proportion.
 - d. Child Nutrition Service will serve food in quantities appropriate to the needs of students at their age level.

3. Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.
 - a. Child Nutrition Service shall work with school site leadership to improve cafeteria décor and atmosphere.
 - b. Child Nutrition Service shall solicit student preferences in planning menus and snacks through focus groups, surveys, and taste tests of new foods and recipes.
 - c. KUSD staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.

Goals and Strategies (cont.)

- d. KUSD will develop a student designed outdoor middle school meal area that is aesthetically pleasing.
 - e. Students will be provided sufficient time to eat and socialize with classmates.
 - f. Custodial staff shall adjust clean up times to coincide with the end of student's lunch period.
4. Ensure that nutrition education becomes an integral part of the KUSD educational program.
 - a. The District shall create increased training opportunities for all staff on basic nutrition and nutrition education.
 - b. Teachers shall be provided with training and resources to integrate nutritious eating experiences, gardens, and nutrition education into the curriculum for math, science, history, and language arts at all grade levels.
 - c. The District shall develop a program aimed at connecting the classroom and the cafeteria, allowing students to collaborate with Child Nutrition Service personnel in designing a menu to coincide with a classroom lesson.
 - d. Establish a garden in every school giving students the opportunity to plant, harvest, prepare, cook, and eat food they have grown. Incentives will be offered to school staff who utilize the gardens.
 5. Ensure all food and beverage not served through Child Nutrition Services meet basic nutrition standards.
 - a. Non-nutritious foods, including but not limited to candy, soft drinks, and chewing gum, cannot be sold by or to students during their official school day (defined as one half hour before the official school day begins, until one half hour after the official school day ends).
 - b. The District will encourage alternative fundraising strategies such as sales of non-food items, promotion of physical activity, and/or sales of nutritious food items.

Goals and Strategies (cont.)

6. Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity.
 - a. Increase the amount of class time spent engaging in moderate-to-vigorous activity through curriculum and/or teacher training.
 - i. The Physical Activity Program will decrease time spent on competitive sports (which can exclude potential participants) and increase emphasis on teaching fitness and lifelong recreational aerobic activities.
 - b. Develop lunch time and after school activities that involve physical activity such as walking clubs, organized sport games, and increased access to sports equipment.

7. Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.
 - a. Bring in local experts in sports or activities not traditionally taught during P.E. classes in the after school setting. Such as, local law enforcement teaching a self-defense unit.
 - b. Partner with fitness clubs and off campus physical activity classes allowing students and staff access to special rates.
 - c. Increase the amount of physical activity related enrichment classes.

8. Establish and sustain a Child Nutrition and Physical Activity Advisory Committee (CNPAAC).
 - a. The Child Nutrition and Physical Activity Advisory Committee will discuss nutrition and physical activity related topics of concern in the school community and help make policy recommendations to the Board of Education.
 - b. The Advisory Committee shall include, but is not limited to, the following members:
 1. A minimum of two Community/Parent representatives.
 2. The Superintendent.
 3. A Child Nutrition Services representative.
 4. One school site Principal.
 5. Program Coordinator and Project Facilitator from Children and Family Services.
 6. District Nurse.
 7. Two teachers with at least one being a physical education teacher.

Goals and Strategies (cont.)

8. Two middle school students.
 9. An independent evaluator.
 - c. The Advisory Committee shall meet at least six times during the year at hours convenient for public participation.
9. Increase community knowledge of nutrition and physical activity as it relates to childhood and adult health.
- a. Increase opportunities for parents/community to participate in garden/nutrition related classes offered through extended day program.
 - b. Provide nutrition information monthly through district newsletter and menu.
 - c. Involve parents/community in annual evaluation of program services and delivery to improve quality, access, and knowledge of services.