



(Name of School District)		Policy Code:
<p style="text-align: center;">A Nutrition School Policy for School Districts in Georgia</p> <ul style="list-style-type: none"> • The (insert name of school district) School Board is committed to creating a healthy environment for students that will provide healthy and nutritious meals at school. We recognize that consuming healthy meals is related to student success and is essential for establishing lifelong healthy habits. • Thus, by (insert date), all school districts are required to establish a local school wellness policy to include specific nutrition promotion and education, physical activity, and other school-based activity goals to promote student wellness. • By (insert date), all school districts that participate in the USDA National School and/or Breakfast Program will provide meals that meet or exceed current federal and state nutrition requirements. In addition, all meals will: (a) be accessible, attractive, appealing to all children, (b) be served in a pleasant and clean setting, and (c) be served to allow all students adequate time to consume meals. • By (insert date), each school district’s nutrition program directors, managers, and staff will meet or exceed minimum job requirements and have continuous annual education/training requirements. The requirements are the USDA’s professional standards for child nutrition professionals. • By (insert date), all school districts will promote healthy food and beverage choices throughout the school campus for all students and encourage school meal program participation. This promotion will at least: (a) implement 10 evidence-based healthy food promotion strategies using Smarter Lunchroom techniques through the school meal program, and (b) ensure all foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. <p>USDA National School Breakfast and National School Lunch Program requirements</p> <ul style="list-style-type: none"> • All schools participating in the National School Breakfast Program (NSBP) and/or the National School Lunch Program (NSLP) must meet federal Dietary Guidelines for Americans. The schools must offer fresh fruits, vegetables, whole grain-rich foods, and low-fat or fat-free milk. In addition, these meals set specific age-appropriate calorie, sodium, saturated fats and trans-fats limits. <p>Local School Wellness Policy requirements – Healthy, Hunger-Free Kids Act of 2010</p> <ul style="list-style-type: none"> • Each school that participates in the National School Breakfast and/or Lunch Program (NSBP/NSLP) is required to have a Local School Wellness Policy to ensure school meal nutrition guidelines meet the minimum federal school meal standards. • A revised local school wellness policy must fully comply with requirements. This includes, but not limited to: (a) involving parents, students, school food authority representatives, physical education teachers, school board, school administrators, school health professionals, and general public in development and implementation of the local wellness policy, (b) identifying the lead education agency (LEA) and/or school officials leaders to ensure policy compliance, (c) disseminating information to the public about the local wellness policy, (d) providing specific nutrition promotion and education, physical activity, and other school-based activity goals to promote student wellness, and (e) providing standards for all foods and beverages provided to students. • Smarter Lunchroom tools and strategies for the Local School Wellness Policy ensures a healthy school nutrition environment for all students. This nutrition environment makes healthy foods the most convenient foods. Smarter Lunchroom strategies are required to be reviewed by the school districts. The Smarter Lunchrooms can be included into the Nutrition section of the Local School Wellness Policy. 		
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States that have Nutrition policies at varying levels:

1. Strong Nutrition policies (North Carolina) – These are policies that require all school meals to meet the federal NSLP standards. In addition, the policy states nutrition promotion to increase healthy food items and decrease unhealthy items.
2. Weak Nutrition policies (Nevada) – These are policies that encourage schools to adopt policy components that are not in the document. There is no mention of schools to participate in NSLP and/or NSBP or specific school meal nutrition standards. The policy does mention adequate time for children to eat.

State Example of Strong Nutrition Policy

North Carolina:

- (a) In the operation of public school nutrition programs, public schools shall participate in the National School Lunch Program established by the federal government. The program shall be under the jurisdiction of the Division of School Support, Child Nutrition Services of the Department of Public Instruction and in accordance with federal guidelines as established by the Food and Nutrition Service of the United States Department of Agriculture. For nutritional purposes, public schools shall not use cooking oils in their school food programs that contain trans-fatty acids or sell processed foods containing trans-fatty acids that were formed during the commercial processing of the foods.
- (b) The State Board of Education, in direct consultation with a cross section of local directors of child nutrition services, shall establish statewide nutrition standards for school meals, a la carte foods and beverages, and items served in the Afterschool Snack Program administered by the Department of Public Instruction and child nutrition programs of local school administrative units. The nutrition standards will promote gradual changes to increase fruits and vegetables, increase whole grain products, and decrease foods high in total fat, trans fat, saturated fat, and sugar.

State Examples of Weak Nutrition Policy

Nevada:

The School Wellness Policy Taskforce acknowledges that this policy does not encompass all aspects of the school environment that affect school wellness and encourages local school districts to include other areas in their policies as applicable.

Meal Consumption
 It is the intent of this policy to allow each student adequate time to eat their meals, therefore, time spent acquiring the meal is not included in the time to consume the meal. Each school district shall: Provide at least 15 minutes for each student to consume the breakfast meal (providing the school offers breakfast); and Provide at least 20 minutes for each student to consume the lunch meal.

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Georgia School Districts that have Nutrition policies at varying levels:

1. Strong Nutrition policies (Fayette County) – These are policies that require that competitive food and beverages are not sold to students during the school day. In addition, specific times during the day are given to sell competitive food or beverages.
2. Weak Nutrition policies (Richmond County) – These are policies that are vague and do not state which programs the school district participates in. Additionally, there is no mention of the meals being accessible, appealing, and attractive to all students.

School District Example Nutrition Policy

Fayette County:

School Meals
 All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and After School Program (ASP). The District also operates additional nutrition-related programs and activities including Farm to School programs, School gardens, Breakfast in the Classroom, Grab ‘n’ Go Breakfast, Mobile Dairy Classroom, National School Lunch Week (NSLW), National School Breakfast Week (NSBW).
 All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean, safe, and pleasant settings that provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals; and
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards).

School District Examples of Weak Nutrition Policy

Richmond County:

Component 4: Nutrition Standards and Guidelines for All Foods and Beverages Available on Campus

During the School Day:
 As it is the intent of the policy that, to the extent practical, all schools will participate in available federal school meal programs. Furthermore, all food and beverages made available on campus during the school day will be consistent with the requirements of federal and state law. The Wellness Committee shall develop procedures related to Nutrition Standards and Guidelines.

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