

# DoDEA Americas

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## Mid-Atlantic District Wellness Policy

**June 02, 2020**

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District Superintendent  
DoDEA Mid-Atlantic District

The Mid-Atlantic District (MAD) is committed to the optimal development of every student. The MAD believes that for students to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

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DEPARTMENT OF DEFENSE  
**DoDEA AMERICAS**  
MID-ATLANTIC DISTRICT

### **Overview**

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) National School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks (Murphy, 2007). Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students (Rampersaud, et al, 2005). In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically (Haapala, et al, 2014).

This policy outlines the Mid-Atlantic District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day. Specifically, this policy establishes goals and procedures to ensure the following:

- Students in MAD have access to healthy foods in accordance with federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity in and out of school.
- MAD Communities are engaged in supporting the work of the MAD in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- MAD is registered as a USDA Team Nutrition School District ([USDA Team Nutrition Schools](#)), and inspires all schools within the MAD to join the USDA Healthier US School Challenge ([USDA Healthier US Schools Challenge](#)).

## **I. School Wellness Committee**

### ***Committee Role and Membership***

MAD has a representative district wellness committee (DWC) that meets twice per year to establish goals for school health programs including development, implementation, and periodic review and update of this district-level wellness policy.

The DWC will represent all school levels (elementary, middle, and high schools) and include, but not be limited to, parents /caregivers, students, school nutrition director's physical/health education teacher, school nurse, counselor, school administrator, school board member, and members of the public.<sup>10</sup> The DWC will include representatives from each Community in the district and reflect the diversity of the Community. Each school within the MAD will establish an ongoing School Wellness Committee that convenes to review school-level issues, in coordination with the DWC.

A Community Superintendent will convene the DWC and facilitate revisions and updates to the wellness policy and will monitor each school's compliance with the policy.

## **II. Nutrition**

### ***School Meals***

The MAD is committed to serving healthy meals to children with plenty of fruits, vegetables, whole grains, and fat-free/low-fat milk, moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification) and to meet the nutrition needs of school children within their caloric requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

All schools within the MAD participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the National School Breakfast Program (NSBP), and Seamless Summer Options. All schools within MAD are committed to offering school meals through the NSLP and NSBP programs that meet the following criteria:<sup>1, 10, 16</sup>

- Are accessible to all students,
- Are appealing and attractive to children,
- Are served in clean and pleasant settings,
- Meet or exceed current nutrition requirements established by USDA,<sup>17</sup>
- Are administered by a team of child nutrition professionals,
- Accommodate students with special dietary needs,
- Promote child nutrition programs to help ensure families are familiar with programs available in their children's school, and

- Promote healthy food and beverage choices using the [Smarter Lunchroom strategies](#):
  - Whole fruit options are displayed in attractive bowls or baskets.
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab and go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - One per cent (1%) white milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - Student taste testing opportunities are used to inform menu development and promotional ideas.

### ***A La Carte***

MAD Child Nutrition Programs will approve and provide all food and beverage sales in all MAD schools. A la carte items must meet the USDA All Foods Sold policy (see Appendix A).<sup>11</sup> Parents may limit their child’s daily snack purchases by contacting the Child Nutrition Manager, (See [Additional DoDEA Resources](#) located under the Healthy Wellness Resources, i.e., Smart Snack Suggestions, Smart Snack Tips for Parents, Kid- Friendly Veggies and Fruits, etc...).

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and other non-fried vegetables are exempt from portion size limits (See [Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs](#))

In general, a food item sold individually:

- Will be whole grain rich, a fruit or vegetable, or item with the first ingredient as fruit, vegetable, dairy or protein food.
- Be a combination food that meets the criteria or contains ¼ cup of fruit or vegetable.
- Will have no more than 35% of its calories from fat and 10% of its calories from saturated fat.
- Will contain no more than 200 mg of sodium per serving for baked chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg sodium per serving for pastas, meats and soups, pizza, sandwiches and other entrees<sup>8</sup>; entrée items served as a NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
- Will include a choice of at least two (2) fruits and/or non-fried vegetables. Such items could include, but are not limited to, fresh fruits and vegetables and/or 100% fruit juice.

### ***Breakfast***

To meet the children's nutritional needs and enhance their ability to learn, MAD encourages all children have breakfast, either at home or at school. To support the promotion of having a healthy breakfast, MAD will:

- Offer the National School Breakfast Program, and notify parents and students of its availability during the school year.
- Arrange bus schedules to facilitate participation in the breakfast program.
- Encourage parents to provide a healthy breakfast for their children at home or at school through the distribution of various promotional and marketing materials via MAD website.

### ***Seamless Summer Lunch Program for Children***

MAD will sponsor the Seamless Summer Program or Summer Food Service School Program for Children for the month of July for all schools where more than 50% of the students are eligible for free or reduced-price meals. This program will be promoted prior to the end of the school year and during the summer months through various advertising media.

### ***Qualifications of Child Nutrition Staff***

Qualified nutrition professionals will administer MAD Child Nutrition Programs. DoDEA will provide resources for key MAD administrative staff to attend training and development programs. These individuals will then work with all child nutrition professionals in MAD to provide onsite training. Staff development programs may include appropriate certification and/or training programs for Child Nutrition Directors, School Nutrition Managers, and Child Nutrition Assistants according to their levels of responsibility.<sup>5</sup>

### ***Sharing of Foods and Beverages***

MAD discourages students from sharing their foods or beverages with one another during meal or snack times due to allergy concerns or other food restrictions prescribed by a child's medical authority.

### ***Food and Beverages Sold Outside of Child Nutrition***

(i.e., foods sold to students outside of reimbursable school meals, such as PTA, club fundraisers, school stores, etc.) To preserve the nutritional and financial integrity of Child Nutrition Programs, food and beverages outside of the Child Nutrition Program will not be available for purchase before school or until 30 minutes after the end of the official school day.<sup>6</sup>

### ***Food and Beverages Provided to Students during the School Day<sup>12</sup>***

- MAD encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards.<sup>18</sup>
- Parents are not to bring fast food from local restaurants for their child during scheduled Child Nutrition meal periods or any other time of the school day.

### ***Rewards***

Schools will not use foods or beverages as rewards for academic performance or good behavior<sup>9</sup>. Parents are not to bring fast food from local restaurants for their child during scheduled Child Nutrition meal periods. Students and parents are encouraged to participate in MAD Child Nutrition Programs or bring a healthy meal from home.

### ***Free and Reduced-Price Meals***

MAD will make every effort to eliminate any social stigma attached to and prevent the overt identification of students eligible for free and reduced price meals<sup>4</sup>. MAD will use USDA approved software for all school meal services and accountability. The availability of school meals to students at a reduced cost or at no charge to families who meet income eligibility guidelines will be promoted on a year-round basis. Guidelines for reimbursable school meals will correspond with regulations and guidance issued by USDA.

### ***Meal Charges/Unpaid School Meal Accounts***

Adequate nourishment is essential for learning and good health. Meals for enrolled students is a sponsor's personal expense that must be paid for at the time of sale. The Mid-Atlantic District strongly recommends that households enroll in the electronic payment system, where sponsor/guardians can elect low balance reminders and automatic payments.

- Parents will be notified by letter and/or phone when their children have charged school meals. If parent/guardian has been contacted three documented times, and the charges have not been paid, Child Nutrition Program will inform the designated school official, outside of the Child Nutrition Program to contact the sponsor's Command for assistance in obtaining payment.
- Also, sponsor/ guardians may apply at any time of the school year for free and reduced-price meals. Eligibility is based not just on income but household size. No child will be denied or served an alternate meal because their school meal account is in arrears.
- However, the sponsor risks wage garnishment in accordance with:
  - DOD 7000.14-R, VOL 16, DOD DEBT MANAGEMENT
  - DODI 1334.09, INDEBTEDNESS OF MILITARY PERSONNEL
  - DoDEA Form 700, Consents and Authorizations, Section II, Number 3, Acknowledgement of Financial Responsibility

## **III. Nutrition Education and Promotion**

### ***Nutrition Education***

MAD strives to teach, encourage, and support healthy eating by students. Schools should include nutrition education and engage in nutrition related promotions that meet the following goals:<sup>10, 14</sup>

- Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. MAD currently uses DoDEA's, adopted Health Curriculum Resources. DoDEA Health Standards can be found at <http://www.dodea.edu/Curriculum/healthEducation/standards.cfm>.
- Nutrition education is integrated into classroom instruction in subjects such as math,

- science, language arts, social sciences, physical education, and elective subjects.
- Nutrition education includes engaging, developmentally-appropriate and culturally-relevant participatory activities.
  - Nutrition education promotes fruits, vegetables, whole grain products, and low-fat/fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
  - Nutrition education emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
  - Nutrition education focuses on health literacy with an emphasis on accessing valid nutrition information and analyzing influences such as food marketing as well as setting goals and making responsible decisions related to food choices.
  - Schools are required to include in their local school wellness plans policies that allow the marketing of only those foods and beverages that may be sold on the school campus during the school day that meet the nutrition standards set forth by USDA's Smart Snack/Competitive Foods Standards.
  - For purposes of this final rule, marketing is defined as advertising and other promotions in schools.
  - Food marketing commonly includes oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.
  - The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing are all subject to local school wellness policy standards. Food and beverage marketing will follow/meet Smart Snack Standards.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

MAD will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs (see Appendix B).

## **IV. Physical Activity Opportunities and Physical Education**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school activities. MAD is committed to providing a variety of physical activity opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.

The MAD will ensure that its grounds and facilities are safe and that equipment is available to students to be active. MAD will conduct necessary inspections and repairs. Outdoor physical activity facilities will be open to students, their families, and the community outside of school hours. MAD will work with schools to ensure that inventories of physical activity supplies are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible, (See [Physical Activity Opportunities and Physical Education](#)).

### ***Physical Education***

MAD will provide students with physical education, using an age-appropriate, sequential physical education curriculum based on the [DoDEA Physical Education Standards](#). The physical education curriculum will promote the benefits of physical literacy and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. MAD will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

### ***Recess (Elementary)***

All elementary schools will offer at least 20 minutes of recess daily. The only exception to this is on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play. If the school or community must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute for, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

### ***Physical Activity Breaks***

MAD recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day. MAD recommends teachers provide short (3-5 minute) physical activity breaks to students during and between class times and/or class periods exceeding 50 minutes. These physical activity breaks will complement, not substitute for, physical education class, recess, and class transition periods.

### ***Active Academics***

MAD will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing professional development opportunities and resources, including information on leading activities and activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Active Transport***

MAD will support active transport to and from school, such as walking or biking. To encourage active transport, MAD will:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Provide safety instruction on walking/bicycling safety provided to students

### ***Physical Activity Opportunities Before and After School***

MAD offers opportunities for students to participate in physical activity before and/or after the school day through a variety of methods. MAD will encourage students to be physically active before and after school by the following:

- Working collaboratively with the local community to provide after-school physical activity programs for students when possible.

- Offering interscholastic athletic programs for middle school and high school students in accordance with the proper state athletic associations and their respective conference associations or high school athletic association (7<sup>th</sup> through 12<sup>th</sup> grade students only).<sup>15</sup>
- Offering a range of physical activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.

## **V. Other Activities that Promote Student Wellness**

### ***Communication with Parents***

MAD will support parents' efforts to provide a healthy diet and daily physical activity for their children. MAD Child Nutrition Services will offer healthy-eating information for parents, send home nutrition information, and post nutrition tips on the MAD website. Students are encouraged to participate in the Child Nutrition Programs, or bring a healthy meal from home. MAD Child Nutrition Programs will provide parents a list of foods that meet USDA snack standards on the MAD website (see Appendix B).

MAD will provide information about the importance of physical education and student involvement in other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity, special events and physical education through newsletters and website. Schools may include families in field days and the use of school facilities for family physical activity after school and on weekends.

### ***Community Partnerships***

MAD will continue relationships with community partners (e.g. Womack, FTCC, Healthy Base Initiative, Wellness Center, Army Triad, etc.) in support of the MAD Wellness Policy and the promotion of healthy living.

### ***Staff Wellness***

MAD highly values the health and well-being of every staff member and plans to implement activities to support personal efforts by staff to maintain a healthy lifestyle. Each school has an established wellness committee that includes but is not limited to parents /caregivers, students, school nutrition director, physical/health education teacher, school nurse, counselor, school administrator, school board member, and members of the general public.<sup>10</sup> Staff wellness programs provide opportunities for the school faculty to engage in a wide variety of leisure time physical activities geared to adult interests and fitness readiness as well as nutrition education, physical fitness education, stress management and weight management. Opportunities should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

### ***Professional Learning***

When feasible, MAD will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., modeling the use of kinesthetic teaching approaches, Army Triad supports, Healthy Base Initiative, etc.).

## **VI. Monitoring and Policy Review**

### ***Monitoring***

MAD Superintendent or designee will ensure compliance with the established MAD Wellness Policy. The school principal will ensure compliance in his/her school and will certify each student is given adequate time to consume meals.

The school Child Nutrition staff will ensure compliance with nutrition policies within Child Nutrition areas and will report annually on this matter to the school principal and Child Nutrition Director. The Child Nutrition Director will report any issues or recommendations to MAD Superintendent or designee.

### ***Policy Review***

An assessment of the MAD/DWC Wellness Policy will be performed annually at the beginning of the school year to review policy compliance, assess progress and revise as needed. MAD is required to report the performance of the MAD Wellness Policy assessment to DoDEA HQ at least once every three years (triennially), in compliance with the local wellness policy. The DWC will be included in the monitoring, review, update, and implementation of the local wellness policy. This policy will be available to the MAD District and published on the district website.

**VII. Appendix A**

**A la Carte Guidelines and All Foods Sold in Schools**

Our students and families live in communities with wide access to relatively inexpensive foods that are high in calories, fat, sugar and/or salt, but low in essential nutrients. These types of foods are referred to as low nutrient dense foods. In the past, these low nutrient dense foods were frequently incorporated into fundraisers and celebrations for schools and students. Because of these trends and the growing incidence of obesity in young people and adults, low nutrient dense foods are limited for sale in school to students during the school day. A summary of the guidelines is as follows:

<b>Food/ Nutrient</b>	<b>Standard</b>	<b>Exemptions to the Standard</b>
Sodium	- <u>Snack and side dishes</u> sold a la carte: ≤ 200 mg sodium per item served including accompaniments - <u>Entrée</u> sold a la carte: ≤480 mg sodium per item served including accompaniments	
Calories	- <u>Snack and side dishes</u> sold a la carte: ≤200 calories per item served including accompaniments - <u>Entrée</u> sold a la carte: ≤350 calories per item served including accompaniments	Entrée items served as part of the NSLP or SBP on the day or day after service in the program meal
Total Fat	≤ 35% calories from total fat as served	-Nuts, seeds and nut/seed butters are exempt -Reduced fat cheese is exempt (includes part skim mozzarella) -Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or added fat -Seafood with no added fat is exempt -Combination foods must meet all nutrient standards
Saturated Fats	<10% calories from saturated fat as served	-Nuts, seeds and nut/seed butters are exempt -Reduced fat cheese is exempt (includes part skim mozzarella) -Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or added fat -Seafood with no added fat is exempt -Combination foods must meet all nutrient standards
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	

Sugar	Acceptable food items must have $\leq$ 35% of weight from total sugar as served.	<p>-Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.</p> <p>-Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</p> <p>-Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</p>
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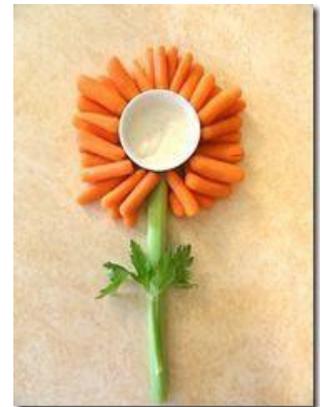
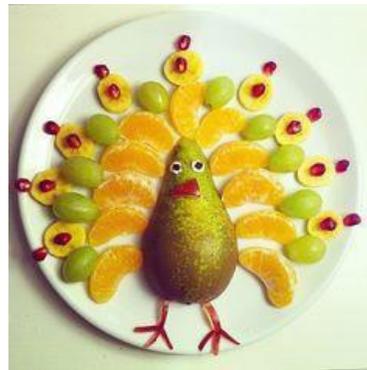
***Beverages***

Beverages	<p><b><u>Elementary School</u></b></p> <p>-No Caffeine</p> <p>-100% fruit/vegetable juice (with or without carbonation), and no added sweeteners (<math>\leq</math>8 fl oz.).</p> <p>-Water/ carbonated waters</p> <p>-Milk (<math>\leq</math>8 fl oz.):</p> <ul style="list-style-type: none"> <li>• Flavored non-fat</li> <li>• Unflavored non-fat, 1% fat</li> </ul> <p><b><u>Middle School</u></b></p> <p><u>Same as elementary school except:</u></p> <p>-Juice and milk portion sizes increase to <math>\leq</math> 12 fl oz.</p> <p><u>-In addition to above:</u></p> <p>-Flavored beverages with or without carbonation <math>&lt;</math> 20 fl oz.:</p> <ul style="list-style-type: none"> <li>• <math>\leq</math>5 calories per 8 fl oz. or</li> <li>• <math>\leq</math>10 calories per 20 fl oz.</li> </ul> <p><b><u>High School</u></b></p> <p>Same as middle school but adds:</p> <p>-Flavored and or carbonated beverages <math>\leq</math>12 fl oz. that are <math>\leq</math>40 calories per 8 fl oz. or <math>\leq</math>60 calories per 12 fl oz.</p> <p>-Caffeine is allowed</p>	
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## **VIII. Appendix B**

### **Examples of Foods and Beverages to Serve in the A la Carte Line or in Fundraisers**

<b><u>Category</u></b>	<b><u>Suggestions</u></b>	<b><u>Benefits</u></b>
<b>The Quick Classics</b>	Peel and chop fruit instead of offering whole....it will disappear quickly!	Soluble and insoluble fiber, potassium
	Freshly popped popcorn (air popped or with a small amount of canola oil)	Fiber
	“Ants on a log” celery, peanut butter, and raisins	Potassium, protein, fiber and iron
	Sliced apple and peanut butter	Soluble and insoluble fiber, protein and iron
	Frozen 100% fruit juice popsicles	
	Whole wheat vanilla wafers and 1% or non-fat milk	Calcium, vitamin D, fiber
	Whole grain crackers and low-fat cheese	Fiber, calcium, protein
	Vegetable slices with low-fat yogurt based dip	Fiber, calcium
	Whole grain graham crackers and peanut butter	Fiber, iron and protein
<b>New Favorites</b>	Trail mix: dried fruit without added sugar (raisins, apricots, etc.), almonds or peanuts, whole grain cereal	Fiber
	Whole grain tortilla wraps with lean meat, dark green lettuce, tomatoes and low-fat mayonnaise	Fiber, protein, potassium
	Whole grain English muffin pizza with tomato sauce and low-fat mozzarella cheese	Fiber, protein
	Orange sliced into coins, drizzled with a small amount of honey and sprinkled with berries and a side of plain yogurt (the fruit and honey flavor the yogurt naturally)	Vitamin C, both types of fiber
	Spa water: Slice fresh lemon, lime, orange, grapefruit, melons, or even cucumber. Add to a clear beverage container filled with water and ice	Inexpensive, gives water great flavor without calories, looks great
	Baked corn tortilla chips served with Pico de Gallo or salsa	Vitamin A and C
	Homemade chili with baked tortilla chips or whole grain crackers; use Greek yogurt instead of sour cream (or drain low fat yogurt through cheesecloth overnight...a less expensive option)	Chili is healthy if the fat is drained from the cooked meat. Check the nutrition label
	Hummus dip with vegetables or whole grain pita bread or crackers	Folate, fiber
	Vanilla yogurt, fresh fruit and a small amount of low fat granola	Calcium, Vitamin D
	Homemade spaghetti sauce or low sodium canned sauce with whole grain pasta	Vitamin A and C, fiber



## **IX. Resources and Footnotes**

### ***Helpful Wellness Resources***

- [DoDEA Health Education Content Standards](#)
- [DoDEA Physical Education Content Standards](#)
- <https://www.fns.usda.gov/tn/local-school-wellness-policy>
- [DoDEA regulation 4200.1, “Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program, August 22, 2007](#)
- [Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs](#)
- [Physical Activity Opportunities and Physical Education](#)
- [Additional DoDEA Resources](#) (i.e., Smart Snack Suggestions, Smart Snack Tips for Parents, Kid-Friendly Veggies and Fruits, etc...)

### ***Policy Resources***

- <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/model-wellness-policies>
- Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents’ Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.
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### **Footnotes**

(1) To the extent possible, MAD will offer at least 2 vegetables and 2 or more fruit options each school day. To encourage the inclusion of fresh fruits and vegetables in school meal programs, MAD will participate in the USDA Final Rule Program, the DOD fresh produce program utilizing USDA entitlement dollars, and will actively purchase locally grown produce from GAP certified growers Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR).

(2) As recommended by the Dietary Guidelines for Americans 2010; Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR).

(3) A whole grain is one labeled grain or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, and oatmeal Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR).;

(4) It is against the law for those limited persons to whom disclosure or use of application information is granted, to make others aware of the eligibility status of children for free, reduced price, or “paid” meals. See Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1758 (b)(6)(C)

(5) School nutrition staff development programs are available through USDA, School Nutrition Association, and the National Food Service Management Institute; Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR).

(6) Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR). The sale of food and or beverages in competition with the Child Nutrition Program as set forth in CFR 210.11 and 220.12, requires that all revenues for food and beverages sold to students from 12:01AM to 30 minutes after the end of the official school day. The MAD, in its annual USDA agreement to administer federally funded Child Nutrition Programs, acknowledges that violations of Competitive Foods Regulations (7 CFR

210.11 and 220.12, will result in repayment of funds to a non-profit Child Nutrition Program from the operating account of the school found to be in violation of the regulations.

(7) Federal Register 7 CFR 210.11(b)

(8) If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from these total sugars limit.

(9) Unless this practice is allowed by a student's individual education plan (IEP), 504, health plan, or doctor's orders. Doctor's orders must be updated for each school year to ensure the expectations are needed for the school year.

(10) Federal Register Final Rule 7 CFR Parts 210, 215, 220 and 235

(11) Federal Register Final Rule 7 CFR Parts 210 and 220

(12) USDA Food and Nutrition Service, "A Guide to Smart Snacks in School"

**(13) \*\*Approved by Dr. Curtis for the Department of Defense Instruction 1015.05: Department of Defense Student Meal Program) still in draft\*\***

(14) Health Education – Standards, Current Content Standards for Health Education K-12th and adopted curriculum resources

(15) Subpart 210.11 and 210.31, Title 7, Code of Federal Regulations (CFR)

(16) School Wellness Tool Kit, Alliance for a Healthier Generation

(17) All states, federal statutes, and regulations must follow USDA Standards. USDA Standards are minimum standards. MAD Communities located in states that have stricter standards will continue to use the standards that are already in place for their Community.

(18) Declarations for Smart Snack Options: Fort Bragg, Camp Lejeune, New York/Quantico, and Puerto Rico Option 1. All schools must select Option 1 to comply with DoDEA Director Memo from 2014.