

# EQUIPOACADEMY

## EAST LAS VEGAS COLLEGE PREP

### SCHOOL WELLNESS POLICY

Equipo Academy is committed to providing an environment in which students can make healthy food choices and have opportunities to be physically active. This Student Wellness Regulation complies with the Nevada Department of Agriculture guidelines as stated in the Nevada's School Wellness Policy and the Child Nutrition Program (CNP), and with the federal statute: Healthy, Hunger-Free Kids Act of 2010.

#### I. Nutrition Standards

A. Nutrient and beverage standards will apply to all foods and beverages sold or given away to students during the period from midnight before, to 30 minutes after, the end of the official school day. Only approved snacks and beverages may be offered. The food must be commercially prepared and meet all nutrient and beverage standards with the exception of food grown in school gardens.

Food and beverages sold more than one-half hour after regular school hours are exempt from this regulation.

B. These standards govern the nutrient value, calories, and portion sizes of foods and beverages sold in all school venues, including, but not limited to, student stores, vending machines, and cafeteria a-la-carte lines. This regulation also applies to fund-raising and all activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.

C. Lists of approved foods and beverages will be updated monthly by the Registered Dietitian in Equipo Academy.

D. All food and beverage choices sold or given to students must meet all of the following nutrient standards (including any condiments):

Calories: Snack/Side Item: Less than or equal to 200 calories per item as served (including condiments)

Entrée: Less than or equal to 350 calories per item as served (including condiments)

Sodium: Snack/Side Item: Less than or equal 230 mg per item as served

Sodium: Entrée: Less than or equal to 480 mg per item as served

Fat: Total Fat: Less than or equal to 35 percent total calories from fat

Saturated Fat: Less than 10 percent total calories from saturated fat

Trans Fat: Zero (0) calories from trans fat

Sugar: Total sugars: Less than 35 percent by weight

E. In addition to the above nutrient standards, food items must meet at least one of the following criteria:

1. Be a grain product that contains greater than (>) 50 percent whole grains by weight or have whole grains listed as the first ingredient on the food label.
2. Have listed as the first ingredient on the food label, one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods.
3. Be a combination food that contains at least one-quarter (.) cup fruit and/or vegetable.

If water is the first ingredient listed, the second ingredient must meet one of the above criteria.

## II. Beverage Standards

Carbonated beverages or beverages containing any dietary supplements that do not have a Recommended Daily Allowance/Adequate Intake (RDA/AI), including herbal supplements, cannot be sold or given away during the school day.

### A. Allowable Beverages Include:

1. Plain water: No size limit.
2. Milk – Unflavored nonfat, unflavored low-fat, or flavored nonfat milk:  
Middle and High School: Less than or equal to 12 fluid ounces per serving.
3. Juice – 100 percent fruit and/or vegetable juice, 100 percent juice diluted with plain water (no added sweeteners):  
Middle and High School: Less than or equal to 12 fluid ounces per serving (recommended size is 8 fluid ounces).

Beverage	Middle School	High School
Plain	No Size Limit	No Size Limit
Low-fat milk, unflavored *	< 12 fl oz	< 12 fl oz
Non-fat milk, unflavored or flavored *	< 12 fl oz	< 12 fl oz
100% fruit/ vegetable juice **	< 12 fl oz	< 12 fl oz

### B. Other Allowable Beverages – High School Only:

1. Noncarbonated calorie-free beverages less than or equal to 20 fluid ounces per serving and:  
Less than 5 calories per 8 fluid ounces; or  
Less than or equal to 10 calories per 20 fluid ounces.
2. Noncarbonated lower-calorie beverages:  
Less than or equal to 12 fluid ounces per serving and less than or equal to 60 calories.  
Eight (8) fluid ounce servings must be less than or equal to 40 calories.

## III. Caffeine

All foods and beverages in elementary schools and middle schools must be noncarbonated and

caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances (e.g., chocolate milk). Caffeine is permitted at the high school level at the discretion of the principal upon approval by the Instruction Unit.

#### IV. Incentives and Rewards

Schools and teachers are strongly encouraged to utilize forms of incentives or rewards that are not food-based. Any food awards are required to be in alignment with the nutrient and beverage standards as specified in Sections I and II of this regulation.

#### V. Contracts

All vending and food purchasing contracts will include a statement requiring compliance with this Regulation. All vending contracts must be reviewed and approved by the school principal.

#### VI. Marketing

Only marketing consistent with the nutrient and beverage standards will be allowed on the school campus. This includes advertising and other promotions on the school campus during the school day (oral, written, or visual). Marketing and advertising on school property that does not currently meet the nutrient and beverage standards will be eliminated as leases, agreements, or contracts are renewed and/or items replaced.

#### VII. Exempt Areas

Food and beverages sold in administrative and faculty areas that are not accessible to students are exempt from this regulation.

#### VIII. Revenue

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Equipo Academy Food Service Department. Revenue funds must be accounted for and maintained in accordance with State Regulations.

#### IX. Fund-Raising

During the school day, all items sold to students on the school campus (all areas of the property under the jurisdiction of the school that are accessible to students) must meet the nutrient and beverage standards as specified in Sections I and II of this regulation. The school day is defined as the period from midnight before, to 30 minutes after, the end of the official school day. Fund-raiser exemptions will not be granted.

#### X. Reimbursable Meals

Meals provided to students under the National School Lunch Program and School Breakfast Program are exempt from this regulation as they are governed by Federal Regulation (CFR 7 [II] [A] Parts 210 and 220). < 12 fl oz

#### XI. Special Occasions

All foods for special occasions must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. Foods must meet the nutrient and beverage standards within this regulation with the exception of an activity that is part of a learning

experience related to the reinforcement of established lesson plans in the classroom.

### XIII. Meal Consumption

- A. Students will be allowed adequate time to eat their meals.
- B. Time spent acquiring the meal will not be included in the time allotted to consume the meal.
- C. All schools will designate at least 15 minutes for each student to consume the breakfast meal.
- D. All schools will designate at least 20 minutes for each student to consume the lunch meal.

### XIV. Physical Activity

- A. All schools will provide the opportunity for at least 30 minutes daily for moderate to vigorous physical activity.
- B. Passing periods do not qualify as physical activity time.
- C. Teachers, school personnel, and community personnel will not use physical activity, or withhold opportunities for physical activity (e.g., recess, physical education), as punishment.
- D. It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum.

### XV. Nutrition and Wellness Education

- A. Nutrition and wellness information, including tobacco, alcohol, and other harmful substances prevention resources, will be disseminated to students through the health and physical education curricula.
- B. Nutrition and wellness information will be available on the Equipo Academy website to assist students, teachers, and parents in making healthy lifestyle choices. This information will be updated annually.
- C. Nutrition and wellness information will be provided to parents through Equipo Academy publications, which are distributed throughout the school year to the homes of all Equipo Academy students.

### XVI. Monitoring and Accountability

#### A. Advisory Committee

1. In compliance with the Federal and State Wellness Policies, Equipo Academy will utilize a diverse team of committed school and Community stakeholders to assess the State's needs, continuously monitor and make recommendations that meet the operational realities of the State, and work toward improved health and wellness outcomes for all students.

2. This group will meet a minimum of twice annually to update implementation procedures when needs change, goals are met, new information emerges, and the annual review is completed.

#### B. School Wellness Coordinator

1. Every principal will designate a School Wellness Coordinator at his/her school who will provide an annual status of the school's implementation of this

regulation to the State Wellness Coordinator.

2. The principal will work with the School Wellness Coordinator to ensure the State's wellness goals are met.

C. Recordkeeping

Equipo Academy will retain records demonstrating compliance with this regulation that includes the following documentation:

1. Compliance with advisory group requirements
2. Triennial review of this regulation.
3. Annual progress reports for each school.
4. Compliance with public notification.
5. A description of each school's progress in meeting the State's wellness goals.
6. A summary of each school's events and activities.
7. The name and contact information of the designated School Wellness

Coordinator.

F. Equipo Academy Wellness Regulation Goals

1. Equipo Academy School Wellness Committee will develop one (1) annual school goal from each of the following categories: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

2. Goals will be measured and progress reported to the NDA.

## Definitions

Carbonated Beverage – a class of beverages that bubble, fizz, or are effervescent. These include beverages that are aerated or infused.

Combination Food – products that contain two or more components representing two or more of the recommended food groups: fruit, vegetable, dairy, protein, or grains.

(Local Educational Agency) LEA – the authority responsible for the administrative control of public or private nonprofit educational institutions within a defined area of the state. For example: A school district or state sponsored charter school.

Local School Wellness Policy (LSWP) – the policy that applies to your local school which supports a school environment that promotes sound nutrition and student health, reduced childhood obesity, and provides transparency to the public on school wellness policy content and implementation.

Marketing – advertising and other promotions in schools. Includes oral, written, or graphic statements made for the purpose of 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.

Moderate to Vigorous Physical Activity – physical activities done at an intensity that increases children's heart and breathing rates above normal. For example: a child walking to school is moderate activity; running and chasing others during a tag game is vigorous activity.

Physical Activity – bodily movement produced by the contraction of skeletal muscle that increases a person's energy expenditure above a basal level.