

CLARK COUNTY SCHOOL DISTRICT REGULATION R-5157 STUDENT WELLNESS

The Clark County School District (District) 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 (NDA) guidelines as stated in the Nevada School Wellness Policy and with the federal statute: Healthy, Hunger-Free Kids Act of 2010. I. Advisory Group/School Wellness Committee

- A. In compliance with the Federal and State wellness policies, the District will utilize a diverse team of committed school and community stakeholders to assess the District's needs, continuously monitor and make recommendations that meet the operational realities of the District, and work toward improved health and wellness outcomes for all students.
- B. 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.
- C. School Wellness Policy Goals:
 - 1. The advisory group will develop one annual District 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 NDA.
- D. 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 this regulation.
- E. Fundraising:
 - 1. 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; there are no exceptions for non-curriculum-based activities.
 - 2. Fundraiser exemptions may be allowed if it is part of a curriculum-based activity. These exemptions must be submitted at the discretion of the principal for prior approval by the Superintendent of Schools or designee.
- F. Special Occasions:
 - 1. All foods for special occasions (birthdays, celebrations, etc) must be commercially prepared to minimize risks of foodborne illnesses and to avoid known food allergens. The District allows for exceptions to the wellness policy for **schoolwide** special occasions or holidays, not to exceed twice per month. Bighorn Country and PTO will designate these two days per month. The following may be considered "special occasions":
 - a) Observances of national or state holidays. R-5157 (page 4)
 - b) School community observances.
 - c) As part of a learning experience or learning incentive.
 - 2. Specific Nutrient Standards for Food and Smart Snacks:
 - a) See the above lists for approved and not approved items. Parents and Guardians, please note that **ONLY** the approved food items from the list above are allowed on campus for any reason, including student birthdays.

- b) The school will not accept nor serve any food items that do not meet Regulation 5157 Nutrition Standards and listed on the approved lists.
- c) 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 school day.
- d) 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.
 - a. 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 fundraising and all activities sponsored by school organizations (clubs, sports, PTA, etc.) conducted on school property during the school day.
 - b. Lists of approved foods and beverages will be updated monthly by the registered dietitian in the District Food Service Department. The approved lists will be posted on the District Food Service Department's website.
 - c. To be allowable, a snack or entrée must meet the general nutrition standards and meet at least one of the following criteria:
 - i. 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; or
 - ii. The first ingredient on the food label is one of the non-grain main food groups: fruit, vegetable, dairy, or protein foods; or
 - iii. A combination food that contains at least one-quarter ($\frac{1}{4}$) cup fruit and/or vegetable. If water is the first ingredient listed, the second ingredient must meet one of the above criteria. R-5157 (page 6)
 - iv. In addition to the above standards, the food must meet the nutrient standards for calories, sodium, fat, and total sugars: Nutrient Entree Snack Calories* 350 calories or less 200 calories or less Sodium 480 mg or less 200 mg or less Total Fat 35% of calories or less 35% of calories or less Saturated Fat Less than 10% of calories Less than 10% of calories Trans Fat 0 grams 0 grams Total Sugars 35% by weight or less 35% by weight or less *Calories are per item served and include any accompaniments (condiments, toppings, etc.). XIV.
- e) Beverages
 - a. Allowable beverages vary by grade level and container size. There are no restrictions on the sale of any allowable beverages at any grade level during the school day anywhere on the school campus. Beverage Elementary School Middle School High School Plain water No Size Limit No Size Limit No Size Limit Flavored water (0 calories, no sweeteners) ≤ 8 fl. oz. ≤ 12 fl. oz. ≤ 20 fl. oz. Low-fat milk, unflavored* ≤ 8 fl. oz. ≤ 12 fl. oz. ≤ 12 fl. oz. Non-fat milk, unflavored or flavored* ≤ 8 fl. oz. ≤ 12 fl. oz. ≤ 12 fl. oz. 100%

fruit/vegetable juice** ≤ 8 fl. oz. ≤ 12 fl. oz. ≤ 12 fl. oz. Low/No calorie
beverages

3. 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.