

F29

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DOVER SCHOOL DISTRICT

Board Policy

Nutrition Policy

Statement of Purpose

The Dover School District recognizes its responsibility to create a healthy school environment by promoting quality school nutrition. In order for children to achieve their full academic potential, healthy eating patterns are essential. Consuming a variety of nutritious foods promotes healthy growth and development, provides the necessary energy for learning and off-sets the development of chronic disease. A well-planned and well-implemented district nutrition program positively influences students' eating habits.

A. Nutritious Food Choices

Nutritious and appealing foods shall be prioritized in the school environment wherever and whenever food is sold or otherwise offered.

1. Nutritious foods are nutrient-dense foods including whole grains; low-fat or non-fat dairy products; fresh, frozen, or canned fruits and vegetables; lean meats, poultry, fish, and beans.
2. Nutritious foods must exceed the nutrient levels of Foods of Minimal Nutritional Value, which have been identified by the United States Department of Agriculture (USDA)

B. The District Food Service Program

1. Menus shall be planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National District Lunch Program(7CFR 210) and the District Breakfast Program (7CFR220).
2. A la carte food includes all foods sold by the service program that are not part of a reimbursable meal.
3. Whenever possible, food pricing strategies shall be designed to encourage students to purchase nutritious items and/or reimbursable meals.
4. The food service program shall establish procedures to include locally grown and prepared foods and beverages, as well as to encourage partnerships with local farms and manufacturers, and request local distributors to carry Vermont products in their inventory to allow for easier availability to districts.

C. Other Food Choices at School

Foods and beverages available at school shall support the nutritional needs of students and include appealing, nutritious foods and drinks.

1. Nutritious foods shall be encouraged at any time foods are sold at school to raise funds.

D. Promoting Healthy Eating Behaviors

1. Students will be provided with adequate eating time and space. A minimum of twenty minutes, not including transition time, should be allowed for lunch, in accordance with findings of the National Food Service Management Institute.
2. Recess and other physical activities shall be scheduled before lunch whenever possible.
3. Teachers are discouraged from using candy to reward students for academic or behavioral accomplishments (e.g., giving a candy for finishing a math sheet, etc.)
4. Nutrition education shall be integrated into the health education program taught at every grade level. The nutrition education program shall focus on developing healthy eating behaviors, be based on theories and methods proven effective by research, and be consistent with Vermont's health education standards.
5. The school will encourage that snack foods served in the school environment as part of extra-curricular programs be nutrient-dense (of good nutritional quality).