

## **SS. Peter & Paul Nutrition & Fitness Policy**

**Ss. Peter & Paul School is committed to providing school environments that promote and protect students' health, well-being and ability to learn by supporting healthy eating habits and promoting healthful physical activity. Thank you to the Williamsville Central School District for their assistance with this policy.**

### Overview:

- The school will engage students, parents, teachers, food service professionals, and health professionals in developing, implementing, Monitoring, and reviewing school wide nutritional and fitness policies.
- Students in preschool through grade 8 will have opportunities, support and encouragement to be physically active on a regular basis.
- The school will follow federal and state nutritional recommendations when implementing all aspects of the food service program.
- A qualified nutrition professional will oversee and provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition requirements of preschool and elementary aged students.
- All students will have access to a clean, safe, and pleasant eating setting with adequate time to eat.
- Ss. Peter & Paul will participate in the federal school meal program and abide by its requirements.
- Ss. Peter & Paul will provide nutrition and physical education to foster lifelong habits of healthy eating and sound physical activity.
- Ss. Peter & Paul will establish linkages between health education and the nutrition program and with related community services.
- The principal, the athletic director, the school nutrition manager, and school business manager will meet regularly to continue to develop, implement, monitor, review and revise when necessary the school's nutrition and physical activity policies.

### Nutritional Quality of Foods and Beverages Sold and Served on the School's Campus:

Meals served through the School Lunch Program will:

- Be appealing to students.
- Be served in a clean and pleasant setting.
- Meet nutritional requirements established by local, state, and federal regulations.
- Offer a variety of fruits and vegetables including organically grown items when available.
- Serve only low fat milk in the form of 1% and fat free varieties.
- Increase whole grain options

### Meal Times

- All students will be afforded a reasonable amount of time for lunch.
- The sharing of foods and beverages will be discouraged.

### Foods and Beverages Sold Individually

- NYS Education Food and Beverage Law must be followed. A list of food and beverage items will be provided by the Child Nutrition Department.
- Beverages – water or seltzer water, fruit and vegetable juices must contain a minimum of 50% juice and low fat milk (1% or skim).
- Foods for sale will include those that have less than 35% of their calories from fat (excluding nuts, seeds and peanut butter).
- Foods for sale will include those that have less than 35% of their weight from sugar.

### Fundraising Activities

- To foster healthy habits and support the school's nutrition efforts, school fundraising activities will be conscious of the need to choose items that promote healthful eating and physical activity. A list of fundraising items will be posted in the school.

### Snacks

- Snacks served during the school day will consider the importance of healthful eating. The school will emphasize the important role that fruits and vegetables play as a healthful alternative to other snack items. The school will provide a list of healthful snack items on its website.

### School Sponsored Events

- The school will encourage the sale of healthful nutritional choices at school-sponsored events outside the school day. Examples of such events include concession sales at sporting events, dances, performances, and any event where food is available.

### Nutrition and Fitness Promotion and Food Marketing:

- SS. Peter & Paul School will aim to teach, encourage, and support healthful eating by students. The school will provide nutrition education and engage in nutrition promotion that:
  - Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
  - Includes developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, and taste testing.
  - Emphasizes caloric balance between food intake and energy expenditure.
- Integrating Physical Activity into the Classroom:
  - Students need at least 60 minutes of physical activity per day. Opportunities for physical activities beyond physical education will be provided when possible. Health classes will reinforce and emphasize the need to reduce time spent on sedentary activities.

