

## **SETON CATHOLIC CENTRAL WELLNESS POLICY**

Section 204 of the Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (PL 108-265) requires each local educational agency (LEA) participating in the National School Lunch Program (NSLP) to develop local wellness policies. One requirement of the law is that nutrition guidelines must be developed for all foods available on the school campus during the school day. The objectives are to promote student health and reduce childhood obesity. The standards apply to all students in grades 7 – 12.

### **DEFINITION OF COMPETITIVE FOODS:**

Foods offered at school, other than qualified meals that meet the FDA government standards served through the National School Lunch or School breakfast Program, including

**Definition of À La Carte Food:** Food sold in the cafeteria as a side dish that is sold separately from the National School Lunch or National School Breakfast Program.

**Definition of Snack:** Any prepackaged food sold in the cafeteria NOT offered as part of the National School Lunch or National School Breakfast Program.

**Definition of Vending:** Any food or beverage sold in a coin-operated machine.

**Definition of Beverage:** Any fluid/drink sold or provided to students.

### **Source of Competitive Food: À La Carte Food**

The following standards apply to all foods offered à la carte:

1. Except for entrees, items will provide no more than 200 calories per serving.

2. Portion sizes will not exceed the serving size of food served in the National School lunch or National School Breakfast Program and/or items will be packaged in single serving sizes.
3. Whole grain products will be offered. A whole grain is one labeled whole grain as the first ingredient.
4. A variety of fresh fruits and vegetables will be offered daily.
5. No foods will be deep fried.
6. Food of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of food items will contain:

1. No more than 35% of calories from total fat (excluding nut butters and cheese)
2. No more than 10% of calories from saturated fat (excluding cheeses)
3. Sugar products will not be listed as the first ingredient.
4. Minimal to no trans fatty acids.

Pricing, marketing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

### **Source of Competitive Food: Snacks**

The following standards apply to foods offered as snacks:

1. Items will provide no more than 200 calories per serving.
2. Portion sizes will be packaged in single serving sizes.
3. Baked chips selections will be offered.
4. Fresh fruit will be available.
5. Whole grain snack foods will be offered.

### **Source of Competitive Food: À La Carte Beverages**

A selection of beverages offered will meet these standards:

1. Water and zero calorie flavored waters (any size).
2. Milk, 1% low fat or non-fat flavored or unflavored, packaged in 8 oz. servings.
3. 100% fruit juice.
4. G-2 Low-Calorie Gatorade.

### **Measurement of Goals Being Implemented:**

1. Student surveys will be established.
2. We will have a Nutrition Education Survey.
3. We will benchmark past and present nutritional standards.
4. Parent surveys may be utilized.