

**FROM THE OFFICE OF THE ASSISTANT SUPERINTENDENT  
WARREN COUNTY SCHOOL DISTRICT**

To: Warren County School District Principals  
From: J. Hugh Dwyer  
Re: **DRAFT I** - Student Wellness Directive As Regards Implementation of *Nutritional Standards For Competitive Foods In Pennsylvania Schools* As Provided In WCSD Policy 10615 Student Wellness

Principals:

Beginning December 1, 2006 the following Warren County School District *Standards for Healthy School Snacks, Food Awards and Food Prizes and Incentives* will be implemented in the Warren County School District schools in grades K-12. Please add this document to your "Administrative Handbooks".

**Warren County School District *Standards for Healthy School Snacks, Food Awards and Prizes and Incentives***

During the 2006-2007 school year these standards apply to foods provided by the schools and by parents and other non-school sources that are served as snacks, awards and prizes and incentives during the school day, during before school and during after-school events.

For the purposes of these standards "the school day" is defined as "from the morning opening of the school building and ending at the final dismissal time".

1. School principals and teachers will involve parents and students in identifying nutritious foods and beverages to replace non-nutritious foods and beverages traditionally used as snacks, awards and prizes and incentives at school. Schools will use marketing, pricing and nutrition education to encourage selection of healthy foods.
2. Foods of Minimal Nutritional Value (USDA Regulation 7CFR 210 and 220) will not be available anytime. The majority of items offered will not contain sugar as the first ingredient and will provide minimal to no trans fatty acids.
3. **Vending foods and snacks** will not be available for K-5 students. Vending foods will be available in limited quantities for grades 6-8 students. Vending for grades 6-12 students will meet these guidelines:
  - a. Packages will be in single serving sizes.
  - b. A variety of items that provide > 2 grams of fiber per serving will be available on a daily basis.
  - c. Foods of Minimal Nutritional Value will not be available during the school day.
  - d. The majority of items offered through vending will not be fried, will not contain added sugar as the first ingredient and will provide minimal to no trans fatty acids.

4. **Vending beverages** will not be available to grades K-5 students. For grades 6-12 students beverages offered through vending will:
  - a. Be water, unflavored (any size).
  - b. Be 100% fruit juice (not to exceed 12 oz.).
  - c. Be a milk selection with 1% low fat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Items will preferably be packaged in plastic re-sealable containers.
5. All food items sold as **fundraisers**, available for sale during the school day, will follow the standards listed below:
  - a. Packages will be in single serving sizes.
  - b. Foods of Minimal Nutritional Value will not be available anytime during the school day.
  - c. Foods will not be fried.
  - d. Foods will not contain added sugar as the first ingredient.
  - e. Foods will provide minimal to no trans fatty acids.
6. **Classroom parties and holiday celebrations** will offer minimum amounts of food (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:
  - a. Fresh fruits and vegetables.
  - b. Water, 100% fruit juice or milk.
7. **Foods and beverages** will not be used as a **reward or prize or incentive** for classroom, tutoring or school activities unless the reward or prize is part of an activity that promotes a positive nutrition message (*e.g.*, guest chef, field trip to a farm, etc.).
8. The following standards apply to all foods sold in **school stores** and parent support group stores and by commercial vendors including those at athletic events:
  - a. Packages will be in single serving sizes.
  - b. A minimum of one fresh fruit and vegetable will be offered daily.
  - c. A variety of items that provide >2 grams of fiber per serving will be available on a daily basis.
  - d. No foods will be on-site deep-fried.
  - e. Foods of Minimal Nutritional Value will not be available during the school day.
  - f. The majority of items offered will not be fried, will not contain added sugar as the first ingredient and will provide minimum to no trans fatty acids.
  - g. A minimum of 75% of the beverages offered will be:
    - (1) Water, unflavored (any size).
    - (2) One hundred percent fruit juice (not to exceed 12 oz.).
    - (3) Milk, 1% low fat or nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce

serving inclusive of naturally occurring sugar). Items will preferably be packaged in plastic re-sealable containers.

**9. Staff members are encouraged to set the example for students.**

The principal or his/her designee is responsible for implementing these standards. The food services director will provide assistance in identifying foods that meet these criteria.