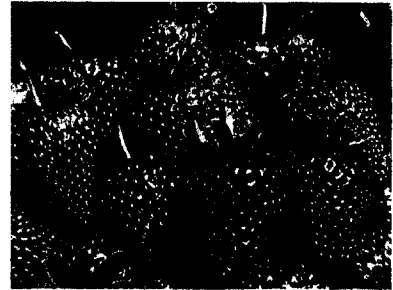
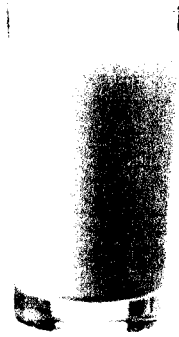
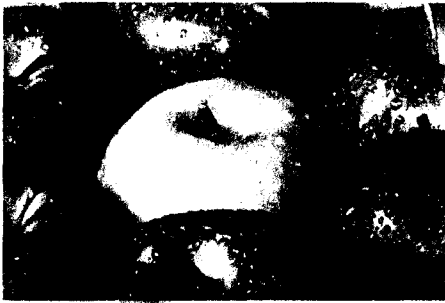


T'iis Ts'ozí Bi' Oltá'
Crownpoint Community School

Nutrition and Wellness Policy

Approved by the Board of Directors



"Creating Capable Students for Tomorrow's World"

T'iis Ts'ozí Bi' Olta'/Crownpoint Community School Nutrition/Wellness Policy

Table of Contents

School Board Certification	3
Mission/Vision/Requirements	4
Goal/Activities	4
<i>Let's Move!</i>	4
PALA	5
Wellness Policy	5 - 6
Nutrition Policy	6 - 8
Classroom Celebrations/Special Events	6 - 8
Addendum	9

Appendix 6.: Estimated Calorie Needs per Day by Age, Gender, and
Physical Activity Level

Table 2 – 5: 2008 Physical Guidelines

Appendix 10 The DASH Eating Plan at Various Calorie Levels

6.12.5 NMAC Nutrition: Competitive Food Sales Grid

Fundraisers

Healthy Fundraising

Your Guide to Lowering Your Blood Pressure with DASH

My Plate: Tips for using My Plate

The Active Life Style Activity Log

Appendix A: Health and Wellness Resources for Schools

School Board Certification

We attest that the foregoing T'iis Ts'ozi Bi' Olta'/Crownpoint Community School Nutrition/Wellness Policy was adopted by a duly called meeting of the T'iis Ts'ozi Bi' Olta' School Board on the 24th day of June, 2015 at T'iis Ts'ozi Bi' Olta', Crownpoint, New Mexico.

T'iis Ts'ozi Bi' Olta' School Board

Pauleen Billie

Pauleen Billie, President

McGarrett Pablo

McGarrett Pablo, Vice-President and Agency Board Representative

Pauline Freeland

Pauline Freeland, Secretary

Peter A. Nez

Peter A. Nez, Member

Raymond Lancer

Raymond Lancer, Member

T'iis Ts'ozí Bi' Olta'/Crownpoint Community School Nutrition/Wellness Policy

Mission Statement: T'iis Ts'ozí Bi' Olta'/Crownpoint Community School is committed to providing a nutritional diet and promote a healthy lifestyle to prevent the onset of diabetes, obesity, poor nutrition, and or, other afflictions related to a poor diet. T'iis Ts'ozí Bi' Olta'/Crownpoint Community School will adhere to the guidelines and standards of the United States Department of Agriculture (USDA), Navajo Nation Special Diabetes Program and the New Mexico Public Education Department (NMPED) mandates (6.12.5 N.M.A.C). The Health and Wellness in Bureau of Indian Education (BIE) Schools, K – 12, Part 31, Indian Affairs Manual will also be utilized to guide the wellness program.

Vision: To promote and maintain healthy eating habits that will promote physical, emotional, and mental health.

Goal: T'iis Ts'ozí Bi' Olta'/Crownpoint Community School will promote a healthy diet by providing nutritious meals with regular physical activity and promote healthy habits in the school and residential life environment, allowing students to grow mentally and physically. This goal will encourage the development of healthy eating habits that will last throughout their lifetime. Our school will provide well - balanced meals, nutrition education and daily physical activity to reduce the risk of obesity, diabetes, cancer and other chronic illnesses.

Definitions: Nutrition at T'iis Ts'ozí Bi' Olta'/Crownpoint Community School means providing access to a variety of nutritious and appealing meals that accommodate the health and nutritional needs of all students.

Nutrition Education aims to teach, model, encourage, and support healthy eating practices. Nutrition Education and healthy eating habits will promote proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention, the ability to resist disease, and integrated harmony with traditional values.

Let's Move! in Indian Country (LMIC)

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with commonsense, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years; giving parents helpful information and fostering environments that support healthy choices; providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and, helping kids become physically active.

<http://www.doi.gov/letsmove/indiancountry/index.cfm>

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is a key component to ensuring a healthy future for our children.

Join America's Move to Raise a Healthier Generation of Kids

<http://www.letsmove.gov/joinamericasmove>

White House Task Force on Childhood Obesity Report to the President

<http://www.letsmove.gov/white-house-task-force-childhood-obesity-report-president>

Presidential Active Lifestyle Award (PALA)

As part of the Bureau of Indian Education initiative to end childhood obesity, the PALA challenge for all BIE schools and dormitories to support the First Lady's LMIC goal to get 25,000 American Indian and Alaska Natives to complete the challenge of being physically active for 8 weeks. This initiative would include students and staff in BIE schools. Every BIE school and employee will participate and commit to creating healthier learning environment for students.

<http://www.presidentschallenge.org/lmic>

Requirement: The Nutrition/Wellness Policy shall include nutrition guidelines meeting guidelines set forth in (Subsection B of (6.12.5.8 NMAC)).

The Nutrition/Wellness Policy shall include guidelines for school sponsored fund raisers before and after school hours minimally meeting guidelines set forth in (paragraph (1) of Subsection C of 6.12.5.8 NMAC).

The Nutrition/Wellness Policy shall include guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices in accordance with the requirements set forth in (Paragraph (2) of subsection C of (6.12.5.8 NMAC).

Services: The activities are divided into two components. Component one (1) includes the New Mexico Public Education Department (NMPED) requirements that are outlines in the school district wellness policy rule (6.12.6.6 N.M.A.C.). The NMPED required activities are expected to be included in every wellness policy submitted to the NMPED. Component two (2) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the school.

Wellness Policy: The Nutrition/Wellness Policy at T'iis Ts'ozí Bi'Olta'/Crownpoint Community School recognizes that students, school personnel, parents, and other stakeholders will benefit from utilizing the wellness policy for it will enhance the educational process, as well as, recognize the importance of providing awareness of a comprehensive school education and health program.

The Nutrition/Wellness Policy will provide awareness about diabetes, the risk factors, and potential strategies for preventing diabetes and other diabetes related diseases, like blindness, amputations, and kidney diseases, etc... Prevention/Intervention includes an understanding of self-awareness and self-management behaviors that foster healthy living and healthy choices. The implementation of the Nutrition/Wellness Policy will ensure that students and staff personnel will become role models for the future generations. Students will learn healthy life long habits and practice making healthy life long choices. Aligned with the First Lady's *Let's Move!* initiative and the BIE PALA challenge, students at CCS will have fitness scheduled daily in which students will engage in structured physical activities.

The New Mexico Wellness Policy is comprised of ten components:

- **School Health Advisory Council** - responsible for the local wellness policy, PALA coordinator will be responsible for initiating challenge and attending trainings.
- **Family, school and community involvement** - integration of the family, school and community approach to enhance the health and well-being of students
- **Health Education** – the instructional program that provides opportunities to motivate and assist students maintaining and improving their health, prevent disease, and reducing health-related risk behaviors.

- **Health Services** - services provided for students to appraise, protect, and promote health.
- **Healthy and Safe Environment** - the physical and aesthetic surroundings, the psychosocial climate, and culture of the school.
- **Nutrition** - programs will provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.
- **Physical Activity** - body movement of any type which may include recreation, fitness, and sport activities.
- **Physical Education** - the instructional program that provides cognitive content and learning experiences in a variety of activity areas.
- **Social and Emotional well-being** - services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.
- **Staff Wellness** - opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

Though the Nutrition/Wellness Policy has many components, T'iis Ts'ozi Bi' Olta'/Crownpoint Community School will emphasize a school-wide nutrition/wellness policy. The Health curriculum is aligned with the New Mexico State Standards and Benchmarks and implements topics related to health. Safety Committee under the direction of the and COOP addresses the "health(y) and safe environment" component. Finally, the social and emotional well-being of students is addressed by the counseling services at our school. Residential Life staff will coordinate with recreation technician to plan physical activities for students.

Nutrition Policy:

- Provide meals that meet the dietary guidelines of the USDA and the NMPED
- Meals low in sugar content
- Meals low in sodium content
- Meals low in (total) fat, saturated fat and cholesterol
- Meals with a variety of foods that include vegetables, fruits, milk, and protein
- Encourage healthy cultural food choices, i.e., tortilla and vegetable stew
- Promote healthy snacks for all classroom celebrations and activities
- Prohibit food and beverages (sodas, energy drink, etc...) of non-nutritional value

Energy Drinks will NOT be allowed on T'iis Ts'ozi Bi' Olta' Campus:

Reasons: High levels of caffeine – Red Bull 80 mg., Amp 143 mg., Monster 160 mg., etc...

Energy drinks contain excessive amounts of herbal stimulate, caffeine, and sugar. Energy drinks not only can make individuals alert (jittery), but can also make the heart beat rapidly. Energy drinks also increase blood pressure and can affect other organs in the body.

Consequences: Energy drinks will be confiscated and disposed of. Student will be held for In-School Suspension and a letter will be sent home reminding parents of this policy. If a student continues to bring energy drinks to school, then the consequences will increase according to the Levels of Consequences Chart.

Classroom Celebrations/Special Events:

The school comprehensive health plan includes awareness of foods and beverages served for celebrations/special events. T'iis Ts'ozi Bi'Olta' /Crownpoint Community School Nutrition/Wellness Policy will be utilized for planning

and implementing celebrations and special events. Other activities, like fundraising, will also adhere to the Nutrition/Wellness Policy.

- Celebrations or special events should occur only after lunch
- Promote nutrition education school-wide
- Promote physical activity as part of celebrations, or special events
- Omit foods with non-nutritional value from the celebrations (menus)
- No "Junk Food"

The following beverages may be served

- Milk 2% or less
- Soy milk
- Water
- 100% fruit juice (serving size not to exceed 20 oz.- middle school only)

The following beverages may not be served

- Fruit drinks, punch, fruit aids, powdered drinks
- Energy drinks
- Flavored water
- Carbonated drinks (soda - regular and diet)
- Non-carbonated flavored water with added sweeteners
- Sports drinks

The following food guidelines are allowed

- Fruits (canned, whole, piece), nuts, cheese, and yogurt- provide single serving only
- Less than 200 calories per serving/package
- Less than 8 grams of fat per serving/package
- Less than 2 grams of saturated and trans fat per serving/package
- Less than 15 grams of sugar per serving/package

Note: *It is recommended that denying a student physical activity should not be used as a form of punishment. Furthermore, food and beverages (excluding water) cannot be used as a reward or punishment in schools. (Subsection B of 6.12.5.8 N.M.A.C.)*

T'iis Ts'ozi Bi'Olta'/Crownpoint Community School is committed to providing healthy meals, healthy snacks, and living a healthy lifestyles to complement and enhance the education process.

- Encourage parents to support the nutrition/wellness policy and promote healthy eating habits
- Provide intervention/prevention programs for diabetes, obesity, poor nutrition and other diseases, like kidney and heart diseases
- Enforce the "no-junk food" rule
- Encourage active participation in physical activities
- Teach children to make healthy choices academically, socially, emotionally, and physically
- Access community resource(s) to support a comprehensive wellness program
- **Be a role model by living a healthy lifestyle**

Fundraisers:

As part of the Nutrition/Wellness Policy, T'iis Ts'ozí Bi'Olta'/Crownpoint Community School will regulate all foods served at school and sold as fundraiser items (during and after-school). The following items may be considered for fundraising or celebrations:

- animal crackers
- baked chips
- beef jerky
- cereal bars
- cereal mix (i.e. Chex mix)
- cheese sticks or single serving packages
- corn nuts
- crackers
- dried fruit
- granola bars (*sugar not listed first*)
- graham crackers
- fresh fruit and vegetables
- fruit cups or bowls
- fruit snacks
- nuts
- pickles
- pretzels
- pudding
- rice cakes
- trail mix
- yogurt

ADDENDUM

APPENDIX 6. ESTIMATED CALORIE NEEDS PER DAY BY AGE, GENDER, AND PHYSICAL ACTIVITY LEVEL (DETAILED)

Estimated amount of calories needed to maintain a healthy weight for the average person at the indicated level of physical activity. These estimates are based on the Institute of Medicine's Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Actual calorie needs may vary from these average estimates.

Gender/ Activity level ^b	Male/ Sedentary	Male/ Moderately Active	Male/ Active	Female/ Sedentary	Female/ Moderately Active	Female/ Active
Age (years)						
2	1,000	1,000	1,000	1,000	1,000	1,000
3	1,200	1,400	1,400	1,000	1,200	1,400
4	1,200	1,400	1,600	1,200	1,400	1,400
5	1,200	1,400	1,600	1,200	1,400	1,600
6	1,400	1,600	1,800	1,200	1,400	1,600
7	1,400	1,600	1,800	1,200	1,600	1,800
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000
12	1,800	2,200	2,400	1,600	2,000	2,200
13	2,000	2,200	2,600	1,600	2,000	2,200
14	2,000	2,400	2,800	1,800	2,000	2,400
15	2,200	2,600	3,000	1,800	2,000	2,400
16	2,400	2,800	3,200	1,800	2,000	2,400
17	2,400	2,800	3,200	1,800	2,000	2,400
18	2,400	2,800	3,200	1,800	2,000	2,400
19-20	2,600	2,800	3,000	2,000	2,200	2,400
21-25	2,400	2,800	3,000	2,000	2,200	2,400
26-30	2,400	2,600	3,000	1,800	2,000	2,400
31-35	2,400	2,600	3,000	1,800	2,000	2,200
36-40	2,400	2,600	2,800	1,800	2,000	2,200
41-45	2,200	2,600	2,800	1,800	2,000	2,200
46-50	2,200	2,400	2,800	1,800	2,000	2,200
51-55	2,200	2,400	2,800	1,600	1,800	2,200
56-60	2,200	2,400	2,600	1,600	1,800	2,200
61-65	2,000	2,400	2,600	1,600	1,800	2,000
66-70	2,000	2,200	2,600	1,600	1,800	2,000
71-75	2,000	2,200	2,600	1,600	1,800	2,000
76+	2,000	2,200	2,400	1,600	1,800	2,000

- a. Based on Estimated Energy Requirements (EER) equations, using reference heights (average) and reference weights (healthy) for each age-gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.
- b. Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
- c. Estimates for females do not include women who are pregnant or breastfeeding.

Source: Britten P, Marcoe K, Yamini S, Davis C. Development of food intake patterns for the MyPyramid Food Guidance System. J Nutr Educ Behav 2006;38(6 Suppl):S78-S92.

TABLE 2-5. 2008 Physical Activity Guidelines

Age group	Guidelines
6 to 17 years	<p>Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.</p> <ul style="list-style-type: none"> • Aerobic: Most of the 60 or more minutes a day should be either moderate^a- or vigorous^b-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. • Muscle-strengthening:^c As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week. • Bone-strengthening:^d As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week. • It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
18 to 64 years	<ul style="list-style-type: none"> • All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits. • For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week. • For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount. • Adults should also include muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.
65 years and older	<ul style="list-style-type: none"> • Older adults should follow the adult guidelines. When older adults cannot meet the adult guidelines, they should be as physically active as their abilities and conditions will allow. • Older adults should do exercises that maintain or improve balance if they are at risk of falling. • Older adults should determine their level of effort for physical activity relative to their level of fitness. • Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

a. Moderate-intensity physical activity: Aerobic activity that increases a person's heart rate and breathing to some extent. On a scale relative to a person's capacity, moderate-intensity activity is usually a 5 or 6 on a 0 to 10 scale. Brisk walking, dancing, swimming, or bicycling on a level terrain are examples.

b. Vigorous-intensity physical activity: Aerobic activity that greatly increases a person's heart rate and breathing. On a scale relative to a person's capacity, vigorous-intensity activity is usually a 7 or 8 on a 0 to 10 scale. Jogging, singles tennis, swimming continuous laps, or bicycling uphill are examples.

c. Muscle-strengthening activity: Physical activity, including exercise, that increases skeletal muscle strength, power, endurance, and mass. It includes strength training, resistance training, and muscular strength and endurance exercises.

d. Bone-strengthening activity: Physical activity that produces an impact or tension force on bones, which promotes bone growth and strength. Running, jumping rope, and lifting weights are examples.

Source: Adapted from U.S. Department of Health and Human Services. *2008 Physical Activity Guidelines for Americans*. Washington (DC): U.S. Department of Health and Human Services; 2008. ODPHP Publication No. U0036. <http://www.health.gov/paguidelines>. Accessed August 12, 2010.

APPENDIX 10. THE DASH EATING PLAN AT VARIOUS CALORIE LEVELS

The number of daily servings in a food group varies with the number of calories.

Food Group ^a	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories	2,600 Calories	3,100 Calories	Serving Sizes
Grains	4-5	5-6	6	6	6-8	10-11	12-13	1 slice bread 1 oz dry cereal ^b ½ cup cooked rice, pasta, or cereal ^b
Vegetables	3-4	3-4	3-4	4-5	4-5	5-6	6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice
Fruits	3-4	4	4	4-5	4-5	5-6	6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
Fat-free or low-fat milk and milk products	2-3	2-3	2-3	2-3	2-3	3	3-4	1 cup milk or yogurt 1½ oz cheese
Lean meats, poultry, and fish	3 or less	3-4 or less	3-4 or less	6 or less	6 or less	6 or less	6-9	1 oz cooked meats, poultry, or fish 1 egg
Nuts, seeds, and legumes	3 per week	3 per week	3-4 per week	4 per week	4-5 per week	1	1	½ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dried beans, peas)
Fats and oils	1	1	2	2-3	2-3	3	4	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 1 Tbsp salad dressing
Sweets and added sugars	3 or less per week	3 or less per week	3 or less per week	5 or less per week	5 or less per week	< 2	< 2	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin dessert 1 cup lemonade
Maximum sodium limit^d	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	

Notes for APPENDIX 10.

a. The DASH eating patterns from 1,200 to 1,800 calories meet the nutritional needs of children 4 to 8 years old. Patterns from 1,600 to 3,100 calories meet the nutritional needs of children 9 years and older and adults. See Appendix 6 for estimated calorie needs per day by age, gender, and physical activity level.

b. Significance to DASH Eating Plan, selection notes, and examples of foods in each food group.

- Grains: Major sources of energy and fiber. Whole grains are recommended for most grain servings as a good source of fiber and nutrients. Examples: Whole-wheat bread and rolls; whole-wheat pasta, English muffin, pita bread, bagel, cereals; grits, oatmeal, brown rice; unsalted pretzels and popcorn.
- Vegetables: Rich sources of potassium, magnesium, and fiber. Examples: Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes.
- Fruits: Important sources of potassium, magnesium, and fiber. Examples: Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines.
- Fat-free or low-fat milk and milk products: Major sources of calcium and protein. Examples: Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt.
- Lean meats, poultry, and fish: Rich sources of protein and magnesium. Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry. Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz meat.
- Nuts, seeds, and legumes: Rich sources of energy, magnesium, protein, and fiber. Examples: Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas.
- Fats and oils: DASH study had 27 percent of calories as fat, including fat in or added to foods. Fat content changes serving amount for fats and oils. For example, 1 Tbsp regular salad dressing = one serving; 2 Tbsp low-fat dressing = one serving; 1 Tbsp fat-free dressing = zero servings. Examples: Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing.
- Sweets and added sugars: Sweets should be low in fat. Examples: Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar.

c. Serving sizes vary between $\frac{1}{2}$ cup and $1\frac{1}{4}$ cups, depending on cereal type. Check product's Nutrition Facts label.

d. The DASH Eating Plan consists of patterns with a sodium limit of 2,300 mg and 1,500 mg per day.

Nutrition Rule: Competitive Foods Sale Rule

Fact Sheet

Definitions

“**Competitive Food**” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

“**A La Carte**” means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture school meal program.

What the Rule Says in General

- No student in New Mexico can buy sugar or caffeinated soft drinks in their schools.
- No food in vending machines in elementary schools anymore.
- In middle schools and high schools, food available in vending machines, and a la carte sales must be low in fat and low in sugar.
- Schools who sell food as fund raisers will be required to provide healthier choices.

Details Drinks Sold in Vending Machines

Elementary Schools

- Students can buy milk, soy milk, and water after lunch.

Middle Schools

- Students can buy water, milk, soy milk and 100 percent fruit juice.
- **No** carbonated drinks can be sold to middle schools students.

High Schools

- Students can buy water, milk, soy milk and 50 – 100 percent fruit juice at any time.
- After lunch, high school students may also buy carbonated drinks that are both sugar-free and caffeine-free soft drinks, non-carbonated flavored water with no added sweeteners and sports drinks.

Foods Sold in Vending Machines

Elementary Schools

- No food may be vended at any time.

Middle and High Schools

- Students can buy foods from vending machines that contain no more than 8 grams of fat (with no more than 2 grams from saturated and trans fats), 15 grams of sugar and 200 calories per serving. The only exceptions are healthy nuts, seeds, cheese and yogurt products.
- In Middle schools, food vending machines may only be available after the last lunch period.
- In High schools, food vending machines may be available all day.

A La Carte Sales

- Beverages sold through a la carte must meet the same requirements as beverages sold in vending machines.
- Students can buy foods from a la carte that contain no more than 400 calories, no more than 16 grams of fat (no more than 2 grams from saturated and trans fat combined) and no more than 30 grams of total sugar.

School Sponsored Fund Raisers

- Beverages and food products sold as fund raisers during normal school hours:
 - May be sold at any time except during the lunch period and
 - Must meet the same requirements as the food vending machine rules for High School students.
- At least 50% of all beverages and food products sold as fund raisers before and/or after school hours must meet the standards set for high school vending machines (e.g. 50% of the food and beverages sold in football or basketball game concession stands would have to be healthy choices).

Wellness Policies

In addition to the competitive foods sale rule, each local board of education is required to establish a district school health advisory council to help develop, implement, and evaluate local wellness policies that include: nutrition, physical activity, physical education, health education, school safety, mental and behavioral health, health services, and staff wellness.

6.12.5 NMAC Nutrition: Competitive Food Sales Rule Grid

“Competitive Food” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

Vended Beverages and Foods

“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools.

Vended	Elementary	Middle	High
<p><u>Beverages</u></p>	<p><u>Allowed after the last lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed any time:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more than 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed any time:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>Allowed after the last lunch period:</u></p> <ul style="list-style-type: none"> • Sugar free/Caffeine free soft drinks (must be both) • Non-carbonated flavored water with no added sweeteners • Sports drinks

Nutrition: Competitive Foods Sale Rule Grid

<u>Vended</u>	Elementary	Middle	High
<p><u>Foods</u></p>	<p>NONE</p>	<p><u>Allowed after the last lunch period.</u> Foods meeting the following guidelines <u>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served 	<p><u>Allowed any time.</u> Foods meeting the following guidelines <u>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served

<p>A La Carte (only during lunch period) “A la carte” means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture school meal program.</p>			
<p><u>Beverages</u></p>	<p>Elementary <u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water 	<p>Middle <u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more than 125 calories/container and • a serving size not to exceed 20 oz. 	<p>High <u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz.
	<p>**No Carbonated Drinks</p>		
<p>A La Carte</p>	<p>Foods products sold in Elementary, Middle and High School only during the lunch period as a la carte sales must meet the following guidelines</p>		
<p><u>Foods</u></p>	<p>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</p> <ul style="list-style-type: none"> • No more than 400 calories per container or per package or amount served; and • No more than 16 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served and • No more than 30 grams of total sugar per container or per package or amount served. 		

Fund Raisers (Beverages/Food)

“Fund Raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or part of the United States Department of Agriculture school meal program.

Fund Raisers

Elementary

Beverages Allowed as fund raiser except during lunch period

- Milk 2% or less
- Soy milk
- Water

Middle

Beverages Allowed as fund raiser except during lunch period

- Milk 2% or less
- Soy milk
- Water
- 100% fruit juice that has:
 - no added sweeteners
 - no more than 125 calories/container and
 - a serving size not to exceed 20 oz.

High

Beverages Allowed as fund raiser except during lunch period

- Milk 2% or less
- Soy milk
- Water
- At least 50% fruit juice that has:
 - no added sweeteners and
 - a serving size not to exceed 20 oz.

During Normal School Hours

Beverages

****No Carbonated Drinks**

****No Carbonated Drinks**

****No Carbonated Drinks**

	Elementary	Middle	High
Fund Raisers <u>During Normal School Hours</u> <u>Foods</u>	NONE	<u>Allowed as fund raiser except during lunch period</u> Foods meeting the following guidelines <u>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</u> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served 	<u>Allowed as fund raiser except during lunch period</u> Foods meeting the following guidelines <u>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</u> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served

Fund Raisers <u>Outside of Normal School Hours</u>	Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle and High Schools provided that at least 50 per cent of the offerings meet the following requirements: <u>Beverages:</u> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more than 125 calories/container and • a serving size not to exceed 20 oz. 	<u>Foods:</u> <u>**with the exception of nuts, seeds, cheese, yogurt, and fruit.</u> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and • No more than 15 grams of sugar per container or per package or amount served
---	--	--

HEALTHY FUNDRAISING

Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ▶ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.¹ Between 1980 and 2004, obesity tripled among children and adolescents.² Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.³ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.⁴

Consequences of Unhealthy Fundraising

- ▶ **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- ▶ **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.
- ▶ **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.



Fundraisers Must Meet State Requirements

- Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. Section 10-215b-23 specifies that income from the sale of any foods or beverages anywhere on school premises during this time frame must accrue to the food service account.
- Section 10-221p of the Connecticut General Statutes (C.G.S.), requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale. For additional guidance, see *Questions and Answers on Connecticut Statutes for School Food and Beverages* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.
- C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. For more information, see *Beverage Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>.
- Districts that participate in healthy food certification under C.G.S. Section 10-215f must ensure that all food fundraisers meet state requirements. For more information, see *Fundraising with Foods and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>.
- Consult the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales.
- For more information on Connecticut's requirements for foods and beverages, see the Connecticut State Department of Education Web site (School Foods and Beverages page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES*

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books
- Brick/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups or mugs
- Crafts
- Coupon books (nonfood items)
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Foot warmers
- Football seats
- Garden seeds
- Gift baskets (nonfood items)
- Gift certificates (nonfood items)
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Magazine subscriptions
- Monographs

- Music, CDs, DVDs
- Newspaper space, ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- Phone cards
- Raffle donations (nonfood items)
- Raffle extra graduation tickets
- Raffle front row seats at a special school event
- Rent a special parking space
- Scarves
- School art drawings
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

Healthy Foods

- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

Sell Custom Merchandise

- Bumper stickers and decals
- Calendars
- Cookbook of healthy recipes made by school
- Flying discs with school logo
- License plates or holders with school logo
- Logo air fresheners
- School spirit gear
- T-shirts/sweatshirts

Activities Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee

Things You Can Do

- Auction
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals/festivals
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thon
- Magic show

- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/skate-a-thon
- Tag sale, garage sale
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thons
- Workshops/classes



*Adapted from: California Project Lean, California Department of Health Services. (2010). *Creative Financing and Fun Fundraising*. Retrieved on October 6, 2011 from [http://www.cdph.ca/PublicHealth/Programs/CommunityPrevention/HealthyCommunities.aspx](http://www.cdph.ca/PublicHealth/Programs/CommunityPrevention/HealthyCommunities/Pages/HealthyCommunities.aspx)

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

References

1. Ogden, C.L., Carroll, M.D., Curtin, L.R., Lamb, M.M., & Flegal, K.M. (2010). Prevalence of high body mass index in US children and adolescents, 2007-2008. *Journal of the American Medical Association*, 303(3):242-249.
2. Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from http://www.cdc.gov/nchs/data/health_statistics/overweight_overweight_child_03.htm
3. Reedy, J., & Krebs-Smith, S.M. (2010). Dietary Sources of Energy, Solid Fats, and Added Sugars among Children and Adolescents in the United States. *Journal of the American Dietetic Association*, 110(10):1477-1484
4. U.S. Department of Agriculture Center for Nutrition Policy and Promotion. (2009). The quality of children's diets in 2003-04 as measured by the Healthy Eating Index – 2005. *Nutrition Insight*, 43. Retrieved on October 6, 2011 from <http://www.cnpp.usda.gov/Publications/InsighttoInsight/Insight43.pdf>

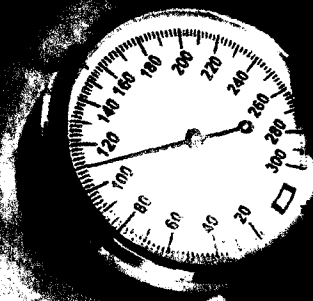


The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, disability (including, but not limited to, mental retardation, past or present history of mental disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal record. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Opportunity Director, Title IX / ADA/Section 504 Coordinator, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071.

IN BRIEF:



PRESSURE WITH DASH



What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less salt and sodium.

High blood pressure, which is blood pressure higher than 140/90 mmHg,* affects more than 65 million—or 1 out of every 3—American adults. Another 59 million Americans have prehypertension, which is blood pressure between 120/80 and 140/89 mmHg. This increases their chances of developing high blood pressure and its complications.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause

the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.

** Blood pressure is usually measured in milligrams of mercury, or mmHg.*

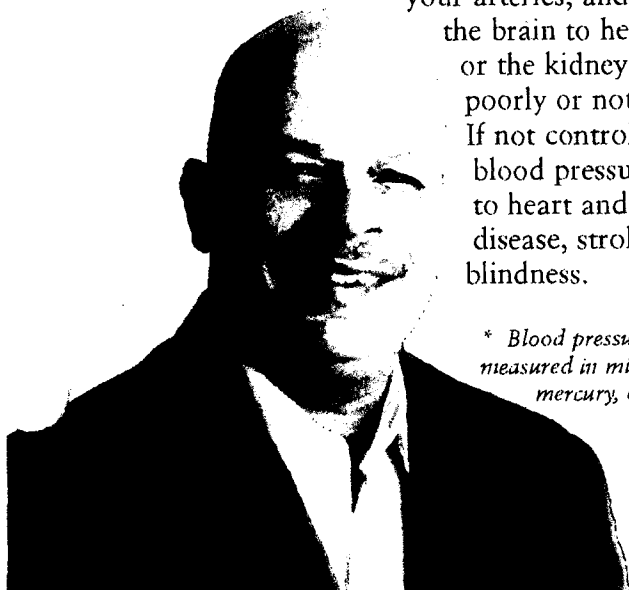
But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in salt and sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 30 minutes on most days of the week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and also follow these steps.

The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, and calcium, protein, and fiber.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

How Do I Make the DASH?

The DASH eating plan requires no special foods and has no hard-to-follow recipes. It simply calls for a certain number of daily servings from various food groups.

The number of servings depends on the number of calories you're allowed each day. Your calorie level depends on your age and, especially, how active you are. Think of this as an energy balance system—if you want to maintain your current weight, you should take in only as many calories as you burn by being physically active. If you need to lose weight, eat fewer calories than you burn or increase your activity level to burn more calories than you eat.

What is your physical activity level? Are you mostly:

- Sedentary? You do only light physical activity that is part of your typical day-to-day routine.
- Moderately active? You do physical activity equal to walking about 1.5–3 miles a day at 3–4 miles per hour, plus light physical activity.
- Active? You do physical activity equal to walking more than 3 miles per day at 3–4 miles per hour, plus light physical activity.

Use the chart below to estimate your daily calorie needs.

Your Daily Calorie Needs

Gender	Age (years)	Calories Needed for Each Activity Level		
		Sedentary	Moderately Active	Active
Female	19–30	2,000	2,000–2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000–2,200
Male	19–30	2,400	2,600–2,800	3,000
	31–50	2,200	2,400–2,600	2,800–3,000
	51+	2,000	2,200–2,400	2,400–2,800

Now that you know how many calories you're allowed each day, find the closest calorie level to yours in the chart on page 3 called "Following the DASH Eating Plan." This shows roughly the number of servings from each food group that you can eat each day.

Next, compare DASH with your current eating pattern. Fill in the "What's on Your Plate and How Much Are You Moving?" chart on page 4 for 1–2 days to compare what you usually eat with the DASH plan—and note how active you are. This should help you decide what changes you need to make in your food choices—and in the sizes of the portions you eat.

"A Day With the DASH Eating Plan" on page 6 shows a sample menu based on about 2,000 calories a day. Increase or decrease the serving sizes for your own calorie level. This chart also shows the two levels of sodium, 2,300 and 1,500 milligrams, that DASH allows each day. Because fruits and vegetables are naturally lower in sodium than many other foods, DASH makes it easier to eat less sodium. Try it at the 2,300-milligram level (about 1 teaspoon of table salt). Then, talk to your doctor about gradually lowering it to 1,500 milligrams a day. Keep in mind: The less salt you eat, the more you may be able to lower your blood pressure.

Choose and prepare foods with less salt, and don't bring the salt shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar, wine, and salt-free seasoning blends in cooking and at the table. And, because most of the salt, or sodium, that we eat comes from processed foods, be sure to read food labels to check the amount of sodium in different food products. Aim for foods that contain 5 percent or less of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high. These include baked goods, certain cereals, soy sauce, some antacids—the range is wide.

DASH Tips for Gradual Change

Make these changes over a couple of days or weeks to give yourself a chance to adjust and make them part of your daily routine:

- Add a serving of vegetables at lunch one day and dinner the next, and add fruit at one meal or as a snack.
- Increase your use of fat-free and low-fat milk products to three servings a day.
- Limit lean meats to 6 ounces a day—3 ounces a meal, which is about the size of a deck of cards. If you usually eat large portions of meats, cut them back over a couple of days—by half or a third at each meal.
- Include two or more vegetarian-style, or meatless, meals each week.