

## **Business/Non-Instructional Operations**

### **Nutrition Program**

The Thomaston Board of Education recognizes that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth, and lifelong health and well-being. The Board's goal is to enhance the diet and health of school children and to help mitigate the childhood obesity trend. To help ensure students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the Superintendent, or designee, shall prepare and implement a comprehensive district nutrition program consistent with state and federal requirements as detailed in the "Nutritional Standards in National School Lunch and School Breakfast Programs", for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The input of staff, students, parents and public health professionals will be encouraged.

The program shall reflect the Thomaston Board of Education's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy, nutritious, and appealing foods at all schools, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, and coordinated with the district's food services operation.

It is the intent of the Thomaston Board of Education that all schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on district grounds or at district-sponsored events shall meet federal and state statutes and regulations. Administrative regulation requirements for nutritional standards and/or other guidelines, as may be recommended by district and school health committees, shall be in fulfillment of state and federal standards. "The Connecticut Nutrition Standards for Foods in Schools", which is consistent with current science-based national nutrition recommendations and the USDA's nutrition standards for competitive foods shall be consulted in addition to Connecticut's "List of Acceptable Foods and Beverages." The Connecticut "List of Acceptable Foods and Beverages" can be found at the [Connecticut State Department of Education website](#).

Students will be offered and schools will promote nutritious food choices consistent with the current Dietary Guidelines for Americans published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture, and guidelines promulgated by the Connecticut Department of Education ("Connecticut Nutrition Standards for Foods in Schools") in addition to federal and state statutes and national health organizations.

The focus is on moderating calories, limiting fats, sodium, and sugars, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean

meats, and legumes. In addition, in order to promote student health and reduce childhood obesity, the Superintendent, or designee, shall establish such administrative procedures to control food and beverages sales that compete with the district's nonprofit food service operation in compliance with the Child Nutrition Act. The district shall prohibit the sale of foods of minimal nutritional value as defined by the U.S. Department of Agriculture (USDA) and will ensure that all foods sold to students separately from school meals meet the Connecticut Nutrition Standards. All beverages sold or served to students on school premises will be healthy choices that meet the requirements of state statute and USDA beverage requirements.

The Superintendent, or designee, shall ensure that nutritious foods are available as an affordable option whenever food is sold or served on district property or at district-sponsored events. Schools must prohibit the sale or serving of foods and snacks that are high in fat, sodium, or added sugars; and ensure that competition with nutritious meals served by the school food service operation is non-existent.

Although the Thomaston Board of Education believes that the district' food services operation should be financially self-supporting, it recognizes, however, that the food services program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's NSLP and SBP shall be nonprofit.

The Superintendent, or designee, is directed to develop administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation.

In accordance with federal law and U.S. Department of Agriculture policy, Thomaston Public Schools is prohibited from discriminating on the basis of race, color, religious creed, age, ancestry, marital status, genetic information, national origin, gender, sexual orientation, gender identity or expression, disability, or any other basis prohibited by Connecticut state and/or federal nondiscrimination law. The USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or (800)795-3272 may be contacted to file a complaint of discrimination.

(cf. 6142.6 – Physical Education)

(cf. 3542 – Food Service)

(cf. 3542.33 – Food Sales Other Than National School Lunch Program)

(cf. 3542.34 – Nutrition Program)

(cf. 3452.45 – Vending Machines)

(cf. 6142.101 – School Wellness)3542.34(c)

Legal Reference: Connecticut General Statutes

10-215 Lunches, breakfasts and the feeding programs for public school children and employees.

10-221 Boards of education to prescribe rules, policies and procedures.

10-215a Non-public school participation in feeding program.

10-215b Duties of state board of education re feeding programs.

10-215e Nutrition standards for food that is not part of lunch and breakfast program

10-215 f Certification that food meets nutrition standards

10-221q Sale of beverages

10-216 Payment of expenses.

10-215b-1 State board of education regulation

10-221o Lunch periods. Recess.

10-221p Boards to make available for purchase nutritious low fat foods and drinks.

PA 06-63 An Act Concerning Healthy Food and Beverages in Schools

P.L. 111-296 Healthy, Hunger-Free Kids Act of 2010 (HHFKA), 42

U.S.C. 1751

7 CFR Parts 210 & 220 – Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010.

(Federal Register, Vol. 78, No. 125, June 28, 2013)

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THOMASTON PUBLIC SCHOOLS

POLICY REVISED & BOARD APPROVED: June 14, 2021