

STUDENT NUTRITION POLICY REGULATIONS

The Brunswick School Board supports the health of children by promoting and providing healthy food and beverage choices. By facilitating learning through the support and promotion of good nutrition, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

A. School Nutrition Programs

Food and beverages offered for sale to students by the Brunswick School Department's Food Services as part of the National School Lunch ("Hot Lunch") or School Breakfast Program must meet, but may exceed, federal and state regulations. Schools participating in these state and/or federally subsidized food or nutrition programs (e.g. school lunch, breakfast and milk programs) are expected to meet the legal requirements for participation in such programs and offer free or reduced price meals to eligible students. Among the requirements are that federally subsidized school nutrition programs offered in participating schools serve meals that meet minimum nutritional standards as prescribed by law.

B. A La Carte Items

A la carte items refer to food and beverages offered for sale to students alongside of or instead of the subsidized "hot lunch" or breakfast by the Brunswick School Department's Food Services in schools that participate in the National School Lunch or School Breakfast Program.

1. A la carte items sold to students must meet or may exceed minimum nutritional value as defined by federal regulations which require that food sold shall have at least one of eight nutrients: protein, vitamin A, Vitamin C, niacin, thiamin, riboflavin, calcium and iron in excess of 5% of the U.S. Recommended Dietary Allowances per 100 calories.

2. No candy or soda shall be sold as an a la carte item at any Brunswick school.

C. Schools That Do Not Participate in the National School Lunch Program

In schools where food and beverages may not be offered for sale to students by the Brunswick School Department's Food Services as part of the School Nutrition Programs, the Director of Food Services shall use the goals outlined in the Student Nutrition Policy (File: EF), shall refer to applicable standards set out by federal regulation of School Nutrition Programs, and shall use informed, professional judgment when selecting items to be offered for sale to students.

D. Competitive Food and Beverages

Competitive food and beverages refer to those offered for sale on school grounds to students during the school day by school organizations other than the Brunswick School Department's Food Services Department. Examples include, but are not limited to, food and beverages sold through vending machines, fundraisers and school stores. Any sale of competitive foods during the school day must be reviewed and approved by the school principal and the director of food services. Following is a description of food sale procedures:

1. Vending Machines

In all schools, only products that meet or exceed the 5% minimum nutritional value rule (see paragraph B.1.) and water shall be sold to students in any school vending machine at any time of the day or evening. Vending machines, other than those maintained by the School Nutrition Program, may not be available to students during the day. Vending machines shall not offer candy or soda for sale to students in any Brunswick school.

2. Food for Fundraisers: School Staff and Student Organizations

Fundraisers that are organized by school staff or student organizations must take into consideration the following when selling food during the school day.

a) Candy and soda are not allowed for fundraising except as follows:

At the high school level, one student organization per month may sell candy during the school day. These sales are not allowed in the school cafeteria. The school administration will devise the schedule of such requests.

b) Whenever food and beverages are sold to raise funds for the school, organizers are encouraged to follow guidelines supplied by the Director of Food Services

E. Food for Fundraisers: Student Organizations, Parent Groups and Booster Clubs

The sales must occur when student organizations, parent groups and/or booster clubs sell food, after school or during non-school days. They are encouraged, but not required, to sell only products that meet or exceed the 5% minimum nutritional value rule. (See paragraph B.1.)

F. Food as Reward or Incentive

Food and beverages should not be used as reward or incentive. School principals will be responsible for providing list of acceptable student rewards at the beginning of each academic year.

G. Classroom Celebrations and School Events

Classroom celebrations can be important opportunities for classroom bonding and social development and can also be an opportunity to model healthy eating. If food or beverages are served to students at events during the school day, including whole-school events, group and advisory meetings, and classroom celebrations, they must comply with the list of approved snacks and beverages.

School principals, working with the Director of Food Services, will be responsible for providing teachers with this list of approved foods and beverages. Teachers may need to further refine this list, with input from the school nurse, depending on the health needs and allergies of their students.

The use of non-food items for classroom celebrations and school events is encouraged. School principals, with the assistance of the wellness committee, will be responsible for providing teachers with lists of non-food celebration ideas. Teachers are encouraged to share these ideas with classroom parents.

All outside food sent in for use by multiple students must comply with the approved list. If there are students with allergies in the classroom, the food must be approved by the school nurse at least one week in advance to protect student health. Food not approved by the school nurse will be returned home with the child.

Families should only provide food and beverage items for their own student's personal consumption, unless it is part of a classroom celebration or school event coordinated by a teacher or staff member.

Food used as part of a specific classroom unit, for example, the study of a world culture, are exempt from these regulations, but must be approved by the school nurse one week in advance.

Food items brought from home for a student's personal consumption, and food used in specialized education settings, are exempt.

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