

School District Wellness Policy

District: Hobbs Municipal Schools

Component: Nutrition

Definition:

Nutrition means programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.

Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance a sense of well-being, obesity prevention and the ability to resist disease.

Goal:

The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school policies that provide adequate nutrition opportunities.

Requirements and required activities:

I. The Hobbs Municipal Schools will follow nutrition guidelines for a la carte offerings set forth in Subsection B of 6.12.5.8 NMAC. “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 (USDA) school meal program.

Such a la carte offerings will meet the following minimal requirements:

(1) Beverages sold in a la carte offerings may only be sold during lunch period and shall only include:

(a) Elementary schools:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk; and
- (iii) water.

(b) Middle schools:

- (i) milk with a fat content of two percent or less;
- (ii) soy milk;
- (iii) water; and
- (iv) 100 percent fruit juice that has no added sweeteners and no

more than 125 calories per container and a serving size not to exceed 20 ounces.

(c) High schools:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk;
- (iii) water; and
- (iv) juice that is at least 50 percent fruit and that has no added

sweeteners and a serving size not to exceed 20 ounces.

(2) Carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be sold in a la carte offerings.

(3) Food products sold in a la carte offerings may only be sold during lunch and are subject to the following requirements:

- (a) Nuts, seeds, cheese, yogurt, and fruit are not subject to the restrictions in subparagraph (b) of this paragraph.
- (b) Food products other than those listed in subparagraph (a) of this paragraph are subject to the following restrictions:
 - (i) shall contain no more than 400 calories per container or per package or amount served; and
 - (ii) shall contain no more than 16 grams of fat per container or per package or amount served, of which no more than 2 grams come from saturated and trans fats combined; and
 - (iii) shall contain no more than 30 grams of total sugar per package or amount served.

II. The Hobbs Municipal School will follow guidelines for school-sponsored fund-raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC. “Fund raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte or part of the USDA school meal program.

A. Beverages and food products may be sold as fund raisers at any time during normal school hours except during the lunch period and are subject to the following requirements and limitations:

- (a) Elementary schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; and water. Carbonated beverages shall not be sold.
 - (ii) Food products shall not be sold as fund raisers to students in elementary schools.
- (b) Middle schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; water; and one hundred percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces. Carbonated beverages shall not be sold.
 - (ii) Food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.
- (c) High schools:
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less, soy milk, water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
 - (ii) Food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

III. The Hobbs Municipal Schools will follow the guidelines for school-sponsored fundraisers 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. “Fund raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or as part of the USDA school meal program.

A. Beverages and food products may be sold as fundraisers outside of normal school hours provided that at least 50 per cent of the offerings meet the following requirements:

- (a) Beverages: milk with a fat content of 2 percent or less; soy milk, water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
- (b) Food products: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats, and shall contain no more than 15 grams of sugar per container or per package or amount served

IV. The Hobbs Municipal Schools will follow the nutritional guidelines for vended beverages and foods set forth in Subsection A of 6.12.57 NMAC. “Vended beverages and foods: means a beverage or food product sold in vending machines to students in schools.

Such vended foods and beverages will meet the following minimal requirements:

(1) Elementary schools:

- (a) Beverages sold in vending machines to students in elementary schools shall only be sold after the last lunch period is completed and shall only include:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk; and
 - (iii) water.
- (b) Carbonated beverages shall not be sold in vending machines to students in elementary schools.
- (c) Food products shall not be sold in vending machines to students in elementary schools.

(2) Middle schools:

- (a) Beverages sold in vending machines to students in middle schools shall only include:
 - (i) milk with a fat content of two percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) 100 percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.
- (b) Carbonated beverages shall not be sold in vending machines to students in middle schools.
- (c) Food products sold in vending machines to students in middle schools are subject to the following requirements:
 - (i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in middle schools at any time and are not subject to the restrictions in item (ii) of this subparagraph.
 - (ii) Food products other than those listed in item (i) of this subparagraph shall only be sold after the last lunch period is completed and are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per package or amount served.

(3) High schools:

- (a) Beverages sold in vending machines to students in high schools at any time shall only include:
 - (i) milk with a fat content of 2 percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.
- (b) Beverages sold in vending machines to students in high schools after the last lunch period is completed shall only include the items in subparagraph (a) and:

- (i) carbonated soft drinks that are both sugar free and caffeine free;
 - (ii) non-carbonated flavored water with no added sweeteners; and
 - (iii) sports drinks.
- (c) Food products sold in vending machines to students in high schools may be sold at any time subject to the following requirements:
- (i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in high schools at any time and are not subject to the restrictions in item (ii) of this subparagraph.
 - (ii) Food products other than those listed in item (i) of this subparagraph are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

V. The Hobbs Municipal Schools will provide nutrition education activities that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

VI. Selected Hobbs Municipal Schools sites will be supported for the school breakfast program.

Evaluation:

100% of the offerings in al la carte meet the guidelines set forth in subsection B of 6.12.5.8 NMAC.

100% of the clubs/sports/etc are following the guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.

100% of the clubs/sports/etc are following the guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent 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.

100% of the vending machines meet the guidelines set forth in subsection A of 6.12.5.8 NMAC.

Resources:

Note: see attached COMPETITIVE FOOD SALES GRID for assistance in planning a la carte offerings, school-sponsored fund-raisers during normal school hours and before and after school hours, and vending machine offerings for elementary, middle, and secondary schools.

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. School District Wellness Policy rule 6.12.6.6 NMAC.
3. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
4. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
5. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

6. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.
7. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fithealthy.html.
8. Youth Risk and Resiliency Survey – online at
<http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or
<http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

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