

STUDENT WELLNESS

Nutrition Guidelines

King George County School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free or low-fat milk that are moderate in sodium, low in saturated fat, low in sugar, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification) and to meeting the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

All schools within King George County Schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit & Vegetable Program (FFVP), Summer Food Service Program (SFSP), Virginia Department of Health (VDH) Supper programs, or others. King George County Schools also operates additional nutrition related programs and activities-including Farm to School programs, school gardens, Breakfast in the Classroom, Grab 'n' Go Breakfast, or others. All schools within King George County Schools are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
- Adhere to Smart Snack standards for competitive foods (a la carte, concessions, fundraisers, vending, etc.)

To help meet additional nutritional needs of students, King George County School District recognizes water as an essential nutrient and encourages students, staff, teachers, and administrators to model positive hydration behaviors. King George County School District will comply with the USDA regulation eCFR210.10 that requires free, potable water be provided in the cafeteria during breakfast and lunch. Water is not a replacement for milk at meals but rather an additional beverage available to students. Easy access to clean, safe, and good-tasting water is accessible to students and staff during and after the school day, providing students and staff the opportunity to increase water consumption. Water sources, such as water fountains, water refill stations, or dispensers, will be regularly maintained. Water sources must be accessible to all people, regardless of age, ability, or disability. Water is available where meals are served and in high traffic areas such as gyms, outdoor activity spaces, and faculty lounges. Students are allowed to carry clear water bottles throughout the school day filled with only water.

Competitive Foods and Beverages

King George County Schools is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools is available on the division website.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Participation

King George County Schools will develop and maintain a division wellness committee (DWC) comprised of school division administrators, teachers, school health professionals, community members, students and parents. This group will meet once per semester to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy. The DWC membership will represent all school levels.

Each school within King George County Schools will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues in coordination with the DWC. The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The designated official for oversight is the Coordinator of School Nutrition

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