



Common Questions Regarding the Updated Wellness Policy

Over the last month we have compiled a list of the most common questions asked about the [Student Wellness Policy](#).

Why was the policy updated?

The Healthy Hunger-Free Kids Act required that district wellness policies be updated to include: goals for nutrition promotion and education, goals for physical activity and physical education, nutrition guidelines for foods available during the school day and to be periodically measured on the extent to which schools are in compliance with the policy.

Can popcorn be sold under the new nutrition standards?

Yes, popcorn is a whole grain and can meet nutrition standards; however, the current popcorn recipes usually contain too much fat. The following recipe has been analyzed and tested for palatability while also meeting the wellness policy guidelines by reducing the amount of oil used.

New Popcorn Recipe

Total yield: about 36 cups

Servings: about 14; 2.5 cup servings

- ★ 1 cup popcorn kernels
- ★ 3 Tablespoons popcorn oil
plain vegetable oil or Gregg's Ready-to-Use Popcorn Oil
- ★ 1 teaspoon Flavacol flavoring

Directions:

Make popcorn according to the directions you have traditionally used with the above amount adjustments.

Nutrition Facts: Serving size: 2.5 cups (.75 ounce)

| | |
|-----------------------------|--------------------|
| Calories | 89 cal |
| Calories from fat | 31 cal (35% fat) |
| Calories from saturated fat | 5 cal (5% sat fat) |
| Sodium | 196mg |

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How can we have special breakfasts for parents and families?

In lieu of Muffins with Mom or Donuts with Dad, you could opt for breakfast before school:

- ◆ **Invite families to school breakfast** (work with kitchen manager for a special menu)
 - ★ School breakfast only costs \$1.00 for elementary kids and \$1.65 for adults
 - ★ Pancake breakfast day –the breakfast menu can be changed to pancakes with blueberry and/or strawberry topping and provides drinks and sides; PTA or teachers can provide coffee for adults and whip cream to put on pancakes
- ◆ **Franz whole grain options**
 - ★ Franz has some whole grain bakery options available at their outlets locations, if orders are placed more than 2 weeks in advance a discount is available
- ◆ **Purchase through kitchen/F&N department**
- ◆ **Other ideas: Fathers and Fruit, Parents and Pancakes, Walk with Me**

What can be sold in the student store?

All items sold need to meet the nutrient standards. Visit the Food and Nutrition website for details and calculator.

Do these regulations apply to all events?

The wellness policy and nutrition standards need to be enforced during the school day which is defined as any time before school to 30 minutes after dismissal.

How will we do fundraisers?

- ◆ If fundraising happens outside of the school day it does not need to meet the nutrition policy standards.
- ◆ Healthy ideas for fundraisers could include:
 - ★ Walk-a-thons
 - ★ Dances (family, kids)
 - ★ Family Movie Night at the school
 - ★ Singing Telegrams

What could we do for rewards for students?

- ◆ Move to the front of the line
- ◆ Extra 5 minutes of recess
- ◆ “No Homework” Pass
- ◆ Listen to music in the classroom while working
- ◆ Washington Dairy Council gives a [free \\$20 allotment](#) to teachers each year and also has a number of very affordable give-a-ways
- ◆ Food rewards are discouraged but if you choose to use food the food item must meet the nutrition standards

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Where can I find a list of items that meet the nutrient guidelines?

- ♦ There is not an all-encompassing list of items that meet the nutrient standards. The best way to determine if an item meets the nutrient standard is to use the product calculator created by Alliance for a Healthier Generation. The link to the calculator is on the Food & Nutrition section of the district website.
- ♦ The Food & Nutrition department has a limited list of items available for purchase. If you are interested contact the kitchen manager at your school or the Food & Nutrition office.

What can I serve during my classroom party?

We encourage healthy options be served at all events during the school day but the student wellness procedure allows for three classroom parties each year that do not meet the nutrient guidelines. Due to the prevalence of students with severe food allergies, coordination with the school nurse or teacher to address specific classroom allergies is required. Individual schools may choose to be more restrictive.

What is the assessment?

Each school will be sent a short survey with questions geared toward what their school is doing to meet the student wellness policy. The results of the survey will be made available to the public on the district website.

Where do I find a copy of the student wellness policy?

A copy of the student wellness policy, procedure, and additional resources are available on the Food & Nutrition page of the district website.

Can we serve a morning/afternoon snack?

Snacks can still be served as long as they meet the nutrition standards.

Can cupcakes be brought for birthday celebrations?

Since birthday parties are not sponsored by schools, they are exempt from the nutrition guidelines. However, we encourage families to consider healthy options if they plan to bring food for birthday parties. Individual schools may choose to be more restrictive.

What about Field Days?

Since Field Days are during the school day they would need to meet the wellness guidelines. There are a couple of local vendors that have products that meet the guidelines; TCBY yogurt, Kona Ice (ask for the 100%juice options), and Papa Johns (ask for the smart snack approved pizza).