



# Smart Strategies

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## Welcome

Welcome to the *Smart Strategies Booklet*! This booklet was created to assist you as your school implements the *Boston Public Schools Nutrition Policy and Guidelines for Vending Machines, A la carte and Competitive Foods*. It will provide examples and practical ideas for fundraisers, classroom parties, and school events, and also introduce sample messaging for students, families, and staff about healthy offerings guided by the new implementation guidelines.

What are competitive foods? Competitive Foods are all foods or beverages sold or provided in public schools, other than those items sold or provided as part of federal nutrition programs, like the School Breakfast Program, School Lunch Program, and the Child and Adult Care Program. They can be found in school cafeterias, school stores, school snack bars, concession stands, booster sales, vending machines, fundraising activities, school-sponsored or school-related events, food trucks, and any other location on school property including classrooms as part of parties and reward practices.

### Background

In 2004, the Boston Public Schools (BPS) was the first school district in Massachusetts to develop District *Nutrition Policy and Guidelines for Vending Machines, A la carte and Competitive Foods*. Last year, the BPS Food and Nutrition Services Department implemented these guidelines in vending machines and in cafeterias. This year, we will continue putting these guidelines to practice: creating school environments that provide access to healthful foods and beverages. Specifically, we are now working to implement **updated guidelines that exceed Massachusetts's 2010 School Nutrition Law**.<sup>1</sup>

The Boston Public Schools has become a leader in a citywide effort to implement healthful snack and beverage guidelines. One result from this achievement was the revision of implementation guidelines for the *District Nutrition Policy and Guidelines for Vending Machines, A la carte and Competitive Foods*. Boston Public Schools was the first city agency to adopt these progressive guidelines, and has both internal and external support. During the 2010-2011 school year, seventy-two school wellness councils in BPS chose a competitive foods action step in their Wellness Action Plan, as a part of the **Whole School Improvement Plan**. **The Mayor's Office, the Boston Public Health Commission (BPHC), the Boston Centers for Youth and Families (BCYF)** are all in full support of this policy.

In the fall of 2009, a subcommittee of the BPS Wellness Council was formed with the goal of revising the District Competitive Foods Policy. Representatives from the Boston Public Schools, community partners, parents & caretakers, and students were invited to be on the committee. A detailed list of participants is listed in Appendix C of this

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<sup>1</sup> <http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>

booklet. The subcommittee convened six times to discuss the competitive foods policy, research best practices, and draft a revised policy. The updated draft was then reviewed by all committee members, detailed comments were compiled, and a consensus was reached. The final draft was presented to the Superintendent during the summer of 2011.

Massachusetts Action for Healthy Kids Guidelines, the Institute of Medicine, the Alliance for a Healthier Generation Competitive Foods and School Beverage Guidelines, and the *HealthierUS* School Challenge guidelines were consulted to create the BPS Competitive Foods Guidelines. The Commonwealth of Massachusetts passed a School Nutrition Bill (H4459, S2322) in March 2010, and the BPS implementation guideline has been revised to include state nutritional standards.

### **Why does this matter?**

It is now time to put these guidelines into practice. This book will provide an overview of the policy, and give you strategies for successful implementation.

### **Features of this book**

This book is meant to not only provide information about the policy, but also provide you with sample materials like letters, fliers, and educational materials. We have included an electronic copy of the book both in the *Smart Choices Toolkit* as a CD-ROM and also on the Health and Wellness MyBPS page. This way, you can access, print, and copy the communications materials as you need them.

### **Contact information**

The Health and Wellness Department provides professional development opportunities for staff that want to find out more about promoting nutrition and implementing these revised guidelines. We will provide a school direct service, including a notification letter and a technical assistance meeting, if the school is found to be out of compliance with the guidelines.

Questions and comments can be directed to:

M. Caitlin Westfall, MS, MPH

#### **Wellness Policy and Promotions Manager**

[cwestfall@boston.k12.ma.us](mailto:cwestfall@boston.k12.ma.us)

617.635.7926

*Note: Reference in this booklet to any specific commercial products, processes, or services, or the use of any trade, firm or corporation name is for the information and convenience of the public, and does not constitute endorsement or recommendation by the Boston Public Schools.*



## **Frequently Asked Questions**

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## Frequently Asked Questions

### Frequently Asked Questions

1. *What are competitive foods?*



Competitive Foods are all foods or beverages sold or provided in public schools, other than those items sold or provided as part of federal nutrition programs, like the School Breakfast Program, School Lunch Program, and the Child and Adult Care Program. They can be found in school cafeterias; school stores; school snack bars; concession stands, booster sales, vending machines; fundraising activities; school-sponsored or school-related events; food trucks, and any other location on school property including classrooms as part of parties and reward practices.

2. *Why do we need a policy about competitive foods?*

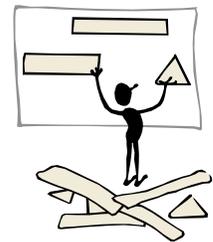
Most of our students eat a large portion of their daily food at school. The Boston Public Schools strives to create an environment conducive to learning. Therefore, this policy simply defines the competitive foods and beverages that contribute to an environment where students are ready and able to learn.

3. *What is BMI?*

BMI, or body mass index, is a culturally-sensitive, scientific measure of height and weight. Many health-related organizations use this measure to inform programs. BMI is measured in the Boston Public Schools annually by our Essential Health Services Department in grades 1, 4, 7, and 10 each year.

4. *The revised implementation guidelines of this policy seem complicated. What are the basic things I need to know?*

The Boston Public Schools supports lifelong healthy eating habits for all students and staff in the Boston Public Schools. We are committed to addressing the increasing rates of diet-related health consequences among these groups. This policy sets the groundwork for integrating healthful snacks and drinks during all school and school-sponsored events. Go to the Policy Overview and List of Smart Choices sections on pages 9 and 11 for a basic overview.



5. *Is there an overview of the implementation guidelines of this policy that I can provide to parents & caretakers, and teachers?*

Yes! Check out the Communication Materials for Parents & Caretakers Folder of the **Smart Strategies Section** for a letter and flier designed to be sent to parents & caretakers, and teachers. The **Smart Promotions Section** also provides posters, and seasonal newsletters to perpetuate the messages of these implementation guidelines.

6. *How will these guidelines affect extracurricular activities?*

The implementation guidelines provide guidance for all school-sponsored events, including extracurricular activities. Therefore, the snacks and drinks served or sold to

## Frequently Asked Questions

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students participating in school-sponsored extracurricular activities must be in compliance with this policy. Extracurricular activities include, but are not limited to, athletic practices and events, club meetings, out of school time celebrations, and field trips.

**7. *We hold candy Fundraisers off of school property. Does the policy cover off-site Fundraisers?***

The policy applies to any school-sponsored fundraisers. Specifically, the policy states: *If schools participate in fundraising involving food and beverages, the fundraiser should support a healthy school environment and be free from solicitation of foods that do not meet the specifications of this policy. Fundraisers should not include the sale of candy, beverages, and snacks of minimal nutritional value.*

**8. *Will this affect my schools fundraising profitability?***

This policy should not affect the profitability of fundraisers, but it might change the types of fundraisers you choose to do. There are a number of non-food fundraising ideas, with expected profit, in this Smart Strategies Booklet. Check them out on page 39.

**9. *I want to encourage parents & caretakers to come to my school. And one way I do that is by allowing them to bring a treat for their child's birthday. Won't these new implementation guidelines affect that?***

Parents & caretakers want smart choices for their children. A district survey of 60 BPS parents & caretakers found that 96% think that their child deserves to be offered only healthy foods in school. And, in that same survey, 76% of parents & caretakers stated that they want to **be part of their school's movement** toward healthier foods. These new implementation guidelines provide your school an opportunity to engage parents & caretakers. Check out the parents & caretakers engagement section of this booklet on page 17. The **Smart Promotions** section of this toolkit provides additional communication materials for parents & caretakers and students.



**10. *I don't see a problem with allowing treats in my classroom because I think it teaches my students that a treat every once in a while is okay.***

It is important that when students are at school, they are offered nutritious food and beverages that will enhance their learning. We want to create a school environment where the healthy choice is the easy choice. While nutrition education is important, there are better ways to teach moderation than providing treats in the classroom. If you are interested in teaching more about nutrition in your classroom, check out the **Smart Education** section of this toolkit for resources and ideas.

## Frequently Asked Questions

**11. *What about snacks and drinks that community partners bring to my school?***

The policy applies to any school-sponsored activity, even those that are provided by community partners. It is important to inform your community partners of this new policy.

**12. *What about snacks and drinks that children bring from home?***

The district policy does not address snacks and drinks that children bring from home. However, if you would like to create a school policy that includes snacks and drinks from home, see the Gardner Pilot K-8 School success story on page 35.

**13. *We want to encourage students to choose water this year, but my school uses water bubblers. How do we order more water?***

**Order more water for your school's water bubbler** as you need it, contact the Boston Public Schools Facilities Department at (617) 635-9125.

**14. *How do I make sure my school is following the policy?***

We encourage Wellness Councils to complete an inventory of the competitive foods offered in their school. The Alliance for a Healthier Generation has created a useful inventory guide in their Competitive Foods Toolkit, Appendix B. It is located in the Additional Resources folder of the *Smart Strategies Section* of your *Smart Choices Toolkit*.

**15. *What if my school is reported out of compliance with the policy?***

To assist schools with ideas and strategies to provide healthful options, the Health and Wellness Department will be providing special services if any school is reported to be out of compliance with the policy.

**16. *How can my school Wellness Council become more involved?***

**It is very important for your school's Wellness Council to become involved with the revised implementation guidelines.** The District will offer policy-related professional development sessions throughout the school year, and will also be providing schools special services if they are found to be out of compliance with the policy. Check out MyLearning Plan for details ([www.mylearningplan.com](http://www.mylearningplan.com)).

Sources:

Recommended Nutrition Standards for Foods Outside of School Meal Programs. 2009.  
[http://www.cdc.gov/HealthyYouth/nutrition/pdf/nutrition\\_factsheet\\_service.pdf](http://www.cdc.gov/HealthyYouth/nutrition/pdf/nutrition_factsheet_service.pdf)

Alliance for a Healthier Generation. Competitive Foods Toolkit.

[http://www.healthiergeneration.org/uploadedFiles/For\\_Schools/\\_New\\_Builder\\_Pages/Toolkits/CompetitiveFoodsToolkit.pdf](http://www.healthiergeneration.org/uploadedFiles/For_Schools/_New_Builder_Pages/Toolkits/CompetitiveFoodsToolkit.pdf)



## **Overview**

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# Smart Choices!

## District Guidelines for Healthy Snacks and Drinks

You deserve healthy choices at school! The Boston Public School District is joining your school in an effort to provide guidelines for healthful snacks and drinks during school and school-sponsored events. These events include:

- Cafeteria “a la carte” items
- Class parties
- Fundraisers
- Meetings
- Rewards
- Vending machines
- Extracurricular activities
- After school programs
- Sports practices and games
- Official school transportation
- School Stores
- Events on school grounds

### Foods:

Favor fruits and veggies

- Offer fruits and vegetables wherever other snacks are offered.

Gobble whole grains

- Serve snacks where the first ingredient is “whole grain.”

Devour low-fat and non-fat dairy

- Choose only low-fat and fat-free dairy products.
- Offer low-fat cheese as a 1-ounce serving.
- Limit sugar in yogurt to 15 grams per 4-ounces.

Enjoy other healthful snacks

- Pick snacks that offer smaller portions; aim for each snack to be 100 calories.
- Serve nuts and dried fruit in 1-ounce portions.
- Limit fat to less than 35% calories from total fat, 10% or less from saturated fat.
- Serve snacks with less than 200 mg sodium.
- Provide snacks with less than 35% calories from sugar.

### Beverages:

Wash Down Water

- Choose plain water!
- Flavor your water with a squeeze of fresh fruit.
- Stir in ice cubes. Cold water is refreshing.

Get Milk

- Drink 8 ounces of low fat (1%) or fat-free milk.
- If you serve flavored milk, limit sugar to 22 grams per 8 ounces.
- Choose snacks and drinks with trace amounts of caffeine or less.

Sip 100% Juice

- Supply 4 ounce portions or less of 100% juice for students in grades preK-8
- Serve 8 ounces of 100% juice or less for students in grades 9-12
- Choose beverages that do not have added sweeteners or flavorings.
- Add bubbles. Seltzer water can be a fizzy, calorie-free addition to 100% juice.

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## List of Smart Choices

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Snacks and drinks with an \*  
have been popular in our  
BPS schools!

## List of Smart Choices

### Beverages

#### Wash Down Water

- Provide plain water to students at all times of the day, free of charge.
- **Order more water for your school's** water bubbler as you need it, contact the BPS Facilities Department at (617) 635-9125.



#### Get Milk

- Serve low-fat (1%) or fat-free milk.
- Limit sugars to 22 grams per 8 ounces for flavored milk.



#### Sip 100% Juice

- Supply 4 ounces of 100% juice for grades K-8 and 8-ounce portions for grades 9-12.
- Choose juices that have no added or artificial sweeteners or flavorings.



4-ounce Apple & Eve 100% Juice  
Apple Juice Box



4-ounce Minute Maid 100%  
Juice Apple Juice Box



4-ounce Apple & Eve 100% Juice  
Fruitables Juice Box



4-ounces of Tropicana  
100% Orange Juice



4-ounces low-sodium V8  
100% Vegetable Juice



4-ounces Cherry 100% Juice  
Juicy Juice Box

## List of Smart Choices

### Foods

#### Favor Fruits and Veggies

- Offer fruits and veggies wherever other snacks are being offered.



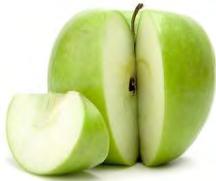
Cherry tomatoes\*



Strawberries\*



Sliced Pears\*



Apple Slices with Yogurt\*



Grapes



Snap Peas



Sliced Bell Peppers



Watermelon



Peeled Tangerines



Sliced cucumbers\*



Chopped carrots\*



Chopped Broccoli

## List of Smart Choices

### Gobble Whole Grains

- Serve snacks that list the first ingredient as “whole-grain.”
- Examples of whole grains are whole wheat or whole corn, NOT enriched wheat flour.
- Pick snacks that offer smaller portions; limit each snack to 100 calories.



Sun Chips 100 Calorie



Wasa Whole Grain Crackers



100 Calorie Pack of whole grain Goldfish\*



Whole Grain Animal Crackers\*



Quaker Granola Bars\*



Nature Valley Granola Thins



New Morning Honey Grahams\*



Rachel's Baked Puffed Multi-grain Snacks



Individual Packs Wheat Thins\*



Smartfood Popcorn Clusters



Snyder's Organic Whole Wheat Nibblers\*



Trader Joe's Kettle Corn



Whole Grain Rice Cakes



Jolly Time Healthy Pop



Baked! Doritos

## List of Smart Choices

### Devour low-fat and non-fat Dairy

- Choose only low-fat and fat-free dairy products.
- Offer low-fat cheese in 1-ounce portions.
- Limit yogurt to 15 grams of sugar per 4 ounces.
- Serve snacks with less than 200 mg sodium.



Chobani Fat Free Greek Yogurt



Cascade Fresh Fat Free Yogurt\*



Dannon All Natural Plain Nonfat Yogurt\*



Annie's Vanilla Frozen Yogurt



Sargento Light String Cheese\*



Light Babybel Cheese



Cabot 1 ounce package Reduced Fat Cheddar Cheese



Breakstone's Fat Free Single Serve Cottage Cheese



Fruit Smoothies with Fruit and Non-Fat, Plain Yogurt



Horizon Fat Free Yogurt



Stonyfield Fat Free Yogurt\*



Wallaby Organic Non-fat Yogurt

## List of Smart Choices

### Enjoy other healthful snacks

- Pick snacks that offer smaller portions; limit each snack to 100 calories.
- Serve nuts and dried fruit in 1-ounce portions.
- Limit fat to less than 35% calories from total fat, with 10% or less from saturated fat.
- Serve snacks with less than 200 mg sodium.
- Provide snacks with less than 35% calories from sugar.
- Buy in bulk, and divide snacks into single servings to save money and reduce waste.



Tablespoon serving  
of nut butters



Sun Maid Mini  
Snacks



1 ounce portion of  
almonds



Azar Raisins



Home Run Azar  
Peanuts (1 ounce)



Azar Sunflower  
Kernels (1 ounce)



Reduced Sodium Garden  
Vegetable Soup



Reduced Sodium  
Minestrone Soup



Low Sodium  
Tomato Basil Soup



Single Serving of Hummus



Hardboiled Eggs



Carrot Dippers\*



## **Engaging Parents & Caretakers**

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## Engaging Parents & Caretakers

### Engaging Parents & Caretakers

It is essential to inform and encourage participation from parents & caretakers as you implement these revised guidelines on snacks and drinks in school. Parents & caretakers not only can help you spread the message about healthful choices, but they can also assist you as you work to implement changes.

Parents & caretakers want Smart choices for their children. A district survey of 60 BPS parents & caretakers found that 96% think that their child deserves to be offered *only* healthful foods in school. When we asked these same parents & caretakers whether they thought it was a good idea for teachers to give your child unhealthy foods, like candy or pizza, in the classroom, 83% of surveyed parents & caretakers said it was either a very bad or bad idea.

Parents & caretakers also want to be involved. In that same survey, 76% of parents & caretakers **stated that they want to be part of their school's movement** toward healthier foods. There are many ways to involve parents & caretakers in your **school's movement toward healthier options:**

- Invite parents & caretakers to school Wellness Council meetings
- Involve parents & caretakers in deciding school fundraisers
- Ask for help with classroom celebrations
- Empower parents & caretakers to lead a smart choices campaign
- Make wellness a standing agenda item at Parent Site Council meetings

Please view the following pages for:

- A sample letter to parents & caretakers
- A sample flier
- Abbreviated Snack and Drink List
- Seasonal Newsletters



Note: Check out the *Promotional Materials for Parents & Caretakers* Folder in your CD-ROM for copies of these items.

## Engaging Parents & Caretakers

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### Sample Letter to Parents & Caretakers

Dear Parents & Caretakers,

Welcome back to school! Thank you for your support as we offer healthful food and drinks to your students. A recent survey of Boston Public School parents & caretakers found that 96% of you think that your child deserves to be offered only healthful foods in school.

**Healthy children learn better, and we are committed to supporting your child's** learning experience, health, and well-being. Our district completed a strategic plan to actively promote the health and wellness of all students to support both their healthy development and readiness to learn.

Only healthful foods and drinks will be offered at extracurricular activities, before and after school programs, sports practices and games, official transportation to school-sponsored events, school fundraisers, meetings, and in the classroom. We will be focusing on fun rather than food for classroom parties, fundraisers, and other school-sponsored events.

We are happy to announce that the Boston Public Schools is a leader in a statewide effort to make the healthy choice the easy choice. In 2004, we were the first city in Massachusetts to have standards for foods sold outside of the school meal program. We are now working to implement updated guidelines that **exceed Massachusetts's new School Nutrition Law.**<sup>2</sup> Thank you in advance for your support as we work to maintain a healthy environment in our school.

Good nutrition is essential for concentration, brain development, and readiness to learn. Your child will have access to foods low in fat, sodium, and sugar, and high in nutrients found in whole grains, fruits, and vegetables. We will only offer drinks like plain water and low-fat milk, flavored milk that is fat-free and lower in sugar, and 100% juice. In addition, access to water will be provided during lunch time, as required by federal law.

If you plan to bring food or drinks for school celebrations, please look over the **Smart Choices List**, which recommends certain foods for school. We encourage you to become **a member of our school's Wellness Council to join our efforts in** health and wellness. We look forward to working with you to make our school a healthy place to learn!

Be Well,

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<sup>2</sup> <http://www.malegislature.gov/Laws/SessionLaws/Acts/2010/Chapter197>

## Smart Choices!

### District Guidelines for Healthy Snacks and Drinks

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- Rewards
- Vending machines
- Extracurricular activities
- After school programs
- Sports practices and games
- Official school transportation
- School Stores
- Events on school grounds

#### **Foods:**

**Favor fruits and veggies**

- Offer fruits and vegetables wherever other snacks are offered.

**Gobble whole grains**

- Serve snacks where the first ingredient is “whole grain.”

**Devour low-fat and non-fat dairy**

- Choose only low-fat and fat-free dairy products.
- Offer low-fat cheese as a 1-ounce serving.
- Limit sugar in yogurt to 15 grams per 4-ounces.

**Enjoy other healthful snacks**

- Pick snacks that offer smaller portions; aim for each snack to be 100 calories.
- Serve nuts and dried fruit in 1-ounce portions.
- Limit fat to less than 35% calories from total fat, 10% or less from saturated fat.
- Serve snacks with less than 200 mg sodium.
- Provide snacks with less than 35% calories from sugar.
- Buy in bulk, and divide snacks into single servings to save money and reduce waste.

#### **Beverages:**

**Wash Down Water**

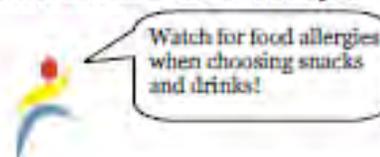
- Choose plain water!
- Flavor your water with a squeeze of fresh fruit.
- Stir in ice cubes. Cold water is refreshing.

**Get Milk**

- Drink 8 ounces of low fat (1%) or fat free milk.
- If you serve flavored milk, limit sugar to 22 grams per 8 ounces.
- Choose snacks and drinks with trace amounts of caffeine or less.

**Sip 100% Juice**

- Supply 4 ounce portions or less of 100% juice for students in grades preK-8
- Serve 8 ounces of 100% juice or less for students in grades 9-12
- Choose beverages that do not have added sweeteners or flavorings.
- Add bubbles. Seltzer water can be a fizzy, calorie-free addition to 100% juice.



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## District Guidelines for Smart Choices

### Examples of Foods

#### Favor fruits and veggies

- 1 ounce portion of raisins, dried cranberries, or dried apricots
- Carrot sticks
- Cherry Tomatoes\*
- Sliced Oranges\*

#### Gobble whole grains

- Whole grain graham crackers
- Reduced sugar granola bars\*
- Reduced fat whole grain crackers
- Rice Cakes\*

#### Devour low-fat and non-fat dairy

- Non-fat plain yogurt cup
  - Add fresh or frozen fruit!
- Low-fat cheese sticks\*
- Low-fat yogurt\*
- Low-fat frozen yogurt

#### Enjoy other healthful snacks

- 1 ounce portions of nuts, seeds and dried fruits
- 100% Frozen Juice Bars
- Hummus to dip veggies
- Yogurt and fruit smoothie

Snacks and drinks with an \* have been popular in our BPS schools!



### Examples of Drinks

#### Wash Down Water

- Bottled water
- Tap water
- Water flavored with citrus, herbs or fresh fruit

#### Get Milk

- Fat free milk
- Low-fat chocolate milk
- Low-fat flavored milk
- Light Chocolate Soy Milk

#### Sip 100% Juice

- 4 ounce carton of 100% apple juice
- 4 ounce carton of 100% orange juice
- 4 ounce carton of 100% vegetable juice
- 4 ounce carton of 100% grapefruit juice

Abbreviated List

## District Examples for Smart Choices

Smart drinks and snacks for students

### Beverages

#### Wash Down Water

- Choose plain water to stay hydrated and energized throughout the day.
- Flavor your water with a squeeze of fresh fruit.
- Stir in ice cubes. Cold water is refreshing!



#### Get Milk

- Serve low-fat (1%) or fat-free milk.
- Limit sugars to 22 grams per 8 ounces for flavored milk.



#### Sip 100% Juice

- Supply 4 ounces of 100% juice for grades K-8 and 8-ounce portions for grades 9-12.
- Choose juices that have no added or artificial sweeteners or flavorings.



4-ounces 100% Juice Cherry Juicy Juice Box



4-ounces low-sodium V8 100% Vegetable Juice



4-ounce Apple & Eve Apple 100% Juice Box

### Foods

#### Favor Fruits and Veggies

- Offer fruits and veggies wherever other snacks are being offered.



Strawberries\*



Cherry tomatoes\*



Apple Slices with Yogurt\*



Sliced Pears\*

Snacks and Drinks with an \* have been popular in our BPS schools!



Abbreviated List

## Foods

### Gobble Whole Grains

- Serve snacks that list the first ingredient as “whole-grain.”
- Examples of whole grains are whole wheat or whole corn, NOT enriched wheat flour.



Wasa Whole Grain Crackers



Quaker Granola Bars\*



Nature Valley Granola Thins



Individual Packs Wheat Thins\*

### Devour low-fat and non-fat Dairy

- Choose only low-fat and fat-free dairy products.
- Offer low-fat cheese in 1-ounce portions.
- Limit sugar in yogurt to 15 grams per 4 ounces.



Single Servings of Fat Free Yogurt\*



Light Babybel Cheese



Sargento Light String Cheese\*



Breakstone's Fat Free Single Serve Cottage Cheese

### Enjoy other healthful snacks

- Pick snacks that offer smaller portions; aim for each snack to be 100 calories.
- Serve nuts and dried fruit in 1-ounce portions.
- Limit fat to less than 35% calories from total fat, 10% or less from saturated fat.
- Serve snacks with less than 200 mg sodium.
- Provide snacks with less than 35% calories from sugar.
- Buy in bulk, and divide snacks into single servings to save money and reduce waste.



Tablespoon serving of nut butters



Sun Maid Mini Snacks



Single Serving of Hummus



Carrot Dippers\*

## HEALTHY CONNECTIONS NEWSLETTER

FALL 2011

### WELCOME BACK TO SCHOOL!



This year the district will be supporting your school in promoting your child's well-being. This seasonal newsletter will be a resource for healthful snacks and drinks, fun family activities, and tips for encouraging healthy habits in your child.



### What's new this school year?

Boston Public Schools have been promoting changes to improve your child's health and well-being during the academic year.

#### Physical Activity and Physical Education

- K-8 schools received training, equipment and an evidence-based SPARK™ curriculum.
- More schools are offering physical education with support of the BPS Health and Wellness Department.
- Physical Activity breaks are being promoted by wellness champions in your child's school.
- All students in 4<sup>th</sup> to 9<sup>th</sup> grades will take FITNESSGRAM®.

#### Tobacco-Free Environment Promotion

- In support of a healthy environment, school grounds are smoke-free zones for students, staff, and visitors.
- To further encourage healthy habits of students, schools are free of any miscellaneous tobacco items, tobacco products, and tobacco brands.

#### Nutrition Promotion and Guidelines

- Increased access to healthful food and beverages on school grounds is promoted for classroom parties, fundraisers, or vending machines.
- Students are encouraged to sip water throughout the day to stay healthy and energized.
- An increased focus on healthy activities and food to help students stay happy and healthy.

### How can I get more information?



Facebook: *Boston Public Schools Health and Wellness*

Twitter @BPSHealthandWellness

### How will these programs affect my child?

These programs will help make the healthy choice the easy choice!

#### Physical Activity and Physical Education Environment Change

- Increase your child's physical activity time each day.
- Improve your child's fitness levels.
- Provide individualized reports.

#### Tobacco-Free Environment

- Improve your child's ability to make healthful choices.
- Reduce the school community's exposure to smoke.

#### Nutrition Promotion and Guidelines

- Increase your child's access to healthful foods throughout the school day.
- Promote activities in the classroom that are centered on games or healthful foods.

### How were these environmental changes decided upon?

- Committees of BPS representatives, community partners, parents and students were formed to discuss ways to support child health and wellness.
- Using all the input received, guidelines were drafted to best serve the students in the district.



## Fun Healthy Celebration Ideas

Your child can enjoy a celebration with their class with low-fat, low-sugar, and nutritious snacks using these tips!



### Birthdays

- Work with your child's teacher to plan a craft or game for a birthday celebration. You can volunteer your time or donate the materials!
- Plan a scavenger hunt around the classroom or the school.
- Send goodie bags with items such as pencils, animal shaped erasers, and pencil sharpeners instead of cake.



### Halloween

- Munch on roasted pumpkin seeds
- Savor veggie sandwiches cut with Halloween shaped cookie cutters
- Dip apple slices in low-fat or fat-free yogurt
- Parade around in costumes or have costume contest
- Distribute small toys such as temporary tattoos, spider rings, or spooky teeth

## Wellness Champions

Wellness champions help provide increased physical activity breaks in your child's day, and promote healthy decisions in the school. Last year, 75 wellness champions were trained. Wellness champions can be nurses, teachers, principals, cafeteria staff, parents, or anyone involved with the school. To volunteer or find out more information about the program, contact your principal.

### Did you know...

That a 12-ounce can of soda has about 10.2 teaspoons of sugar in it?



Choose water, 8 ounces of 100% juice, and low fat milk to keep you and your child healthy. Sugary drinks can contribute to weight gain, development of Type II diabetes, and a mouth full of cavities.

## Planet Health

*Planet Health* is an evidenced based curriculum used in many 6<sup>th</sup> to 8<sup>th</sup> grade classrooms in Boston Public Schools. Follow these 5 *Planet Health* messages to stay healthy and happy!

1. Be physically active every day.
2. Limit screen time to no more than two hours a day.
3. Eat five or more fruits and vegetables per day.
4. Eat more whole grains and less added sugar.
5. Eat foods low in saturated fat and containing no fat.

## Focus on Competitive Foods: Snacks and Beverages

You deserve healthy choices at school! The Boston Public Schools are collaborating in an effort to provide healthful snacks and drinks during school and school-sponsored events.

### Definition:

Competitive foods are snacks or drinks that are served outside the federal school breakfast and lunch program.

### Importance:

Promoting low saturated fat and low sugar foods for you child will make them healthy and strong as they grow and learn in school.

### Examples of Competitive Foods:

- Snacks from the vending machine
- Goodies sold at bake sales
- Food brought into the classroom for class parties
- Food given out by teachers



## HEALTHY CONNECTIONS NEWSLETTER

WINTER 2011-2012

### Stay Healthy and Active This Winter!

Even as the weather is getting colder, stay active and eat well to keep your body healthy!



#### Did you know...

That popcorn is a whole grain? It can be a great healthy snack and a good source of fiber! Choose popcorn that is low in fat and salt. This is a great way to get more whole grains, and less added sugars in your diet, as *Planet Health*, a BPS 6<sup>th</sup>-8<sup>th</sup> grade curriculum, recommends!



#### What is Fitnessgram?

The FitnessGram is a physical fitness assessment tool. BPS uses this tool to have a better understanding of student's health status. Parents and students in certain grades will receive a Fitnessgram report that shows the students fitness level in 5 areas: aerobic capacity, muscle strength, muscle endurance, flexibility, and body composition. Contact your school's Physical Education teacher for more information!

#### Healthy Fundraisers

Fundraisers are important to finance programs at your school that encourage your child's learning, growth and well-being. Through a fundraiser, you can also reflect the school's mission and send a positive message to the community.

Instead of doing candy or food-based fundraisers this year, your school will be working toward other options. Here are some ideas from other BPS schools:

- \$2 Family movie night
- Spelling Bees
- Scented Candles
- Book fair
- Raffles
- Class photos
- Steel sports bottles

#### Valentines Day Fundraiser Idea: Singing Grams

1. Join your child's school wellness council, and suggest a singing gram fundraiser.
2. Ask the school choir or song group to practice Valentine's Day themed songs.
3. Ask the song group to "sell" songs. Students pay to "send" them to one another in homeroom or at lunch!

### Focus on Healthy Schools: Mission Hill School

 Principal Gavins and Mission Hill K-8 School make the healthy choice the easy choice with support from the school community and families. There are no competitive food sales in their school, and foods offered in the classroom include fruits, vegetables, cheese and crackers. Competitive foods are foods that are provided outside of the school lunch or breakfast program. Many healthy snacks are prepared from scratch by students and teachers in the classroom to reduce the amount of packaged foods in the building. Mission Hill K-8 School continued to support health through their healthy fundraisers, such as student-designed reusable bags, original t-shirts and calendars, and fruit salad. In order to continue health promotion this year, Mission Hill K-8 has developed two additional goals: (1.) To improve the planning of the weekly wellness hour for students, which will increase the amount of time middle school students have for PE and health. (2.) To bring parents and caregivers closer to the work around wellness. This includes using their expertise, organizing school and family nights with a wellness theme, and hosting adult cooking or exercise nights or mornings. Keep up the great work Mission Hill K-8 School!

# Engaging Parents & Caretakers

## Dinner on a Budget

### Heart Healthy Minestrone Casserole\*

Try this inexpensive recipe for a healthy family dinner. This meal can help you get your recommended 5 fruit or vegetable serving per day!

Preparation Time: 45 minute s      Servings: 5      Total Cost: \$6.51

#### Ingredients:

- 1 lb. box Whole Wheat Macaroni Noodles (\$1.50)
- 1 Tbsp olive oil (\$0.10)
- 3 carrots, peeled and chopped (\$0.30)
- 2 celery stalks, chopped (\$0.20)
- 2 garlic cloves, crushed (\$0.05)
- 1 15-ounce can diced tomatoes, undrained (\$0.68)
- 1 15-ounce can dark red kidney beans, drained and rinsed (\$0.68)
- 1 10-ounce box frozen spinach leaves (\$0.50)
- ¼ cup Parmesan cheese (optional) (\$0.25)
- 1-2 cups part-skim Mozzarella cheese, shredded (optional) (\$1.25)
- Salt and pepper to taste
- Side of fresh fruit or veggies (\$1.00)



- Cook the pasta as directed in a saucepan. Drain the water from the pasta, and set aside.
- In the same saucepan, add the olive oil and sauté the carrots, celery and garlic for 3 to 4 minutes. Add the undrained diced tomatoes, drained kidney beans, and cooked spinach leaves. Add the pasta back into the saucepan and toss with the other ingredients.
- Pour them on to a lightly greased 9×13-inch baking dish. Sprinkle the Parmesan cheese over top, then sprinkle the mozzarella cheese over top. Bake at 350 for 20 to 25 minutes, or until cheese has melted and begins to look golden. Season with salt and pepper to taste.
- Serve Minestrone Casserole with a side of veggies or fruit.
- Makes 5 servings

Nutrition per Serving: 520 calories, 10.3 g fat, 604 mg sodium, 78 g carbohydrates, 14.6 g sugar, 12.6 g fiber, 24 g protein

\*Adapted from 5-dollar dinners <http://www.5dollar Dinners.com/>

### Healthy Dates to Celebrate!

December	National Hand-Washing Awareness Month <a href="http://www.cdc.gov/hand/">www.cdc.gov/hand/</a>
January	National Fiber Focus Month
	Oatmeal Month <a href="http://www.fruitandveggies.com/meal.html">www.fruitandveggies.com/meal.html</a>
Week 2	National Fresh Squeezed Juice Week <a href="http://www.fns.usda.gov">www.fns.usda.gov</a>
Week 4	Healthy Weight Week <a href="http://mentalhealth.samhsa.gov">mentalhealth.samhsa.gov</a>
February	National Sweet Potato Month <a href="http://healthymeals.nal.usda.gov">healthymeals.nal.usda.gov</a>
	American Heart Month <a href="http://www.americanheart.org">www.americanheart.org</a>

**Healthy Tip**  
Include your child in meal preparation. It can be a fun family activity, and get them more invested in the healthy and nutritious meals that you are making for them!

## Introducing MyPlate

MyPlate.gov

MyPlate is replacing MyPyramid this year. The plate illustrates the five food groups in a more user-friendly way, and highlights that half of our diet should be fruits and vegetables. Look for materials coming to your school this winter, and for more information, check out the resources at MyPlate.gov.



## HEALTHY CONNECTIONS NEWSLETTER

SPRING 2011

**It's MCAS season! Make sure to get plenty of healthful food, exercise, and sleep to perform well!**

### Special Feature: JFK Elementary Healthy School Environment

John F. Kennedy Elementary School is dedicated to ensuring that both their students and staff are staying active and healthy. They have no vending machines that offer unhealthy choices in the school, and class parties feature healthy items such as fresh fruit, low-fat yogurt smoothies, and veggie dipping parties. Students stay active in their morning walking club, a great way to have fun exercising indoors while it's cold outside! Last winter, students used pedometers to measure how far they walked. For every 5 miles, they were rewarded with charms to add to a charm bracelet they received for participation. Staff modeled positive and healthy behaviors through their 5-million step challenge using pedometers. Now that's what we call a healthy school! Thank you, JFK Elementary, for making the healthy choice the easy choice!



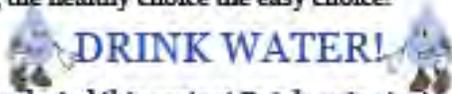
### DID YOU KNOW...

- Students who eat breakfast perform better on standardized tests.
- Students who eat healthful snacks stay energized longer.
- Students who are more physically active throughout the school day are more likely to have higher academic performance.

### GET OUTSIDE!

Warm weather is on its way! Get daily exercise, and beat cabin fever by following these tips:

- Hike in the Arnold Arboretum at 125 Arborway, Jamaica Plain.
- Check out [friendsoffreshpond.org](http://friendsoffreshpond.org) for free organized walks in Cambridge.
- Walk the freedom trail to see the historic sites in Boston.
- Check out [healthyfamilyfun.org](http://healthyfamilyfun.org) for more activities available in your area!



### DRINK WATER!

Stay hydrated this spring! Drink water instead of a sugar-sweetened beverage. It is calorie free! Students should have access to free water the entire school day. Staying hydrated helps you feel more energized and ready to learn!

### HEALTHY DATES TO CELEBRATE!

<b>March</b>	National Nutrition Month <a href="http://www.eatright.org">www.eatright.org</a>
<b>Week 2</b>	National School Breakfast Week <a href="http://schoolnutrition.org/">http://schoolnutrition.org/</a>
<b>April</b>	National Garden Month <a href="http://www.nationalgardenmonth.org">www.nationalgardenmonth.org</a>
<b>Week 1</b>	National Public Health Week <a href="http://www.apha.org/programs">www.apha.org/programs</a>
<b>Week 4</b>	TV Turnoff Week <a href="http://www.tvturnoff.com">www.tvturnoff.com</a>
<b>May</b>	National Strawberry Month
	National Physical Fitness and Sports Month <a href="http://healthymeals.nal.usda.gov">healthymeals.nal.usda.gov</a>
	National Bike Month <a href="http://www.bikeleague.org">www.bikeleague.org</a>
<b>Week 1</b>	Screen Free Week! <a href="http://www.commercialfreechildhood.org/screenfreeweek/">http://www.commercialfreechildhood.org/screenfreeweek/</a>
<b>1<sup>st</sup> Wed</b>	All Children Exercise Simultaneously (ACES) <a href="http://www.lensaunders.com/aces/aces.html">www.lensaunders.com/aces/aces.html</a>

Celebrate TV Turnoff Week and Screen Free Week by limiting the amount of screen time your child has each day! The Planet Health curriculum recommends less than 2 hours per day!

# Engaging Parents & Caretakers

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# Engaging Parents & Caretakers



## Healthy Seasonal Recipe

Herbs are in season! Using herbs can add a lot of flavor to your cooking, and decrease the amount of salt you add to your food. This recipe is low in saturated fat, and has no trans fat!



Total Cost: \$6.71 Total Prep Time: 15 minutes Total Servings: 4

### Ingredients:

#### Salad

- 1 medium head green lettuce (romaine, bibb, butter) (\$2)
- 1 large handful Italian flat leaf parsley, leaves only (\$0.50)
- 1 large handful mint, leaves only (\$1)
- 2 small cucumbers thinly sliced (\$1.50)
- 1 large tomato diced (\$0.59)
- 2 tablespoons feta cheese (\$0.56)

#### Yogurt and Lemon Dressing\*

- ½ cup plain low-fat yogurt (\$0.31)
- 2 tablespoons freshly squeezed lemon juice (\$0.25)
- ¼ teaspoon sea salt

Combine the lettuce, parsley, mint, cucumbers, tomatoes, and feta in a bowl. In a jar with a lid, combine yogurt, lemon juice, and salt. Cover and shake to blend. Toss the salad with your homemade low-calorie dressing!

Nutrition Information per serving: 39 calories, 0.5 g fat, 50 mg sodium, 6 g carbohydrates, 1.3 g fiber, 4 g sugar, 2.4 g protein

\*Modified from <http://www.epicurious.com/recipes/food/views/Yogurt-and-Lemon-Dressing-364871>

## Local Farmers' Markets

Farmers markets are a great place to find fresh and healthful food! Check out one of these in your area. These markets accept Bounty Bucks through SNAP!

Farmers' Market	Time and Location
Boston City Hall	City Hall Plaza along Cambridge Street Mondays and Wednesdays 11:00 am-6:00 pm
Boston Copley Square	Dartmouth St. & Boylston St. Tuesdays and Fridays 11:00 am-6:00 pm
Hyde Park Main Streets	1196 River St, Hyde Park Saturdays 2-5
Dorchester House	1353 Dorchester Avenue Tuesdays 11:30-1:30
Dorchester/Codman Square	Codman Square Health Center 367 Washington Street Thursday 1:00-6:00
East Boston Market	Bennington and Border Street Thursdays 3:00-7:00
Mattapan	525 River Street Saturdays 10:00-1:00

Visit [www.massfarmersmarket.org](http://www.massfarmersmarket.org) to find more farmers markets near you!

## HEALTHY CONNECTIONS NEWSLETTER

SUMMER 2012

### Stay healthy this summer and enjoy the weather!

Use the tips in this newsletter to keep your family healthy and active this summer.



#### Get Outside!

- Check out the Franklin Park Zoo at One Franklin Park Road, Dorchester, MA 02121
- Picnic at one of the Emerald Necklace Parks [www.emeraldnecklace.org](http://www.emeraldnecklace.org)
- Participate in the Highland Street Foundation's "Free Fun Fridays" to museums and zoos throughout Massachusetts for the summer
- Bowl! Boston Central has a Summer Kids Bowl Free program, allowing kids under 15 years old to bowl 2 free games every day during the summer
- Organize a neighborhood kickball, volleyball, or softball tournament

#### Fun and Healthy Summer Party Ideas

Summer is a great time to get together with friends and family. Try these ideas to promote fun and healthy activities.

Plan a themed party that focuses on activities instead of food!



- Throw a sports-themed party. Play kickball, volleyball, or other fun activities
- Plan a scavenger hunt for prizes in the backyard
- Encourage movement with a dance party
- Host a Luau equipped with beach balls, badminton, and other beach-like activities such as hula dancing!
- Make a piñata full of small "prizes" instead of candy

#### Did you know...

- That using a smaller plate cuts down on the amount of calories you consume during a meal.
- That a child needs to taste a new food at least 8 to 10 times before they begin to like it.
- That pre-cut, pre-packaged, and pre-washed foods are more expensive than the fruit or vegetable sold in the whole form.
- That most of the sodium in your diet comes from processed foods, not from the salt you add from a salt shaker.
- That children should get 60 minutes of physical activity every day.

#### What is BMI?

BMI is a culturally sensitive measure of height and weight. EPS uses this measure in grades 1, 4, 7, and 10, and the Youth Risk Behavior Survey in high school to help inform programs that are offered in the district.

### Healthy Summer Options

#### Soda Free Summer Challenge

Take the Soda-Free Summer Challenge with your family this year! Choose water, 100% fruit juice in ½ cup portions, and seltzer in place of soda to keep your family healthy and energized. To take the pledge and to be entered into the raffle go to:

[www.facebook.com/healthyboston](http://www.facebook.com/healthyboston)

Email: [sodafreesummer@bphc.org](mailto:sodafreesummer@bphc.org)

#### Summer Food Service

Summer feeding programs are available! If you would like more information on the summer feeding programs, please contact Food and Nutrition Services at 1-800-645-8333.



## Healthful Summer Picnic Recipes

### Fruit Skewers

- Choose your favorite fruit, such as grapes, sliced melon, and strawberries, to put on a skewer for a great picnic snacks. Remember, you need 5 servings of fruits and vegetables each day!

### Mediterranean Wrap\*

Preparation Time: 20 minutes      Makes 4 servings



### Ingredients:

- 2 medium zucchini, sliced
- 1 cup hummus
- 4 pieces whole grain wrap bread
- 2 large tomatoes, sliced
- 2 cups baby spinach leaves
- 1/2 cup sliced red onion
- 1/4 cup mint leaves
- Salt and pepper to taste
- 1/4 cup pine nuts (optional)

### Methods:

- Sprinkle the sliced zucchini with salt and pepper.
- Place on baking sheet and broil for 5 minutes on each side, until tender and slightly browned.
- Spread 1/4 cup hummus on each wrap and sprinkle with pine nuts.
- Top with a few slices of tomato and zucchini.
- Put 1/2 cup spinach, a few sliced onions, and 1 tablespoon of mint on top of tomato and zucchini.
- Role up, and pack for a yummy picnic!

**Nutrition Information:** 373 calories, 17 g fat, 51 g carbohydrate, 13 g fiber, 14 g protein

\*From Fitness Magazine Healthy Recipes

## Health and Wellness Quiz!

How much of your plate should be full of fruits and vegetables?



- One Quarter
- One Third
- One Half
- The entire plate

Which of the following are good sources of whole grains?

- Wheat bread
- Oatmeal
- Graham Crackers
- White Rice



How much salt should a healthy adult eat each day?

- 1 tablespoon or less
- 1 teaspoon or less
- 2 tablespoons or less
- 2 teaspoons or less



**Quiz Answers**  
1) C. To find out more, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).  
2) B. If a package only says "whole grain", then it is probably not whole grain. Make sure you look for "whole grain" when you are at the store.  
3) B: 1 teaspoon (5,000 mg per day). Adults over 51, African American, and men of color with high blood pressure, chronic kidney disease, or diabetes should reduce their sodium intake to 1,500 mg per day, about 1/2 teaspoon. <http://www.cdc.gov/healthrow/sodium/>



## **Create Your Own School Policy**

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## Create Your Own School Policy

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### Sample Policy for your School

While every school will be following the District's *Nutrition Policy and Guidelines for Vending Machines, A la carte, and Competitive Foods*, an additional school policy can help your school community have a more complete understanding of what they can do to promote the health and wellness of your school. It can be more specific to your students and their families, and allow you to choose how you will mobilize the policy in school. We recommend that your policy include the following:

1. A reason for the policy. For example, Gardner Pilot Academy said:

**“The Gardner Pilot Academy supports lifelong healthy eating habits for all students and staff. We are committed to combating the problem of childhood obesity and to providing a healthy environment for students. Beginning on September 1, 2011 the following guidelines will take effect to ensure that students are not consuming extra sugar, fat, and salt during the course of the school day.”**

2. This definition of competitive foods:

**Competitive foods or beverages** are all foods or beverages sold or provided in public schools, other than those items sold or provided as part of federal nutrition programs, like the School Breakfast Program, School Lunch Program, and the Child and Adult Care Program. They can be found in cafeterias, school stores, school snack bars; concession stands, booster sales, vending machines, fundraising activities, school-sponsored or school-related events; food trucks, and any other location on school property including class parties and reward practices.

3. Statements that describe what is permitted for each of the following:
  - a. Class Parties
  - b. Birthday Celebrations
  - c. Fundraisers
  - d. Rewards
  - e. Out of school time
  - f. School stores
  - g. School events, sports practices, and games

Make sure to identify any food, behavior, or beverage for which you plan to provide guidance. For example, discouraging food as incentives, sugar-sweetened beverages, or candy bars.

4. A clear list of steps that will be taken in order to mobilize the policy in the school.
5. Resources available to help staff and families identify what is acceptable under the new policy.



# Create Your Own School Policy

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## Success Stories

The following schools have formed initiatives to create a healthy environment and engage parents and caretakers around healthful options and policies in school.

The **West Zone Early Learning Center** sends home a list of recommended snacks to parents & caretakers at the beginning of the school year.

The **Beethoven Elementary** promotes the consumption of healthy snacks during in school snack time through teacher modeling and encouragement.

The **Dearborn Middle School** supplements daily after school healthy snacks with smoothies and vegetable snacks at least twice per month. They also created a recipe tip of the month.

The **Hennigan Elementary, Dorchester Academy, and Channing Elementary** Schools complete an inventory of all competitive foods currently offered in vending machines, on “a la carte” lines, as fundraisers, in school stores and on snack carts to identify which meet Competitive Foods Guidelines.

**Gardner Pilot Academy’s** Wellness Council decided during the 2010-2011 school year to focus their efforts on a school-specific competitive foods policy. See the next **three pages to view Gardner Pilot Academy’s school policy, letter to parents & caretakers**, and a survey to learn opinions regarding competitive foods in school.

## Create Your Own School Policy

### Success Story: Garner Pilot Academy

#### Gardner Pilot Academy Healthy Snack and Beverage Policy

The Gardner Pilot Academy supports lifelong healthy eating habits for all students and staff. We are committed to combating the problem of childhood obesity and to providing a healthy environment for students. Beginning on September 1, 2011 the following guidelines will take effect to ensure that students are not consuming extra sugar, fat, and salt during the course of the school day:

##### **Class parties**

Healthy snacks and beverages will be provided by teaching staff during class parties. Healthy beverages include water, 100% juice not to exceed 4 ounces, and low-fat or fat-free plain milk. Flavored milk must be skim and 22 grams of sugar per 8 oz or less. Sugar-sweetened beverages such as Sunny D, Capri Sun, Gatorade and other sports drinks will not be provided. Comprehensive lists of healthy snacks will be made available to each teacher prior to the start of the 2011-2012 school year. Resource lists of healthy snacks and beverages will also be available on the Gardner Pilot Academy website.

##### **Sugar-Sweetened Beverages**

Sugar-sweetened beverages may not be consumed by students during the course of the school day. Examples of sugar-sweetened beverages include jug drinks, sodas, fruit drinks with added sugar such as Sunny D, Capri Sun, sports drinks, and sweetened coffee or tea. Students may consume 100% juice drinks, low-fat or fat-free plain milk, or flavored skim milk with 22 grams of sugar per 8 oz or less. Drinking water will remain readily available at all times during the school day.

##### **Lunch Entrée Before Snacks**

Students are required to eat part of a lunch entrée before consuming snacks of lower nutritional value such as chips or cookies. Students who do not have a lunch entrée will be provided a nutritious snack.

##### **Birthday Celebrations**

Parents & caretakers are encouraged to avoid providing food for birthday parties. In the event that food is brought in to the classroom, only healthy snacks and beverages may be served. Sugar-sweetened beverages, cakes, cookies, and ice cream may not be served as part of class birthday parties. Lists of acceptable snacks and beverages as well as suggestions for healthy celebrations will be provided to parents & caretakers at the start of the 2011-2012 school year.

##### **Fundraisers**

All fundraisers taking place within the school should support a healthy school environment and be free from solicitation of foods that do not meet Gardner Pilot Academy's healthy snack and beverage policy. Items such as candy, cookies and doughnuts may not be used as school fundraisers. Ideas for healthy fundraising will be provided to staff at the start of the 2011-2012 school year.

##### **Food as Incentives**

Staff should refrain from using food to reward students and should instead integrate practices of non-food rewards. Food should never under any circumstances be used as punishment.

Compliance with the Gardner Pilot Academy's Healthy Snack and Beverage policy is the responsibility of our entire community of staff, students, and parents & caretakers. We appreciate your support of our commitment to the health and wellness of our school.



# Create Your Own School Policy

## Success Story: Garner Pilot Academy

April 11, 2011

Dear Parents & caretakers/Guardians,

The Massachusetts Department of Public Health has released the results of a Body Mass Index (BMI) Screening that was done by School Nurses in 80 school districts in Massachusetts. BMI is a measure of height and weight that determines whether a child's weight is healthy compared to children of the same age and sex. Children with high BMI are at increased risk for developing diabetes, heart disease and some cancers. The results of this study showed that in Boston 39.7% of 1<sup>st</sup> graders and 45% of 4<sup>th</sup> graders fall into the overweight or obese category for BMI. **Here at The Gardner, the numbers are even higher; 41.7% of 1<sup>st</sup> graders and 56.3% of 4<sup>th</sup> graders are in the overweight or obese category for BMI.** The state of Massachusetts has launched initiatives to combat the problem of obesity in its residents, and here at The Gardner we are committed to following suit.

As an important first action step, the members of the school Wellness Council are developing a policy that would decrease the consumption of unhealthy foods, snacks, and beverages during the school day. The proposed policy would require teachers to serve healthy snacks during class parties, prohibit consumption of sugar-sweetened beverages and change the focus of birthday celebrations from sweet snacks and drinks to class games, read alouds, and other fun activities. We feel that these steps are critically important as research shows that consumption of sugary soft drinks alone is directly linked to the nationwide obesity problem. This policy will be voted on by GPA's governing board this spring and, if passed, will take effect on the first day of the 2011-2012 school year.

The Wellness Council will also be working with the food service staff in the building to ensure that students are eating lunch **before** consuming snacks of lower nutritional value such as chips, cookies, candy, etc. Parents & caretakers can assist in this effort by not sending these types of snacks with their children. Healthy snack substitutes include fresh and dried fruit, raw vegetables, low-fat cheese, yogurt, whole grain pretzels, and low-fat popcorn. For more healthy snack ideas please visit the following web site: <http://kidshealth.org/>. The information on the web site can also be viewed in Spanish.

We hope that these measures can begin to combat the problem of overweight and obesity here at GPA. **Please complete the enclosed survey** and feel free to contact a member of The Wellness Council with any questions or concerns. We also welcome parents & caretakers attendance at our meetings! The next meeting will take place on May 18<sup>th</sup> from 2:45 to 3:30. We hope to see you there!

Sincerely,

The Gardner Pilot Academy Wellness Council

- |                                |   |
|--------------------------------|---|
| Erica Herman, School Principal | Alicia Castro, Case Worker for Joseph Smith Health Center |
| Paul Nelson, Playworks Coach   |   |
| Joe Sara, Assistant Principal  | Lauren Fogarty, Director of Extended Learning Time        |
| Amy Hrobak, LICSW              |   |
| Dana Ulrich, School Nurse      | Francisca Guevara, Community Health Manager               |
| Kathleen Moise, Teacher        | Jen Breneisen, City Connects Site Coordinator             |

## Create Your Own School Policy

### Success Story: Garner Pilot Academy

#### Gardner Wellness Survey

PLEASE PROVIDE FEEDBACK TO EACH QUESTION BY CIRCLING ONE ANSWER

1) Are you concerned about the nutritional quality of the food and beverages that your child consumes during the school day?

Yes No Unsure



2) Would you support a school policy that required teachers to serve healthy snacks and beverages during class parties? (With two exceptions per year)

Yes No Unsure

3) Would you support a school policy that prohibited sugar-sweetened beverages from being consumed by students during the school day? (Examples of sugar-sweetened beverages include jug drinks, sodas, fruit drinks such as Sunny D, sports drinks, energy drinks, and sweetened coffee and tea.) 100% juice drinks would not be prohibited and drinking water would remain readily available at all times.

Yes No Unsure



4) Would you support a school policy that required students to eat a lunch entrée before consuming snacks of lower nutritional value such as chips or cookies?

Yes No Unsure

5) Would you support a school policy that prohibited food and beverages from being served by other parents & caretakers in your child's classroom on special occasions such as birthdays and holidays? This policy would change the focus of birthday celebrations to class games, read alouds, and fun activities with parents & caretakers and family members.

Yes No Unsure

PLEASE PROVIDE ANY COMMENTS OR QUESTIONS BELOW

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Thank you for your participation in this survey!



## **Smart Fundraisers**

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### Smart Fundraisers

Fundraisers can be great tools to enhance programming and move your school’s mission forward. There are many types of fundraisers available to schools, and it is important that your school chooses fundraisers **that align with your school’s values, mission, policies, and goals.** As your school considers fundraising options, ask the following questions:

- Does this fundraiser **match our school’s academic goals, mission, and policies?**
- Does this fundraiser promote the health of our students?
- Does this activity provide consistent cultural representation and practices for our school community?
- Does this fundraiser engage our school community in a positive way?
- Are students involved? Are they playing a role that builds skills?
- Will the community, school, or students be burdened by unspoken obligation or questionable goods or services?

Our students need consistent, reliable information and an opportunity to use it. They also need to learn in an environment that enhances their well-being. Choosing fundraisers that sell healthful foods or non-**food items shows the school’s commitment** to wellness, and is consistent with the health education messages we promote in the classroom. See page 39 for more than 100 different fundraising ideas!

#### Success Stories of Non-Food Fund Raisers

The **East Boston High School** Students Taking Charge group instilled a “No Candy Bars” Fundraiser policy within the school. **Rather than selling candy bars, the student council** began conducting workshops on anti-bullying, high school preparedness, and healthy lifestyle using the College for Every Student Curriculum in various junior highs.

The **New Mission High School** began a successful candle sale for their holiday fund raiser.

The **Mission Hill K-8 School** has hosted Read-a-thons, Spelling Bees, Dances, Karaoke nights, and Family movie nights. They have also had school T-Shirt sales, designed by students.

The **Haley Elementary** has hosted a book fair, participated in class and individual photos, held raffles, and hosted family events at the Boston Nature Center.

## Smart Fundraisers

**Non-Food Fundraisers.** The table below demonstrates a number of non-food fundraising options.

Item	Product link	Cost	Projected Profit	Item Description
<u>School-fundraisers.com</u> Contact: 866-327-7900				
Flower bulbs	<a href="http://www.school-fundraisers.com/flowerbulbs/index.html">http://www.school-fundraisers.com/flowerbulbs/index.html</a>	\$5.50-20 each	50% of the total price shared with the company	Both spring and fall bulbs available (27 choices for each), free shipping
Candles	<a href="http://www.school-fundraisers.com/candles/index.html">http://www.school-fundraisers.com/candles/index.html</a>	\$12-15	50%	12 oz and 14 oz jars, 18 different scents, free shipping
Canvas tote bags	<a href="http://www.school-fundraisers.com/pdf/dodo.pdf">http://www.school-fundraisers.com/pdf/dodo.pdf</a>	\$10 each	40-55%	18" X 15" With a 4½" Base, 10 selections, free shipping
<u>Easy Fundraising Ideas.com</u> 866-874-8383				
Magazines	<a href="http://www.easy-fundraising-ideas.com/products/magazine-fund-raising/">http://www.easy-fundraising-ideas.com/products/magazine-fund-raising/</a>	\$15-20	30-60%	Hundreds of popular titles.
<b>Gifts N'Things</b> (800) 468-7511				
Growums	<a href="http://www.gntinc.com/brochures/growums/Default.html">http://www.gntinc.com/brochures/growums/Default.html</a>	\$10	Up to 40%	Grow your own garden sets, Made in the USA
Jewelry	<a href="http://www.gntinc.com/brochures/jewelry-box/Default.html">http://www.gntinc.com/brochures/jewelry-box/Default.html</a>	Varies	Up to 40%	Fun, affordable fashion jewelry
Reusable tote bags	<a href="http://www.gntinc.com/brochures/enviro/Default.html">http://www.gntinc.com/brochures/enviro/Default.html</a>	\$12-14	Up to 40%	Eco-friendly, shoulder length handle, holds 45+lbs
<u>Fundraising Zone</u> 1.800.645.6550				
Jewelry	<a href="http://www.fundraisingzone.com/fundraising_brochures/b_jewelry.htm">http://www.fundraisingzone.com/fundraising_brochures/b_jewelry.htm</a>	\$15-20	Up to 40%	Fun, affordable fashion jewelry

## Smart Fundraisers

Item	Product link	Cost	Projected Profit	Item Description
<u>Fast Track Fundraising</u>				
Magic Plant	<a href="http://www.fasttrackfundraising.com/green-plant-fundraiser.php">http://www.fasttrackfundraising.com/green-plant-fundraiser.php</a>	\$10	Up to 40%	Grow “magic bean” from seed, grows 10-12” and contains a special message written on bean. 1 case minimum (12 plants)
<u>Smencils</u>				
Scented pens and pencils	<a href="http://smencils.com/fundraising.html">http://smencils.com/fundraising.html</a>	\$10	Up to 48%	Buy case of pencils (\$275) and resell for \$1 each; buy case of pens (\$325) and sell 10 per bag set for \$12
<u>Nature Vision Fundraising</u>				
Stainless steel sports bottles	<a href="http://naturesvisionfundraising.com/mugs.html">http://naturesvisionfundraising.com/mugs.html</a>	\$8	unknown	16oz, BPA and leach-free
<u>Good Clean Funds</u>				
Reusable shopping bags	<a href="http://goodcleanfunds.com/web_documents/gcf_catalog.pdf">http://goodcleanfunds.com/web_documents/gcf_catalog.pdf</a>	\$9 for one, \$24 for pack of 3	30%	Range of colors and designs, 100% ripstop nylon, can hold up to 50 lbs
Eco hand sanitizers and soaps	<a href="http://goodcleanfunds.com/web_documents/gcf_catalog.pdf">http://goodcleanfunds.com/web_documents/gcf_catalog.pdf</a>	\$4-\$9	30%	Alcohol free, nontoxic sanitizers and soaps, range of scents
Household cleaning products	<a href="http://goodcleanfunds.com/web_documents/gcf_catalog.pdf">http://goodcleanfunds.com/web_documents/gcf_catalog.pdf</a>	\$8-\$9	30%	All natural ingredients
<u>Flower Power Fundraising</u>				
Variety of flower bulbs	<a href="http://www.flowerpowerfundraising.com/index">http://www.flowerpowerfundraising.com/index</a>	Varies	50%	Order online or with a catalog

## Smart Fundraisers

Other examples include:

3-on-3 basketball tournaments	Golf tournament	Souvenir cups
Balloon bouquets	Greeting cards	Spelling Bee
Bath accessories	Hats	Spirit/seasonal flags
Batteries	High-quality produce items	Stadium pillows
Bike-a-thons	Holiday Cards	Stationery
Books, calendars	Holiday wreaths	Student directories
Bowling night/bowl-a-thon	House decorations	Stuffed animals
Brick/stone/tile memorials	Jewelry	Talent shows
Bumper stickers/decal	Jump-rope-a-thons	Temporary tattoos
Buttons, pins	School logo license plates	Tennis/horseshoe competition
Calendars	Logo air fresheners	Trail mix
Carnivals (Halloween, Easter)	Logo stickers	Treasure hunt/scavenger hunt
Coffee cups, mugs	Lunch box auctions	T-shirts/sweatshirts
Cookbook made by school	Magazine subscriptions	Tupperware
Cookbooks	Magic show	Valentine flowers
Coupon books	Megaphones	Walk-a-thons
Crafts	Mistletoe	Workshops/classes
Dances	Monograms	Yearbook covers
Emergency kits for cars	Music, videos, CDs	Yearbook graffiti
Family game nights	Newspaper space, ads	School logo stickers or tattoos
Family/glamour portraits	Nuts	Sell a school calendar that features student art.  <b>Silly Jar Fundraiser:</b> <ul style="list-style-type: none"> <li>Decorate at least 2 jars each with one photo of a volunteer teacher.</li> <li>Ask students to drop coins in the jar of their choice.</li> </ul> <b>The teacher's jar that collects the most money has to do something silly (like come to school in his/her pajamas)</b>
Festivals	Pet treats/toys/accessories	
First aid kits	Pocket calendars	
Foot warmers	Popcorn	
Football seats	Raffle donations	
Fresh and exotic fruit, like cases of citrus fruit	Read-A-Thon	
Frozen bananas	Recycling cans/bottles/paper	
Fruit and nut baskets	Rent a special parking space	



## Smart Fundraisers

Fruit and yogurt parfaits	Rent-a-helper to clean	
Fruit smoothies	Scarves	
Fun runs	School art drawings	
Garage sale	School Frisbees	
Garden seeds	School spirit gear	
Giant coloring books	Science Fair	
Gift baskets	Silent Auctions	
Gift certificates	Singing telegrams	
Gift wrapping	Skate night/skate-a-thon	

Sources for Smart Fundraisers:

Alliance for a Healthier Generation. Alliance Alternative Fundraising Ideas and Guiding Principles for Fundraisers. <http://www.healthiergeneration.org/fundraisers>

Team Nutrition. Healthy Fundraising: Ideas for Healthy Fundraising Alternatives  
Creative Financing and Fundraising. California Project lean, California Department of Health Services, 2002.

Centers for Science in the Public Interest. Fact Sheet: School Fundraisers Can be Healthy and Profitable. [http://cspinet.org/new/pdf/sweet\\_deals\\_one-pager.pdf](http://cspinet.org/new/pdf/sweet_deals_one-pager.pdf)

Adapted with permission from Healthy Fundraisers or Alternatives to Food as Reward, Connecticut State Department of Education, May 2005 (Revised February 2007). <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>



## **Smart Celebrations**

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### Smart Celebrations

School-sponsored and classroom celebrations provide us with a chance to show students school values. Providing non-food activities or healthful foods and drinks in a fun atmosphere reiterates the health education messages that students are learning in the classroom. The table below provides 30 ideas for celebrations and parties that are consistent with the health messages we are working to communicate to our students.

Grade Level	Type of Celebration	Strategy	Description
<i>Celebrations for Elementary, Middle, and High School Students</i>			
K-12	End of the year	Farmer's Market Visit	Look up your local farmer's market and take a tour!
K-12	Fall	Apple picking	Take students on a field trip to a local apple orchard.
K-12	General	Dances	Host a dance party for a fun and active celebration.
K-12	Seasonal	Nature walk	Contact a local park to arrange for a seasonal nature walk.
K-12	Springtime	School garden	<b>Plant a school garden! Don't know how to start? Check out the school garden toolkit in the additional resources folder of the <i>Healthy Strategies Section</i>.</b>
K-12	St. Patrick's Day	Irish Step Dancing	Throw an Irish Step Dancing party!
K-12	Thanksgiving	Service Project	Take the class on a field trip to serve others.
K-12	Valentine's Day	Singing grams	<b>Get a student group together to learn Valentine's day songs.</b> Students can request that these songs be sung to certain friends at lunch or recess.
K-12	Winter Holidays	Holiday Cards	Decorate holiday cards for nursing home residents.
<i>Celebrations for Elementary and Middle School Students</i>			
K-8	Birthday	Birthday crown	Recognize the birthday student by allowing them to wear a birthday sash, button, crown, or sign for the day.
K-8	General	Scavenger Hunt	Have a scavenger hunt around the classroom or hallway.

## Smart Celebrations

Grade Level	Type of Celebration	Strategy	Description
K-8	General	Extra Activity Time	Allow students extra time at recess or physical education.
K-8	General	Pajama Party	Let students wear pajamas to school!
K-8	Halloween	Costume Party	Host a Halloween parade, and ask students to participate in their costumes.
K-8	Springtime	Flower Pot Decorating party	Decorate flower pots (or paper cups) and plant a seed.
<i>Celebrations for Elementary School Students</i>			
K-5	Birthday	Teacher's Assistant	Allow the student to be the "teacher assistant" for the day. Let them sit in a special seat and make special deliveries to the office, line leader, or other activity.
K-5	Birthday	Free Choice	Empower your student to choose a special activity.
K-5	Birthday	Craft stations	Let your student choose a craft. If a students' family member is interested in participating in the celebration, ask them to bring clay, paper, markers, paints, or stickers.
K-5	Birthday	Book Choice	Allow your student to choose a book that you, a family member, or your principal can read to the class.
K-5	Birthday	Treasure Box	Supply a classroom "treasure box" with small toys, books, note pads, or pencils. Students can celebrate their birthday with a trip to the treasure box.
K-5	Birthday	Birthday menu	Create a birthday menu of activities that your student can choose from on his or her birthday. Check out a sample menu in the additional resources folder of the <b>Healthy Strategies Section</b> .
K-5	Birthday	Adult Time	Provide special time with the principal or another adult, such as taking a walk around the school.

## Smart Celebrations

Grade Level	Type of Celebration	Strategy	Description
K-5	End of the year	End of the year Collage Party	Ask students to gather items from magazines or various crafts to create a collage of their favorite parts of the past school year.
K-5	Halloween	Halloween Mask	Decorate Halloween masks with paint, glitter, or markers.
K-5	Halloween	Pumpkin Party	Decorate pumpkins with paint, glitter, or markers OR carve an orange by scooping out the fruit.
K-5	St. Patrick's Day	Pot of gold scavenger hunt	Have a scavenger hunt around the classroom, searching for a "pot of gold" with school supplies.
K-5	Thanksgiving	Garland of Gratitude	Create a garland of gratitude. Ask students to cut leaves from yellow, red, orange, or green paper and write what they are thankful for on the "leaf." String the leaves together as a classroom decoration.
K-5	Valentine's Day	Valentine Card Party	Have students write something nice about each student in the class on index cards. Decorate Valentine boxes and distribute the "cards."
K-5	Winter Holidays	Snowflake decorating party	Create classroom decorations from snowflakes cut out from white paper.
K-5	Winter Holidays	Snow Globes	Use small jars to hold water, glitter, and plastic snowflakes. Secure the top of the jar with hot glue.

Sources:

Alliance for a Healthier Generation. Alliance Alternative Fundraising Ideas and Guiding Principles for Fundraisers.

<http://www.healthiergeneration.org/celebrations>

Rosa Parks EDISON Kindergarten Birthday Menu. [http://www.healthiergeneration.org/uploadedFiles/For\\_Schools/New\\_Builder\\_Pages/Resources/10-1659.pdf](http://www.healthiergeneration.org/uploadedFiles/For_Schools/New_Builder_Pages/Resources/10-1659.pdf)

Center for Science in the Public Interest. Healthy School Celebrations. [http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

Adapted with permission from Healthy Celebrations, Connecticut State Department of Education, May 2005 (Revised February 2007).

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>



# **Smart Rewards**

## Alternatives to Food as Reward

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# Alternatives to Food as Reward

Food is often provided in class as a way to promote positive behavior. While positive behavior is something that needs to be reinforced in the classroom, healthy behaviors should also be encouraged. This even applies to having a bowl of candy on your desk. Support a healthy environment for the students to learn by trying other motivators and making the healthy choice the easy choice!

### Benefits

We are supporting student health by providing non-food rewards for positive behaviors. In addition, staying consistent with health messaging in the classroom through both instruction and modeling will enable students to maximize their understanding of a healthy lifestyle, and avoid the development of unhealthy habits. Food should never, under any circumstances, be used or withheld as punishment.

### Alternatives

There are many alternatives to providing food as a reward in the classroom. Students can earn privileges, prizes, or recognition. Try using a few of these 47 suggestions for positive reinforcement in your classroom to further **promote student's health and well-being**. These can be modified for multiple grade levels. Be creative and encourage your students to stay healthy and motivated!

## Individual Rewards

### Free of Cost Rewards

- A call home with a positive report
- Do favors for the teacher (like deliveries to the office or line leader)
- Sit by friends
- Eat lunch with the principal
- **Act as the teacher's aid for the day**
- Print certificates of recognition
- Homework Pass Coupons
- Extra Credit Points
- Earn extra credit assignments
- Fun brainteaser activities
- Verbal praise
- Show and Tell
- Line leader
- Choose the class activity for the day
- Choose the read-aloud book
- School-wide recognition of the student

### Low Cost Rewards

- Decorated Pens or Pencils
- Erasers
- Sharpeners
- Water bottles
- Rulers
- Stickers
- Stamps
- Crazy straws
- Magnets
- A plant or seed
- Slinkies
- Small puzzles
- Bookmarks
- Coloring Books
- Stencils
- Temporary Tattoos

### Classroom Rewards

#### Free of Cost Rewards

- A “game day,” when students can choose from various educational games to play.
- An extra physical activity break
- Free choice time at the end of the day
- Teacher performs special skill (singing, cartwheel, musical instrument, etc)
- Listen to music during class work
- Extended Recess
- Eat lunch outdoors
- Teach class outdoors
- 5 minute social break at end of class
- Extra time for read-aloud by the teacher
- First class to the auditorium or cafeteria
- School-wide recognition of the class

#### Low Cost Rewards

- A field trip
- Prize system in which students accumulate tokens to use toward larger rewards such as extra credit points, pencils, homework, passes etc. (Example: “scholar dollars” or raffle tickets)
- Create or buy a school-wide classroom award in which individual teams compete to win.

### Non-Food Reward Success Story\*

Every Friday at **Quincy Elementary School**, the physical education teacher puts the week’s featured **JAMmin Minute in each teacher’s mailbox**. At any time, teachers can lead the class in five-minute exercise breaks. Classes track how often they do a JAMmin Minute, and once a month a Golden Sneaker Award is given to the winning class in each grade.

#### Make your own Golden Sneaker Award:

1. Buy size 14 or larger sneakers.
2. Color the shoes with gold spray paint.
3. Mount the shoe to a wooden block.
4. Award the class with the most physical activity breaks!

\*Story featured on Scholastic.com



Looking for physical activity break ideas? Check out: <http://www.jamschoolprogram.com/>



#### Sources:

Center for Science in the Public Interest’s Constructive Classroom Rewards: Promoting Good Habits While Protecting Children’s Health.

[http://www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)

Michigan State University's Extension Alternatives to Food as a Reward.

[http://www.michigan.gov/documents/mde/foodrewards\\_290201\\_7.pdf](http://www.michigan.gov/documents/mde/foodrewards_290201_7.pdf)



## **Smart Meetings and Events**

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### Foods and Beverages at Meetings and Events

Many student, parents & caretakers, and staff meetings offer foods and beverages. It is important to reinforce the importance of nutritious food at these meetings to keep your message consistent throughout all school-sponsored events.

#### Meetings and Events with Students

Meetings that provide foods and beverages to students must comply with the *Boston Public Schools Nutrition Policy and Guidelines for Vending Machines, A la carte and Competitive Foods*.

##### *Helpful Hints for food:*

- Offer fruits and vegetables wherever other snacks are offered.
- **Serve snacks where the first ingredient is “whole grain.”** Examples of whole grains include: whole wheat, or whole corn. It does NOT include enriched wheat flour.
- Choose only low-fat and fat-free dairy products.
- Offer low-fat cheese as 1-ounce servings.
- Limit yogurt to 15 grams of sugar per 4 ounces.
- Pick snacks that offer smaller portions; aim for 100 calories.
- Limit fat to less than 35% calories from total fat, with 10% or less from saturated fat.
- Serve snacks with less than 200 mg sodium.
- Provide snacks with less than 35% calories from sugar.

##### *Helpful Hints for drinks:*

- Choose plain water! If your school uses water bubblers, you can get water replenished by calling (617) 635-9125.
- Flavor your water with a squeeze of fresh lemon, lime, or orange.
- Stir in ice cubes. Cold water is refreshing.
- Drink 8 ounces of low-fat (1%) or fat-free milk.
- If you serve flavored milk, limit sugar to 22 grams per 8 ounces.
- Choose snacks and drinks with trace amounts of caffeine or less.
- Serve 4 ounces of 100% juice in elementary school.
- Choose beverages that do not have added sweeteners or flavorings.

##### *Healthful Snack Ideas:*

- Fruit smoothies made with frozen fruit and non-fat plain yogurt.
- Fruit slices with yogurt dip (choose yogurt with less than 15 grams of sugar per 4 oz).
- Vegetable trays with hummus.

## Smart Meetings & Events

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- Carrot sticks with low-fat ranch dressing.
- Low-fat popcorn.
- Whole-grain crackers with low fat cheese.
- Quesadillas made with whole-grain tortillas, vegetables, and 1 ounce of low-fat cheese.
- Pizza made with whole-grain English muffins, 1 oz of low-fat cheese, and tomatoes.
- Whole-grain, baked tortilla chips with salsa.
- Whole-grain pretzels with mustard.
- Whole-grain graham crackers with nut butter or sunflower seed butter.

### **Meetings and Events with Adults Only**

Meetings that provide foods and beverages to adults only are encouraged to comply with the *Boston Public Schools Nutrition Policy and Guidelines for Vending Machines, A la carte and Competitive Foods*.

#### *Helpful Hints for food:*

- Offer fruits and veggies wherever food is offered.
- **Serve breads and snacks where the first ingredient is “whole grain.”**
- Slice foods like bagels, muffins, and wraps in half to encourage smaller portions.
- Choose only low-fat and nonfat dairy, including cream/milk for coffee, yogurt, and cheese.
- Pick snacks that offer smaller portions, with less than 35% of calories from sugar and fat.
- Ask for sauces and dressings on the side.
- Offer choices for those participants with diabetes, food allergies, and specific dietary requirements like vegetarian or vegan needs.
- Avoid fried foods like hash browns, French fries, onion rings, fried fish/chicken, cake, pies, pastries or ice cream with high fat content, and cream based soups.

#### *Helpful Hints for drinks:*

- Choose beverages that do not have added sweeteners or flavorings.
- Always offer plain water, and offer a squeeze of fresh lemon, lime, or orange to flavor water.
- Serve 100% juice.
- Provide sparkling or seltzer water to add bubbles without the added calories.
- Serve coffee or tea with a low fat or fat-free milk option, along with alternative sweeteners.
- Serve only water, 100% juice, and nonfat milk for student events. For adult-only events, **serve drinks that are compliant with Mayor Menino’s Executive Order**, located in the Additional Resources folder, or located Appendix E. This includes

## Smart Meetings & Events

sparkling water or diet beverages, but not drinks with added sugars like non-diet sodas, pre-sweetened teas/coffees, energy and sports drinks, or water with added sugars.

### *Healthy Choices for Breakfast and Brunch:*

- Assorted fresh fruit.
- Vegetables for omelet fillings or added to scrambled eggs.
- Yogurt, non-fat or low fat. Offer a plain yogurt option, along with fruit flavors .
- 100% whole-grain cereals and granola .
- 100% whole-wheat toast, bagels and fruit breads. Slice breads, bagels and muffins in half to encourage smaller portions.
- Low-fat cream cheese spreads and nut butters for toast or bagels.
- Tea, Coffee, Regular and Decaf, with Non-fat and Low-fat milk.
- 100% Juice.

### *Healthy Choices for Lunch and Dinner:*

- Vegetable platter with low fat dip.
- Fruit kabobs.
- Salad with oil & vinegar dressing, offered on the side.
- At least two vegetables with every meal, seasoned with herbs.
- Broth-based soup.
- Lean turkey/tuna/veggie sandwiches on 100% whole-grain bread.
- Foods that are baked, broiled, poached, grilled, roasted or steamed.
- Brown rice and whole-grain pastas with tomato or other vegetable-based sauces.
- Low-fat cheeses, sandwich spreads and condiments, offered on the side.

### *Healthy Choices for Breaks, Snacks and Desserts:*

- Fruit and vegetable platters.
- Non-fat or low-fat dips, salsa, or hummus.
- Low-fat frozen yogurt.
- Whole-grain, baked tortilla chips; whole grain, low-fat pretzels; or popcorn.
- If you choose to offer a baked good, offer small portion sizes only.

#### Sources:

Healthy Meeting and Event guide. Nutrition and Physical Activity Unit, Massachusetts Department of Public Health, 2007

[http://www.mass.gov/Eeohhs2/docs/dph/com\\_health/nutrition\\_phys\\_activity/healthy\\_meeting\\_event\\_guide.pdf](http://www.mass.gov/Eeohhs2/docs/dph/com_health/nutrition_phys_activity/healthy_meeting_event_guide.pdf)



## **Smart School-Sponsored Activities**

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### Smart School-Sponsored Activities

It is so important for students to be active. Encouraging students to join an athletic team or participate in intramural sport is a great way to connect them with other students, introduce lifelong social skills, and enhance physical development.

#### Drinks

##### *Sports-Related Activities*

Students who participate in school-sponsored activities must stay hydrated and energized to be healthy and perform well. Therefore, it is important for sports and intramural teams follow the *Smart Choices* guidelines.

Most students will only need water to rehydrate during or after exercise. Sports drinks contain calories that most students should limit or avoid, even during a game or a practice. The American Academy of Pediatrics recommends that children and adolescents never drink energy drinks, and recommends that child and adolescent athletes consume sports drinks *only* when they have experienced a period of prolonged vigorous sports participation or intense physical activity.<sup>3</sup> The American College of Sports Medicine recommends sports drinks on when individuals have been exercising strenuously for longer than one hour.<sup>4</sup> For more ways to incorporate water and limit sugar-sweetened beverages, please refer to Appendix D.



##### *Other Activities*

It is important to use water, milk, or 100% juice as beverages of choice.

- Choose plain water! If your school uses water bubblers, you can get water replenished by calling (617) 635-9125.
- Flavor your water with a squeeze of fresh lemon, lime, or orange.
- Stir in ice cubes or seltzer water. Cold water is refreshing, and bubbles are fun!
- Drink 8 ounces of low-fat (1%) or fat-free milk.
- If you serve flavored milk, limit sugar to 22 grams per 8 ounces.
- Choose beverages that do not have added artificial sweeteners or flavorings.
- Offer 4 oz of 100% juice in grades K-8 and 8 oz of 100% juice in grades 9-12.

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<sup>3</sup> Committee on Nutrition and The Council on Sports Medicine and Fitness. “Clinical Report—Sports Drinks And Energy Drinks For Children And Adolescents: Are They Appropriate?” *American Academy of Pediatrics*. May 29, 2011.

<sup>4</sup> American College of Sports Medicine. 1996. Position of the American College of Sports Medicine: Exercise and fluid replacement. *Medicine & Science in Sports & Exercise* 28: i-vi.

## Smart School-Sponsored Activities

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### Snacks

Keep snacks at school-sponsored activities nutritious and satisfying. Check out page 11 for a **Smart Choices** list of energizing snacks for school-sponsored activities.

Other ideas include:

- Fruit smoothies made with frozen fruit and non-fat plain yogurt.
- Fruit slices with yogurt dip (choose yogurt with less than 15 grams of sugar per 4 oz).
- Vegetable trays with hummus.
- Carrot sticks with low-fat ranch dressing.
- Low-fat popcorn.
- Whole-grain crackers with low-fat cheese.
- Quesadillas made with whole-grain tortillas, vegetables, and 1 ounce of low-fat cheese.
- Pizza made with whole-grain English muffins, 1 oz of low fat cheese, and tomatoes.
- Whole- grain, baked tortilla chips with salsa.
- Whole-grain pretzels with mustard.
- Whole-grain graham crackers with nut butter or sunflower seed butter.





## **Appendices**

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### **Vending Machines, A La Carte, and Competitive Foods Policy Overview for Middle and Elementary Schools**

*The full policy can be referenced in the Appendix B.*

Competitive Foods are all foods or beverages sold or provided in public schools, other than those items sold or provided as part of federal nutrition programs, like the School Breakfast Program, School Lunch Program, and the Child and Adult Care Program. They can be found in school cafeterias; school stores; school snack bars; concession stands, booster sales, vending machines; fundraising activities; school-sponsored or school-related events; food trucks, and any other location on school property including classrooms as part of parties and reward practices.

#### **Beverage Guidelines**

- Only plain water, 4 ounces 100% juice, and 1% or fat-free milk may be served in school.
- Vending machine sales are not permitted during the school day.
- Water should be provided for free for the entire day.
- No artificial sweeteners are permitted.
- Serve 100% fruit and vegetable juice in 4 ounce portions.
- Serve nonfat or 1% milk products.
- Flavored milk should have no more than 22 grams of sugar per 8 ounce serving.
- Beverages should have no more than trace amounts of caffeine.

#### **Food Guidelines**

- Foods should have less than 35% of total calories from fat, and less than 10% of total calories from saturated fat, and 0 grams *Trans* fat.
- Nuts, nut butters, and seeds can be served in 1 oz portions, and can exceed the above requirement.
- Foods should contain less than 200 mg sodium.
- Foods should contain less than 35% sugar; yogurt can contain 15 grams of sugar per 4 ounces.
- Serve whole-grain products that list the first ingredient as whole grain (such as whole wheat or whole corn).
- Choose foods that have less than 100 calories, unless they meet requirements referenced in the guidelines on page 67.
- There are no calorie limits on fresh fruits and vegetables.
- Cheeses should be reduced fat or part skim served in 1-ounce portions.

### **Vending Machines, A La Carte, and Competitive Foods Policy Overview for High Schools**

*The full policy can be referenced in the Appendix B.*

Competitive Foods are all foods or beverages sold or provided in public schools, other than those items sold or provided as part of federal nutrition programs, like the School Breakfast Program, School Lunch Program, and the Child and Adult Care Program. They can be found in school cafeterias; school stores; school snack bars; concession stands, booster sales, vending machines; fundraising activities; school-sponsored or school-related events; food trucks, and any other location on school property including classrooms as part of parties and reward practices.

#### **Beverage Guidelines**

- Only plain water, 8 oz of 100% juice and 1% or fat-free milk may be served in school.
- Water should be provided for free for the entire day.
- No artificial sweeteners are permitted.
- Serve 100% fruit and vegetable juice in 8 ounce portions.
- Serve nonfat or 1% milk products.
- Flavored milk should have no more than 22 grams of sugar per 8 ounce serving.
- No more than trace caffeine should be in beverages.

#### **Food Guidelines**

- Foods should have less than 35% of total calories from fat, and less than 10% of total calories from saturated fat, and 0 grams Trans fat.
- Nuts, nut butters, and seeds can be served in 1 oz portions, and can exceed the above requirement.
- Foods should contain less than 200 mg sodium.
- Foods should contain less than 35% sugar, except yogurt can contain 15 grams of sugar per 4 ounces. Serve whole-grain products that list the first ingredient as whole grain (such as whole wheat or whole corn).
- Choose foods that have less than 100 calories, unless they meet requirements referenced in the guidelines on page 67.
- There are no calorie limits on fresh fruits and vegetables.
- Cheeses should be reduced fat or part skim served in 1-ounce portions.

## Superintendent's Circular

 <p>FOCUS On Children Boston Public Schools</p>	<p><b>Superintendent's Circular</b></p> <p><b>School Year 2011-2012</b></p>	<p><b>NUMBER:</b></p> <p><b>DATE:</b> August, 2011</p> <p><b>Draft for approval</b></p>
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### NUTRITION POLICY AND GUIDELINES – VENDING MACHINES, A LA CARTE AND COMPETITIVE FOODS

In response to continuing concerns regarding childhood overweight and obesity as well as other diet-related diseases in our city's school-aged children, the Boston School Committee has approved the following guidelines regarding the sale of beverages and foods in schools. These guidelines will cover items that are sold, provided, or served to students within school buildings or on school grounds, in the student stores, cafeterias, classrooms, hallways, and vending machines, all of which are sold in competition with the school meal programs.

In accordance with Mayor Menino's Executive Order Relative to Healthy Beverage Options, all beverages sold on school grounds shall meet the City's Healthy Options Beverage Standards. Principals and staff will promote a school environment supportive of healthy eating. Adults are encouraged to model healthy eating by serving nutritious food and beverages at school meetings and events for adults and staff, and by prohibiting the use of food as reward or punishment, from providing candy and snacks of minimal nutritional value as rewards for students, and instead integrating practices of non-food rewards.

To promote a healthier school environment, these guidelines also apply to fundraisers, school-sponsored transportation, classroom activities, and school events. See the Implementation Guidelines section for details.

Taking effect first in July 1, 2004, these guidelines were implemented with the start of school on September 2004. They were updated in April 2011, to take into consideration new Nutrition Guidelines that impact the overall health and wellness of our students and staff. This document is intended to assist Principals, Headmasters and other Administrative Heads in implementing these guidelines in their schools.

These guidelines apply to snacks, side items, treats, and desserts offered for sale as Competitive Foods in schools. All such Competitive Foods shall meet the criteria outlined in the implementation guidelines that follow. This includes food and beverages sold, provided, or served to students in:

- School cafeterias, specifically "a la carte" entrees and snacks
- Vending machines
- School stores
- School snack bars
- Concession stands
- Classrooms and hallways
- Booster sales
- Fundraising activities

- School-sponsored or school-related events, including those with school-sponsored transportation occurring off school grounds, such as sporting events and field days
- Food trucks on school grounds

Foods in these guidelines include but are not limited to fruits, vegetables, yogurts (including drinkable yogurt and yogurt smoothies), puddings, soups, cheeses, salty snacks, nuts, seeds, dried meat snacks, packaged or snack bars, baked goods and other pastries, candy, frozen desserts, and other similar foods.

Items that would be considered to be entrées if sold in the reimbursable meal program, but are sold a la carte as Competitive Foods, are not subject to these Guidelines. This policy will be reviewed once yearly by a sub-committee of the Boston Public Schools (BPS) District Wellness Council.

### BACKGROUND

Schools across the city, state and nation have been grappling with developing meaningful and applicable guidelines on this issue of obesity for the past decade. Earlier “Competitive Food Guidelines,” set forth by USDA and individual State Departments of Education, prohibited only the sale of foods of minimal nutritional value: (Federal Register: 7 CFR Part 210.11). These standards attempted to address types of foods and beverages sold, provided, or served to students within school buildings. While some state standards may have been useful thirty years ago, most are outdated as they do not address the growing availability of vending machines, foods, candy and soda sold inside and outside of the cafeteria at fundraisers or in student stores. Competitive foods are relatively low in nutrient density and high in fat, added sugar and calories. Neither a la carte nor competitive foods are bound by dietary guidelines that the National School Lunch (NSLP), National School Breakfast, and After School Snack Programs must adhere to.

National and State Departments of Education, School Boards, Food Policy Advocacy Organizations, the American Academy of Pediatrics, the Center for Science in the Public Interest, State Dietetic and School Food Service Associations and other representative groups have met over the past several years to establish or recommend nutrition standards to promote healthy eating habits among children. *Massachusetts A La Carte Food Standards to Promote a Healthier School Environment* is a guideline that has been established by the Massachusetts Action for Healthy Kids, first adopted in January 2004 and updated December 2009. These guidelines, along with the Institute of Medicine, the Alliance for a Healthier Generation Competitive Foods and School Beverage Guidelines, nutrition standards from School Nutrition Bill (H4459, S2322), and the *HealthierUS* School Challenge informed the latest revision to our policy.

### POLICY

The Boston School Committee supports lifelong healthy eating habits for all students and staff in the Boston Public Schools. The School Committee is committed to addressing the increasing rates of diet-related health consequences among these groups by means of the following:

The Boston Public Schools takes a comprehensive approach to reviewing, implementing, and incorporating changes in policy, curricula and operating procedures to promote healthy lifestyles and appropriate nutritional practices for all students. Components of this approach include:

- reviewing and assessing the food available in school lunches to ensure that it is consistent with recommendations from the Dietary Guidelines for Americans and USDA School Meals Initiative for Healthy Children in nutritional content, portion size and quality;
- reviewing the BPS curriculum and identifying opportunities to teach healthy eating habits;
- identifying opportunities to provide support to students around appropriate nutritional practices for meals and snacks;
- identifying opportunities to support teachers, school staff, and parents around modeling healthy eating habits and the appropriate nutritional standards and encouraging non-food alternatives, for school fundraisers, student rewards and reinforcement, school parties, and classroom celebrations;
- promoting health and nutrition messages consistent with those taught by qualified health educators;
- establishing policy guidelines for food and beverage sales within school environments.

The Superintendent reports back to the School Committee with an update and recommendations on the Student Health and Nutrition Initiatives

In addition, the Superintendent and appropriate BPS staff have developed guidelines, which are implemented on July 1, 2004 and updated March, 2011 for the sale of competitive foods and beverages and beverages in school buildings or on school grounds. These guidelines are in accordance with the *Massachusetts A La Carte Food Standards to Promote a Healthier School Environment*, Institute of Medicine, the Alliance for a Healthier Generation Competitive Foods and School Beverage Guidelines, and the *HealthierUS* School Challenge.

### IMPLEMENTATION GUIDELINES

Preparation of all competitive foods and beverages must meet state and federal food safety guidelines. In accordance with 105 CMR 225.100, nutrition information must be made available to students for non-prepackaged competitive foods and beverages, by August 1, 2013. This requirement shall not apply to the sale or provision of fresh fruits or fresh vegetables, and foods or beverages sold during the school day at booster sales, concession stands and other school-sponsored or school-related fundraisers and events.

Implementation guidelines must comply with or exceed nutrition standards delineated by 105 CMR 225.000:

[http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Government&L2=Laws%2C+Regulations+and+Policies&L3=Department+of+Public+Health+Regulations+%26+Policies&L4=Proposed+Amendments+to+Regulations&sid=Eeohhs2&b=terminalcontent&f=dph\\_legal\\_nutrition\\_standards&csid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2terminal&L=5&L0=Home&L1=Government&L2=Laws%2C+Regulations+and+Policies&L3=Department+of+Public+Health+Regulations+%26+Policies&L4=Proposed+Amendments+to+Regulations&sid=Eeohhs2&b=terminalcontent&f=dph_legal_nutrition_standards&csid=Eeohhs2)

Beverages and foods sold, provided, or served to students in Boston Public Schools or on school grounds outside the school meal program must adhere to the following standards.

#### **Beverages:**

The total beverage product line must meet the following criteria:

1. Schools may sell, provide, or serve only plain water, juice, and milk to students. Beverages such as soft drinks, fruit drinks with minimal nutritional value, and sports drinks **cannot** be sold, provided, or served to students anywhere in school buildings or on the school campus.
2. Plain drinking water must be readily available during the school day at no cost.

3. Drinking water must be unflavored, has 0mg of sodium, has no nutritive or non-nutritive sweeteners, noncarbonated, caffeine-free, and has no additives except those minerals normally added to tap water.
4. Beverages, except for flavored milk or flavored milk substitutes shall not contain added sugars including high fructose corn syrup and non-nutritive sweeteners.
5. No beverages shall contain artificial sweeteners.
6. Fruit and/or vegetable based drinks must be composed of no less than 100% fruit/vegetable juices with no added sweeteners, not to exceed 4 ounces in elementary, middle, and K-8 schools, and not to exceed 8 ounces in high school, with 120 calories/8 oz. plus 10% Daily Value of 3 vitamins and nutrients, such as Vitamin A, C, D and calcium
7. All milk and milk substitute products shall be pasteurized fluid types of low fat (1%) or skim (fat-free) milk, which meet USDA, state and local standards for milk. All milk shall contain Vitamins A and D at levels specified by the Food and Drug Administration and shall be consistent with the state and local standards for such milk. All milk, flavored milk and milk substitute container sizes shall not exceed 8 ounces.
8. Flavored milk and milk substitutes shall be fat-free and contain no more than 22 grams total sugars per 8 ounces.
9. Soy and rice milk-substitute drinks shall be calcium and vitamin-fortified and shall contain no more than 22 grams total sugars per 8 ounces.
10. No beverages shall contain more than trace amounts of caffeine.
11. Competitive juice and milk beverages will not be offered in elementary schools.
12. City of Boston agencies in BPS buildings may offer 8 oz. of 100% juice or low-fat and nonfat milk products in vending machines available only outside of the school day.

### **Foods:**

Fresh fruits and/or non-fried vegetables must be offered wherever competitive foods are sold, provided, or served to students except in non-refrigerated vending machines and vending machines offering only beverages.

Use of fryolators in preparing competitive foods is prohibited.

In addition, competitive foods must meet the following nutritional criteria **per item**:

1. Any other food that meets **all** of the following criteria:
  - **≤ 35% of total calories from fat.**
    - Nuts, nut butters, and seeds are exempt from above limitation and are permitted if served in 1 oz portions
    - Fruit and nut combination products are exempt from the above limitation.
  - **≤ 10% of calories from saturated fat – OR – ≤1g saturated fat**

- Nuts, nut butters, and seeds are exempt from above limitation and are permitted if served in 1 oz portions
  - **0g trans fat**
  - **≤ 35% of total calories from sugar**
    - Non-fat or low-fat yogurt with a maximum of 30g sugar per 8 ounces.
  - **≤ 200 mg sodium**
    - A la carte entrees like cheese sandwiches, vegetable with sauce, and soups must be less than 480 mg sodium if they contain one or more of the following:
      - ≥2g fiber
      - ≥5g protein
      - ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron
      - ≥½ serving (¼ cup) of fruit or vegetables.
    - If products are dairy, they must be non-fat or low fat dairy.
  - **Bread and other whole-grain based products shall have a whole grain (such as whole wheat) listed as the first ingredient or contain grains that are at least 51% whole grains.**
  - **Meet 1 of the following calorie requirements:**
    - ≤100 calories
    - Vegetables with sauce and soups can have 150 calories if they contain two or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables.
    - Other foods can have calorie limits per below if they contain one or more of the following:
      - ≥ 2g fiber
      - ≥ 5g protein
      - ≥ 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron
      - ≥ ½ serving (1/4 cup) of fruit or vegetables:
        - ≤ 150 calories for elementary schools
        - ≤ 180 calories for middle and
        - < 200 calories for high schools
2. No more than trace amounts of caffeine are allowed in foods.
  3. Foods must contain no artificial sweeteners.
  4. Foods must have limited added sweeteners as much as possible.
  5. Fruits shall have no added sweeteners and have 0g total fat. Since fresh fruits and vegetables vary in size and calories naturally, they have no calorie limit.
  6. Fruits packaged in their own juices or dried will not exceed the following calorie limits: 150 calories for elementary schools, 180 calories for middle schools and 200 calories for high schools.
  7. Dried fruit and nut combination products (commonly known as trail mix) can be included within these guidelines if they meet the following standards:
    - a. The items found in the combination product include only unsweetened dried fruit, nuts and/or seeds.
    - b. The product contains no added sweeteners.

- c. The combination product is exempt from the  $\leq 35\%$  of total calories from fat requirement, but must meet all requirements around calories, saturated fat, trans fat, sodium, sugar, and positive nutrients
8. Any one egg or equal amount of egg equivalent is allowable, if it contains no added fat.
9. Any reduced-fat or part-skim cheese  $\leq 1$  oz.

### TIME OF DAY

The Guidelines apply to all food and beverages (outside the USDA School Meals and After School Snack Program) provided to students on school grounds during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school.

The **extended school day** is the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports, and childcare/latchkey programs. These Guidelines shall also apply to food and beverages supplied by schools during official transportation to and from school and sponsored activities, including but not limited to field trips and interscholastic sporting events where the school is the visiting team except as specified herein.

Vending machines, including those controlled by other entities in BPS buildings and grounds, shall comply with these Guidelines at all times.

### FUNDRAISERS, FOOD REWARDS AND MEETINGS

The building administrator or his/her designee is responsible for approving all fund raisers. Principals and staff will promote a school environment supportive of healthy eating. Adults are encouraged to model healthy eating by serving nutritious food and beverages at school meetings and events, and by refraining from providing candy and snacks of minimal nutritional value as rewards for students and instead integrating practices of non-food rewards.

If schools participate in fundraising involving food and beverages, the fundraiser should support a healthy school environment and be free from solicitation of foods that do not meet the specifications of the Dietary Guidelines for Americans. Fundraisers should not include the sale of candy, beverages, and snacks of minimal nutritional value

Automatic timers will be used to limit access to competitive foods and beverages during the school day.

### SUPPORT FOR IMPLEMENTATION

This is a citywide initiative, with the Boston Public Schools taking the lead to implement healthy snack and beverage guidelines. The Mayor's Office, the Boston Public Health Commission (BPHC), the Boston Centers for Youth and Families (BCYF) are all in full support of these policies.

To assist with this transition, Food and Nutrition Services will continue meeting with vendors and manufacturers to discuss product specifications that meet these guidelines. Language referencing new policies is included in the Request for Bids for beverages, dairy and ice cream, and snack food products. Vendors who are awarded single-year or multiple-year contracts must comply with the stated guidelines

With assistance from the School Wellness Council, students, teachers, parents and administrators will be informed and educated about the new guidelines. Technical support will be provided to help schools and agency partners adjust to the revised standards, including providing resources on healthful forms of fundraising and meeting guidelines. The Commonwealth of Massachusetts passed a School Nutrition Bill (H4459, S2322). The BPS implementation guideline has been revised to include state nutritional standards.

### MONITORING AND COMPLIANCE

Schools will be monitored by:

- Schools will include a goal for implementing this policy in the Wellness Action Plan of their Whole School Improvement Plan
- All schools will annually complete the Alliance for a Healthier Generation Healthy School Program Inventory that includes questions on competitive foods and beverages.
- All schools will annually complete the Alliance for a Healthier Generation Healthy Schools inventories specific to competitive foods and beverages

The Principal and relevant academic Superintendent will be notified if a school is found to not be compliant.

School administration, families, students, and wellness council will be provided information about the policy to engage and support monitoring, enforcement, and compliance.

### DEFINITIONS

**Food of Minimal Nutritional Value:** Food that provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving.

**A La Carte Foods:** Sold typically in the cafeteria by the school food service department. They are separately and individually priced and are not usually part of the NSLP.

**Competitive Foods:** *Competitive foods or beverages* means all foods or beverages sold or provided in public schools, other than non-sweetened carbonated water and those items sold or provided as part of federal nutrition programs such as the School Breakfast Program, School Lunch Program, and the Child and Adult Care including those offered in: School cafeterias; school stores; school snack bars; concession stands, booster sales, vending machines; fundraising activities; school-sponsored or school-related events; food trucks, and any other location in public schools.

For more information about this circular, contact:

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**Carol R. Johnson, Superintendent**

## Appendix C

### Competitive Foods Policy Revision Committee Members

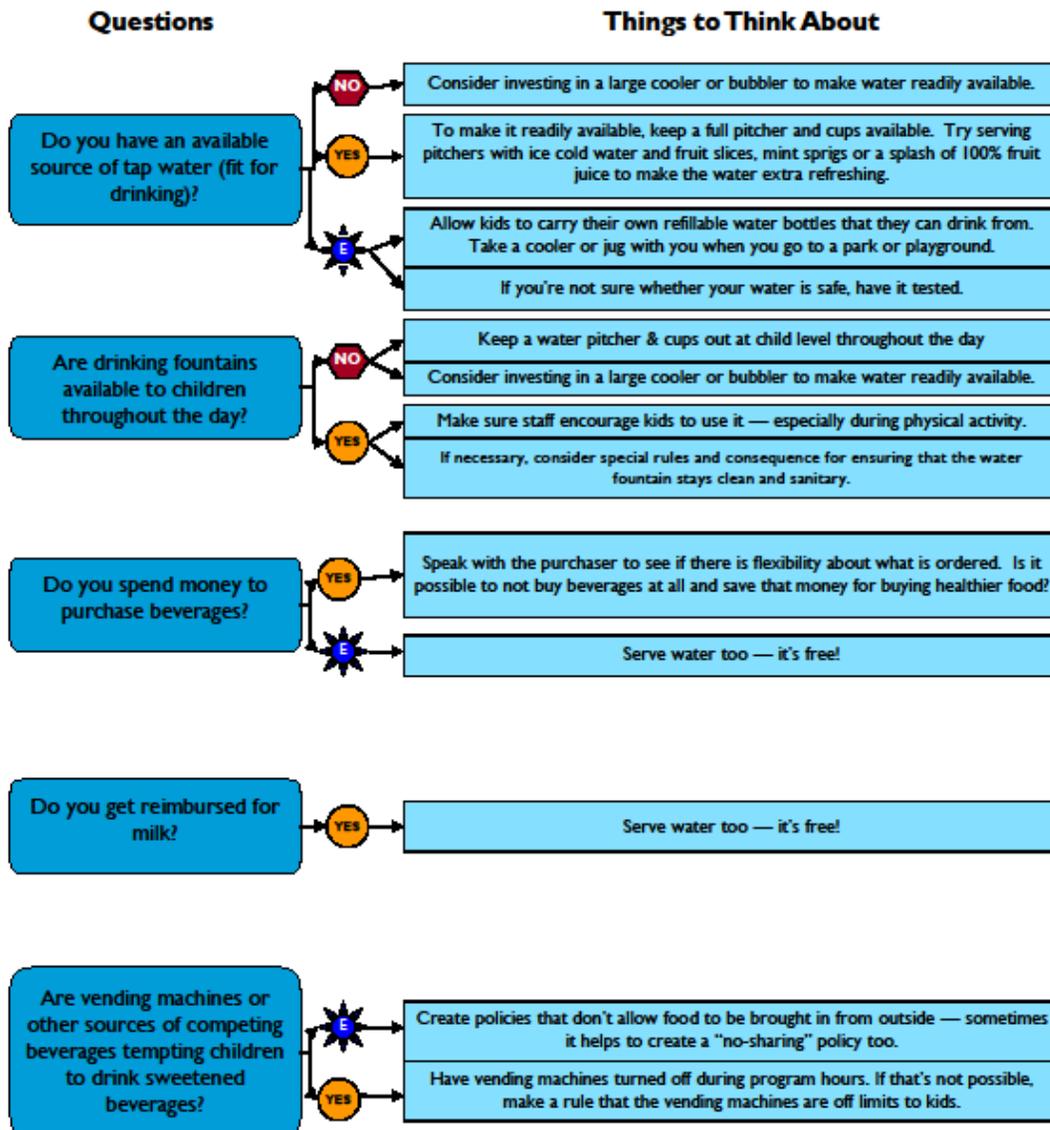
Competitive Foods Policy Sub-Committee	School/Dept.	Position
Angie Cradock, PhD	Harvard Prevention Research Center	Deputy Director
Caitlin Westfall, MS, MPH	Boston Public Schools	Wellness Policy and Promotions Manager
Diego Alvarado	Boston Public Schools High School Office	Operational Leader
Helen Mont-Ferguson, RD, MBA	Boston Public Schools	Food and Nutrition Services
Jill E. Carter, EdM, MA	Boston Public Schools	Executive Director of Health and Wellness
Karen Wontan	Boston Public Schools, Office of Family Engagement	Family Education Coordinator
Kathy Cunningham, MEd, RD, LD	Boston Public Health Commission	Nutritionist
Katie Giles, MPH	Harvard Prevention Research Center	Project Manager, OSNAP Initiative
Kyle Washburn	Boston Public Health Commission	
Laura Bogart, PhD.	Children's Hospital Boston	Associate Professor in Pediatrics
Luisa Siniscalchi	Parent of BPS Student	Parent
Margaret Connors	BPS, Young Achievers K-8 School	Wellness Coordinator and Parent
Paul McAndrew	Alliance for a Healthier Generation	Boston Relationship Manager
Samuel S. DePina	Boston Public Schools	Assistant Chief Operating Officer
Sheri Doucette, RD, LDN	New England Dairy and Food Council	Nutrition Specialist
Susan Fencer	Boston Public Schools, Health Services	Interim Director
Valerie Scales	Boston Centers for Youth and Families	Regional Assistant Director of Operations

## Quick Map to Improving Water Consumption

How to offer water as the primary drink every day.

Adapted from *Mapping School Food* by Public Health Advocacy Institute

Use the following questions and the corresponding 'things to think about' to identify new ways to overcome water consumption challenges. The \* symbols are tips and suggestions for everyone, no matter how you answer the question.



## Quick Map to Eliminating Sugar Sweetened Beverages

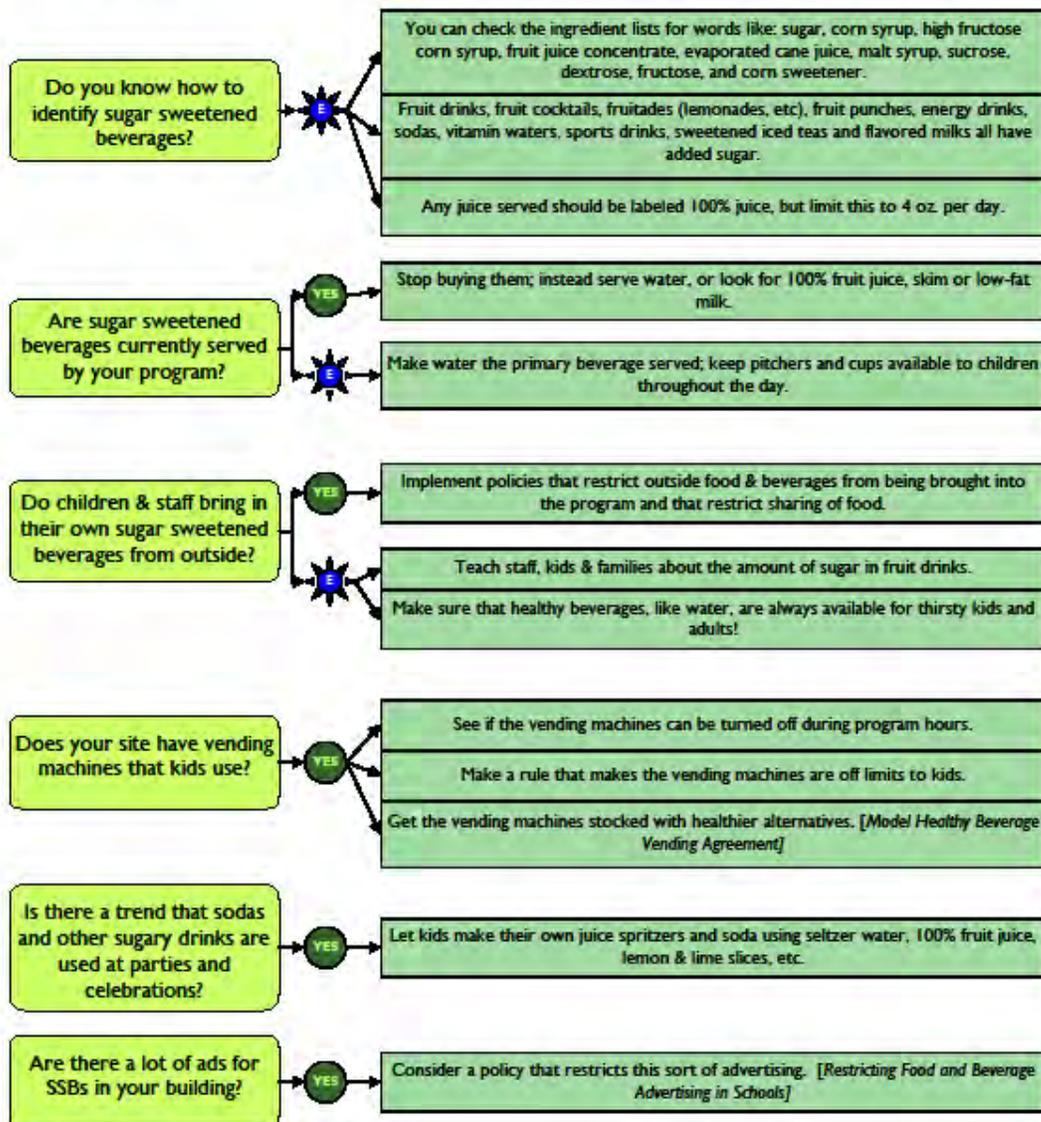
How to eliminate sugar sweetened beverages from your program.

*Adapted from Mapping School Food by Public Health Advocacy Institute*

Use the following questions and the corresponding 'things to think about' to identify new ways to improve physical activity. Items in [brackets] refer to things like sample policies and checklists provided in the binder. The  symbols are tips and suggestions for everyone, no matter how you answer the question.

### Questions

### Things to Think About

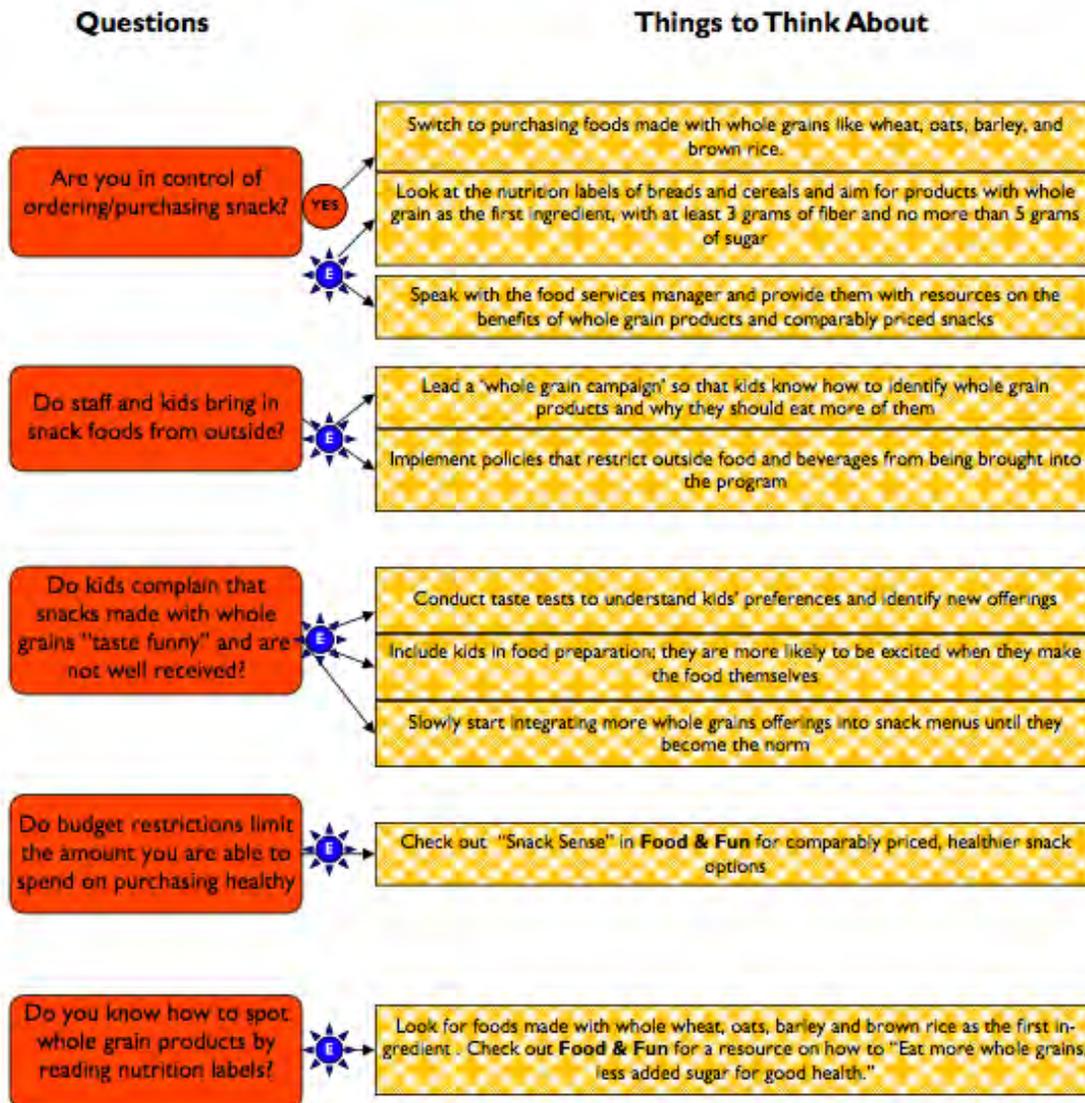


## Quick Map to Promoting Whole Grains

How to offer more whole grains every day.

Adapted from Mapping School Food by Public Health Advocacy Institute.

Use the following questions and the corresponding 'things to think about' to identify new ways to overcome challenges with whole grain consumption. The  symbols are tips and suggestions for everyone, no matter how you answer the question.





EXECUTIVE ORDER  
OF  
MAYOR THOMAS M. MENINO

An Order Relative to Healthy Beverage Options

**Whereas**, healthy eating is a key factor to reducing obesity, which is a predictor of heart disease, diabetes, cancer, and other preventable chronic diseases;

**Whereas**, sugar-sweetened beverages are the largest source of added sugar in American diets, accounting for approximately 10% of total calories consumed;

**Whereas**, in 2008, 23% of adult Boston residents were obese, with Black residents experiencing nearly double the rates of obesity compared to White residents;

**Whereas**, sugar-sweetened beverage consumption has been linked to increased risk of dental cavities and tooth decay;

**Whereas**, the food and beverage industry annually spends a total of more than \$9.6 billion on marketing in the United States, over \$3 billion of which is dedicated to marketing carbonated beverages;

**Whereas**, the City of Boston has been a national leader in promoting healthy eating and active living and making healthy food options affordable to all Bostonians;

**Whereas**, in 2004, the City of Boston and the Boston School Committee implemented a healthy beverage and snack policy for school vending machines and a la carte foods;

**Whereas**, the City of Boston should serve as an example to other local and national institutions and use its purchasing power to make healthy eating a priority;

**Whereas**, healthy beverages should be conveniently accessible to City employees and constituents in order to advance the City's objective of making Boston the healthiest city in the country;

**NOW, THEREFORE**, pursuant to the authority vested in me as chief executive officer of the City of Boston by St. 1948, c. 452, § 11, and every other power hereto enabling, I hereby order and direct as follows:

1. City of Boston departments shall adhere to the City's Healthy Options Beverage Standards in all vending machine services, City-managed food or beverage services programs, contracted

To view the entire Executive Order Relative to Healthy Beverage Options, go to:  
[http://www.cityofboston.gov/news/uploads/5742\\_40\\_7\\_25.pdf](http://www.cityofboston.gov/news/uploads/5742_40_7_25.pdf)