

## **Archdiocese of Baltimore Child Nutrition Schools Wellness Policy**

### **Preamble**

***The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish nutrition standards for all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers.***

***USDA understands that fundraisers are time-honored traditions that support local school activities, including class trips, athletic programs and the purchase of school supplies. Under the “Smart Snacks in School” nutrition standards, USDA has sought to balance the needs of schools to conduct occasional fundraisers, while still ensuring that students have access to healthier foods and beverages during the school day.***

The Archdiocese of Baltimore Child Nutrition Program is committed to the optimal development of every student. The Child Nutrition Program believes that in order for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines an approach to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

### **School Meals**

The Child Nutrition Program is committed to serving healthy meals to children, which include plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Our meals are moderate in sodium, low in saturated fat, and contain zero grams trans-fat per serving (nutrition label or manufacturer’s specification). We meet the nutrition needs of school children within their calorie requirements. The school meals program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

All schools within the Archdiocese of Baltimore have an opportunity to participate in the USDA Child Nutrition Programs including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Where applicable: Maryland Meals for Achievement (MMFA); Fresh Fruit & Vegetable Program (FFVP); Summer Food Service Program (SFSP); After School Snack Program (AFSP); and the At-Risk Child & Adult Care Food Program (CACFP).

The Child Nutrition Program offers:

- reimbursable school meals that meet USDA nutrition standards
- school meals are accessible to all students
- fresh fruits daily
- drinking water available to all students during mealtimes
- educate staff members to politely prompt students to select and consume the daily vegetable and fruit options with their meal
- child nutrition staff will meet hiring and annual continuing education requirements in the [USDA Professional Standards for Child Nutrition Professionals](#)

### **Competitive Foods and Beverages**

The Child Nutrition Program is committed to ensuring that all foods and beverages available and sold to students on each school campus “during the school day” (12:01 a.m. until thirty minutes after the end of the official school day) support healthy eating.

Below is a list of healthy party ideas and snacks for parents, teachers, and school staff including non-food celebration ideas:

#### **Celebrations and Parties**

Celebrate special events without food. Focus on fun physical activities rather than cake and ice cream. Kids love getting special attention and doing fun physical activities just as much and possibly more than celebrating with food.

School and classroom parties offer opportunities for schools to be role models and reinforce the message that healthy eating and being active means a healthier body and a sharper mind!

When foods are offered at school parties, they can add to the fun but they should not be the main focus. Instead of serving sweets, offer healthy, nutritious snacks in appropriate portion sizes.

When sweets are offered for those occasional treats, serve healthier versions that are lower in fat, sugar and calories!

- Frozen fruit bars or popsicles (100% fruit juice, no added sugars)
- Angel food cake topped with fresh fruit and a spoonful of low-fat yogurt or whipped topping
- Animal Crackers, Graham Crackers, Gingersnaps, Vanilla Wafers
- Pudding (low fat)
- 100 calorie snack packs

- Foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the Smart Snack standards at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to, a la carte options in cafeterias, vending machines, school stores, snack and food carts.

Below is a list of healthy snack and beverage ideas for parents, teachers and school staff.

### **Healthy Snack Ideas**

- Fresh fruit – make kabobs or cups, add low-fat yogurt or whipped topping. Serve frozen for fun! (granola optional)
- Fruit & low-fat cheese kabobs
- Dried fruit (with little or no added sugar), raisins, apricots, apples, cranberries, papayas, mangos
- Fruit smoothies – blend unsweetened fruit with 100% fruit juice and low-fat yogurt
- Whole grain, low-fat crackers – top with low-fat cheese (mozzarella string cheese)
- Popcorn (air popped or low-fat) – add grated cheese (low-fat), salt-free seasonings, nuts or dried fruits, salt free pretzels
- Roasted pumpkin seeds
- Pumpkin bread (whole grain, low-fat, low sugar)
- Baby carrots, sliced red and green bell peppers and low-fat ranch dressing Red and green apple slices dipped in low-fat yogurt
- Cherry tomatoes and red bell pepper slices dipped in low-fat ranch dressing
- Banana splits – cut a small banana in half lengthwise and place in bowl; add ¼ - ½ cup low-fat yogurt; top with fresh blueberries, and low-fat granola
- Frozen bananas on a stick with a very small drizzle of chocolate
- Serve frozen grapes, blueberries, strawberries, and cantaloupe; top with low-fat yogurt

### **Healthy Beverages**

- Water – flavor with an orange or lemon slice for fun!
- Milk (1% white or non-fat chocolate or strawberry) 100% fruit juice (limit to 8 oz – 1 C a day)
- Mix 100% fruit juice and plain sparkling water

### **Healthy Rewards**

- Food should be used for nourishment rather than reward or punishment
- Providing food as a reward for positive performance or behavior, as well as, withholding food for negative performance or behavior connects food to mood and promotes behaviors associated with unhealthy eating and obesity
- Most food rewards involve candy or other unhealthy foods that are typically high in sugar, fat and calories

July 1, 2021  
Revised 6/15/2022 ig

- Kids learn preference for food that are made available to them...thus offering food as a reward, whether sweet or non-sweet, significantly enhances the preference for that food
- Using food as a reward
  - Encourages kids to eat even when they are not hungry
  - Encourages over consumption of foods high in added sugar, fat, and calories
  - Encourages lifetime habits of rewarding or comforting with food

### **Token of Point System Rewards (PBIS).**

Kids may be rewarded with points that accumulate toward a bigger prize. Teachers can use play money, tokens, stars, stickers, or a chart to track points students have earned. A point system also may be used for an entire class to earn a reward. When the target number of points are earned, a reward is provided.

- Extra Recess
- Gift certificates for sporting goods stores, bookstores, movie tickets
- Tickets to sporting events
- Sports equipment – tennis racket, baseball glove, soccer ball, basketball

### **Prize Box Rewards**

Keep a prize box full of age-appropriate non-food rewards

### **School and Art Supplies:**

- Pencils, pens, colored pencils, crayons, markers
- Notepads, notebooks, coloring books, art pads, books, magazines
- Stencils, stamps, glitter, stickers, glue, scissors
- Bookmarks, ruler, photo albums
- Gift Certificate, coupons

### **Toys and Trinkets:**

- Finger puppets, stuffed animals
- Toy cards, helicopters, airplanes
- Slinkys, marbles, jacks
- Bubbles, balloons, silly putty
- Crazy straws, magnets, picture frames
- Flashlight, key chain
- Plant or seeds and a pot of soil to grow plants

### **Wearable Rewards:**

- Hair accessories
- Bracelets, rings, necklaces
- Sunglasses
- Hat, cap, t-shirts

### **Social Rewards**

Reward with encouraging, motivating, and character-building words!

“Social rewards,” which involve attention, praise, or thanks are often more highly valued by students than a toy or food. Simple gestures like a pat on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child’s worth as a person and build self-esteem. Say “thanks for helping” or “your contributions were great!” Send notes to parents praising the student’s good behavior.

### **Physical Activity Rewards**

Reward often with physical activity time! Promote physical activity as being fun!

- Give extra recess, PE, or physical activity game time
- Take a fun activity break – dance, move, play, sweat!
- Give coupons to skating rinks, bowling alleys, ice rinks or other active entertainment outlets
- Give physical activity equipment, games and sports gear
  - Yo-yo’s, Frisbees, hula hoops, step counters
  - Balls of all kinds – super balls sponge balls, rubber balls, inflatable beach balls,
  - Jump ropes, hand weights, kites
  - Water bottles, sweat bands,
  - Sidewalk chalk
  - Simon Says

### **Recognition and Privilege Rewards**

Try unique non-food rewards that motivate and inspire!

- Special field trips
- Eat lunch with a teacher or principal
- “No homework” pass or reduced homework
- Sit by friends
- Listen to music or an audio book while working
- Watch a fun video
- Eat lunch outdoors or in the classroom
- Read or hold a class outdoors
- Go to the library to select a book to read
- Take care of the class animal for a day
- Read to a younger class
- Play games – Brainteasers, Trivial Pursuit
- Stickers, trophy, plaque, ribbon or certificate in recognition of achievement
- Recognize student achievement on the school-wide morning announcements, website or photo recognition board

July 1, 2021  
Revised 6/15/2022 ig

- A phone call, email, letter or postcard sent home to parents or guardians commending a student's accomplishment
- A note from the teacher to the student commending his or her achievement
  - All other foods and beverages sold in school during the school day must follow Maryland Nutrition Standards for All Foods Sold in School, which incorporates the federal Smart Snack standards.
  - Only foods and beverages that **meet or exceed** the USDA Smart Snacks in Schools nutrition standards **may-be-sold** through fundraisers on the school campus during the school day.

See list of healthy fundraising and school store ideas for Principals, teachers, staff, and/or parent associations

### **Healthy School Fundraisers**

Many schools continue to sponsor traditional fundraisers – those that sell low-nutrition foods and beverages. (yes, junk food like chips, candy, cookies and sodas.)

Selling less nutritious foods for fundraising contradicts healthy messages taught in the classroom giving the impression that schools care more about making money than about student health...all in the name of supporting a “good cause.”

In contrast, health conscious fundraising gives consistent, positive messages. It is important that all foods and beverages sold by schools make a positive contribution to our children's health.

The sales of low-nutrition foods and beverages (cookie dough, candy, soda); fundraisers at fast food restaurants and label redemption programs that include unhealthy products; are popular fundraiser ideas, but its considered unhealthy fundraising.

### **“Fun”draising**

- “Bake less” bake sales – parents donate money to the school that they otherwise would have spent at a bake sale; no baked goods are sold
- Car wash (pre-sell tickets as gifts)
- Game night, bingo night
- Karaoke night
- Live or silent auction
- Magic show, craft show
- Garage sale
- Recycling drive
- Raffle (non-food items)
- Sell or rent wishes

**Things to sell** (fundraising and school stores)

- Tupperware, water bottles
- Greeting cards, stationary
- Gift wrap, boxes, reusable bags, ribbons
- Discount/value cards
- Coupon books
- Gift Certificates
- Plants, flowers, bulbs, seeds
- Balloon bouquets
- Books, calendars, magazines
- Pet treats, toys, accessories
- First aid kits
- Emergency kits for cars
- Rent a special parking space
- Scarves, knit caps, mittens
- Gift or picnic baskets
- Jewelry
- Bath accessories, lotions, soaps
- Music, videos, CD's, DVDs
- Candles
- Stuffed animals
- Christmas wreaths, poinsettias, flowers, stockings, wrapping paper, cards, ornaments

**Physically Active Events**

- Walk-a-thons, fit-a-thons, bike-a-thons
- Jump-rope-a-thons, bowl-a-thons
- Skate-a-thon, dance-a-thons with a theme
- Hoops for Heart
- Fun walks, fun runs

Dances (kids, father/daughter, family, sock hop)

Tournaments – golf, tennis, chess, volleyball, corn hole

**Healthy Foods and Beverages**

- Bottled water
- 100% juice
- Fresh Fruit Baskets

**Academics and the Arts**

- Read-a-thon, science fair, math-a-thon

July 1, 2021  
Revised 6/15/2022 ig

- Art show or auction
- Singing telegrams, concerts
- Talent show, plays, musicals

#### **School Spirit** (fundraising and school stores)

- Apparel: t-shirts, sweatshirts, hats, buttons
- School cookbook made by parents, teachers, kids
- Decals, bumper stickers,
- Stadium pillows, blankets, cushions
- Frisbees, key chains, spirit flags
- Team towels, Water bottles

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.
- Healthy food and beverage choices for all students will be promoted throughout the school campus and encouraged through the school meal programs.
- Any foods and beverages marketed or promoted to students on the school campus during the school day should **meet or exceed** the USDA Smart Snacks in School Nutrition Standards. Food advertising and marketing includes, but is not limited to the following:
  - Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
  - Displays, such as on vending machine exteriors.
  - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
  - Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trashcans, and other food service equipment.

### **Nutrition Education**

School personnel aim to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.



July 1, 2021  
Revised 6/15/2022 ig

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products.
- Nutrition education can include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens.
- Provide nutritional education at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education will also be offered not only in health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, etc.
- The following topics may be included in the nutrition education curriculum:
  - Food guidance from My Plate.
  - Reading and using USDA's food labels
  - Balancing food intake and physical activity
  - Food Safety
  - Social influences on healthy eating, including media, family, peers, and culture
  - How to find valid information or services related to nutrition and dietary behavior
  - Resisting peer pressure related to unhealthy dietary behavior
  - Influencing, supporting, or advocating for others' healthy dietary behavior

### **Physical Education**

Schools will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

### **Physical Activity**

Children and adolescents should participate in some sort of physical activity every day. Schools will offer a variety of physical activity opportunities that are in addition to and not as a substitute for, physical education.

**Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. (e.g. running laps, pushups; withholding recess, physical education)**

July 1, 2021  
Revised 6/15/2022 ig

To the extent practical, each school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Each school will conduct necessary inspections and repairs. The following recommendations are to increase physical activity and wellness for all students.

- Outdoor recess will be offered when weather is conducive for outdoor play.
- Active recess programming will be utilized to create universal participation by offering multiple activities at recess;
- designate different areas of play throughout the playground;
- provide enough equipment to decrease congestion on play structures;
- provide group games led by staff.

### **Other Activities that Promote Student Wellness**

All school-sponsored events should adhere to the wellness policy guidelines. All school-sponsored wellness events should include physical activity and healthy eating opportunities when appropriate and possible.

Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies for staff:

Let your student's see you active around the school

Encourage your students to be physically active at recess

Eat nutritious foods and drink milk and / or water in front of your students

Serve nutritious foods and beverages in your classroom

Reward your students with physically active time rather than food

Encourage your students to eat breakfast and lunch

### **Policy Monitoring/Implementation**

The Archdiocese of Baltimore Child Nutrition School Wellness Policy will be presented to the Administrative Team of the Department of Catholic Schools, Schools that participate in the Child Nutrition Program, Parents, Students, Teachers, at least a minimum of 2 times a year to establish goals to develop, implement, review and update the wellness policy.

Person responsible for making changes to Wellness Policy is the current Director and/or Program Manager of the Child Nutrition Program.

The wellness committee members will consists of the Child Nutrition Program Manager and Fiscal Accountability Manager, Director of Student Support, Nurses, Teachers, CN Manager,

July 1, 2021  
Revised 6/15/2022 ig

- The wellness committee will represent all school levels (elementary and secondary) and include (to the extent possible) but not be limited to: parents and caregivers; students; representatives of the school nutrition program (school nutrition director); physical education teachers; health education teachers; school health professionals (health education teachers, school healthy services staff, and mental health and social services staff); school administrators (superintendent, associate superintendent's, principal, vice principal) school board members; healthy professionals (dietitians, doctors, nurses, dentists); and the general public.
- The Child Nutrition Program with the help of the Wellness Policy Team will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the child nutrition program in meeting wellness goals.
- The Child Nutrition Program, Department of Schools and individual Schools will actively notify households/families of the availability of the annual report through school newsletters, emails, school website and the Archdiocesan website.
- The wellness committee will update and/or modify the wellness policy based on the results of the annual progress reports and/or as School, priorities change; community needs change; wellness goals are met; new health information and technology emerges; and new Federal or State guidance or standards are issued.
- The wellness policy will be assessed and updated as indicated at least every three years.

### **USDA Nondiscrimination Statement**

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July 1, 2021

Revised 6/15/2022 ig

letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil  
Rights 1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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July 1, 2021  
Revised 6/15/2022 ig