

**Huntington Union Free School District  
Wellness Policy Administrative Regulations  
2022-2023**

The school district implements, monitors, reviews, and, as necessary, revises school nutrition and physical activity policies and regulations. The Huntington Union Free School District's Wellness Policy#5665 can be viewed here:

[https://go.boarddocs.com/ny/hufsd/Board.nsf/files/CKDMBZ59E322/\\$file/Policy%205665.pdf](https://go.boarddocs.com/ny/hufsd/Board.nsf/files/CKDMBZ59E322/$file/Policy%205665.pdf)

The policy is reviewed several times throughout the school year by the district's Wellness Committee. The committee is comprised of the following people:

- Assistant Superintendent for Finance and Management Services
- Athletic Director
- School Lunch Manager
- Food Service Director (Whitsons)
- District Consultants
- Teachers
- PTA Parents
- School Board Members
- Students

**Part I – Nutrient Standards**

During the school day, all food sold or provided to students by the Huntington Union Free School District meets the following nutritional standards. Meals served by the Child Nutrition Program will adhere to National School Lunch and Breakfast Standards and will:

- Be appealing and attractive to children;
- Be served in clean, safe and pleasant settings;
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations, including the current U.S. Dietary Guidelines for Americans
- Have no more than 30 percent of its total calories be from fat averaged over a week;
- Have no more than 10 percent of its calories be from saturated fat, averaged over a week;
- Use foods low in sodium and limit sources of trans fatty acids;
- Offer a variety of fruits and vegetables, including two vegetables and two fruit options each day; and will offer five different fruits and vegetables over the course of the week;
- Serve 100% fruit and vegetable juices, low-fat (1%) and fat-free milk with meals;
- Serve fresh and frozen vegetables in place of canned whenever possible;
- Ensure the most updated grain requirements are met, according to USDA and NYSED;
- Prepare food using methods that reduce the fat content; no fryers shall be used;
- Be free of preservatives or artificial colorings, including nitrates, MSG, dyes, high fructose corn syrup, and partially hydrogenated oils (to the maximum extent practicable); and

- Meet safety and sanitation requirements, as outlined in current USDA and local Health Department guidelines.

Drinking water and cups will be available for students during all lunch periods at no cost.

### **Standards for USDA Child Nutrition Programs and School Meals:**

Alternate school breakfast service models are available to increase participation such as “grab and go” breakfast served in the classroom, and breakfast after the bell.

- Breakfast remains open after the bell for those students who arrive late. Those students are able to purchase breakfast and return to the classroom with permission from their teacher.
- The district is looking to implement the breakfast in the classroom to give students better access to meals daily.

Steps are taken to protect the privacy of the students who qualify for free or reduced priced meals.

- All students are able to purchase meals by entering their student ID numbers into a key pad at the register to avoid the use of names or disclosing a free or reduced status.
- Elementary school students are provided with a card containing their name and ID number to scan at the register until they memorize their ID numbers.
- The scan cards are handed out to the students as they enter the lunch line, returned to the register after use and held in the kitchen office until the next service to protect student information.
- When there are half days or field trips, bagged lunches are listed on the menu for all students rather than just students who receive free or reduced meals. A note is sent home to parents to make them aware of the bagged lunch in case a student who does not qualify for free or reduced meals wishes to purchase a bagged lunch to take home.
- For field trip purposes, a roster without the meal eligibility information is provided to track those students who need a bagged lunch for the trip.

Annual training is provided for food and nutrition staff in accordance with USDA Professional Standards. All staff receives training annually before the first day of school and every month throughout the school year. The following topics are covered in the trainings:

- Anti-shaming Regulations
- Food Manager’s Safety and Sanitation Certification through Suffolk County Board of Health (Certificate is renewed every three years.)
- Civil Rights training
- Reimbursable meal requirements
- USDA Nutrition Standards and Requirements

- Free and Reduced Lunch Program applications and requirements
- Food Allergy Identification and Management
- Monthly Food and Safety Training

The local wellness policy addresses purchasing local foods when possible for the school meal program.

- In an effort to participate in the 30% Farm to School Initiative, the district strives to purchase items that are locally grown, harvested, or produced in New York state. These items are highlighted on the monthly menu when available.

## **Part II – Use of food in the Classroom**

Sharing of food and beverages should be discouraged given concerns about allergies and other restrictions on some students' diets. Food shall not be used in the classroom or distributed in the classroom for the following reasons:

- As an incentive or reward in the classroom unless documented on a student's IEP or 504 plan after all other incentives have been exhausted
- For instructional purposes\*
- As part of a birthday celebration
- As part of holiday or seasonal celebrations or multicultural events\*\*

\* Food-based lessons are approved for Family Consumer Science Classes. If other classroom teachers are interested in using food as part of their lesson they must follow the procedures below:

1. Obtain principal's approval
2. Confirm the food is not candy
3. Notify parents prior to the lesson
4. Make sure food is not consumed without parent/guardian consent

\*\* Grade levels (K-8) and teachers (9-12) can celebrate a holiday, special event or field trip during the school year by following these procedures:

1. Obtain principal approval once the following procedures are met:

### Event held on campus:

- a. Food is provided by HUFSD lunch program or other certified vendor.
- b. Food provided cannot replace lunch.
- c. The organizers follow the Regulations' nutrient standards and the District's philosophy on providing health alternatives.
- d. Food service is notified (K-8).
- e. Parents are notified prior to event (K-8).

### Event held off campus:

- a. Food is provided by HUFSD lunch program or other certified vendor.
- b. The organizers will notify the outside vendor of the District's nutrient standards and request compliance.
- c. Food service is notified of field trip or event date.

- d. Food service will provide bagged lunches for students who receive free and reduced meals and any parent/student who wants to buy lunch.
- e. Parents are notified prior to event.

### **Part III – Fundraising**

To support students' health and school nutrition education efforts, there will be no fundraising activities involving the sale of food (including candy) to students during the school day.

### **Part IV – Nutrition and Physical Education**

Nutrition and physical education will meet the New York State Standards 1, 2, and 3 which incorporate the following subject areas: Health Education, Physical Education, and Family and Consumer Sciences (Standard 1 – Personal Health and Fitness; Standard 2 – A Safe and Healthy Environment; Standard 3 – Resource management).

All students, including students with disabilities and special health care needs, receive physical education a minimum of 40 minutes/3 times per week (K-6) and a minimum of 200 minutes for every 10 school days (7-12). In addition, all primary school students participate in “wellness works” which engages students in physical activity on days they do not receive physical education instruction. Student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

All elementary school students will have a minimum of 20 minutes each day of supervised recess, preferably outdoors. School personnel should verbally encourage moderate to vigorous physical activity, whether indoors or outdoors.

Outdoor recess will be encouraged while adhering to district guidelines on modified heat and cold weather alerts. The gym should be utilized for any extra activities when it is free and not set up for physical education class. Aides are provided with playground and gym facility safety information specific to each school. Recess activities are reviewed and approved by the principal with guidance from the physical education teachers.

In an effort to provide a Staff Wellness Program for the district, a pilot program was implemented in the Food Service department. The Food Service Workers have been provided with nutrition and exercise information on a monthly basis over the course of the year to assist them in maintaining a healthy lifestyle. Pending feedback, the district will expand the program to include all district staff.

Teachers and other school personnel will not withhold opportunities for physical education except in instances of health and safety. Opportunities for physical activity (i.e. recess) will not be withheld without alternative disciplinary measures being considered. Entire classes should not be withheld from physical activity for disciplinary actions of individuals.

## **Nutrition Education**

Age appropriate nutrition education and activities are provided to students. Sample activities include:

- a. Activity sheets containing nutrition information are distributed to students monthly for the elementary students.
- b. The district's food service management company (Whitson's) provides marketing materials such as posters and flyers in the cafeterias and serving lines that help educate the students on various food groups.
- c. Whitsons promotes a fruit or vegetable of the month throughout the school and includes that fruit or vegetable on the menu several times throughout the month. This shows students the different ways the fruit/vegetable can be prepared.
- d. Every January, Whitsons dedicates a week to educating the elementary school students with a visit from their safari character during lunch service. One of the staff plays the character in costume while our Food Service Director tells a story to educate the students on healthy eating habits. The students participate in asking and answering questions based on the story.

## **Part V - Implementation and Review of Regulations**

The principals will implement and monitor the regulations in their individual buildings. The regulations will be explained to teachers and other school personnel on an annual basis at the beginning of each school year and reviewed periodically. The regulations will be reviewed annually or when deemed necessary.