

## WELLNESS PLAN AND SCHOOL NUTRITION STANDARDS

The Rice Lake Area School District (RLASD) is committed to providing students with a school environment that enhances overall health and wellness and may ultimately decrease the rate of childhood obesity.

The District is committed to serving healthy meals to children. We aim to improve the diet and health of school children, help decrease childhood obesity, model healthy eating to support the development of lifelong eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. The District provides a variety of fruits, vegetables, whole grains, protein and fat-free and low-fat milk that are moderate in sodium, low in saturated fat and have zero grams of trans fat per serving to meet the nutritional needs of school children within their calorie requirements.

## DEFINITIONS:

School Day: The period of time before the start of the school day, during the official school day, and within 30 minutes after the official school day.

School Campus: All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

Combination Food: Foods that contain more than one component representing more than one of the recommended food groups (fruit, vegetable, dairy, protein and grains.)

Competitive Foods: All foods and beverages sold to students on school campus during the school day, other than reimbursable meals (student cafes, ala cart menu items, school day fundraisers, etc.)

Smart Snacks in Schools Guidelines: Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

Reference: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Reimbursable Meal (Offer versus Serve): Meals reimbursed through the USDA Child Nutrition Program. Districts must offer certain meal components to students at each meal. The basic formula requires that five meal components are offered that meet the USDA child nutrition standards-milk, fruit, vegetable, meat/meat alternate (like beans, yogurt or cheese), and grain. Based on Offer versus Serve, students must choose three full portions of the five, with at least one choice being a ½ c fruit, ½ c vegetable, or ½ c total combined fruit and vegetable.

- I. REIMBURSABLE SCHOOL MEALS (USDA CHILD NUTRITION PROGRAM)  
All schools in the RLASD participate in USDA Child Nutrition Programs under the Healthy Hunger-Free Kids Act of 2010, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Special Milk Program (SMP).

Goal: School meals will be accessible to all students and will offer a variety of nutritious food and beverage choices that meet or exceed current local, state and federal statutes and regulations and operate in accordance with the NSLP and SBP standards using “Offer vs Serve.”

- Menus shall be posted on the District website and in every school cafeteria.
- Breakfast will be offered daily prior to the start of instruction.
- Students will have at least 20 minutes to eat lunch after being seated with their meal.
- Drinking water will be available to all students during mealtimes.
- Students will have convenient access to hand washing and/or hand-sanitizing facilities. Hand washing will be promoted as the ideal, as it is the method which protects against the spread of allergens.
- Nutritional information will be provided upon request.

## II. COMPETITIVE FOODS

Goal: The District aims to ensure students have access to healthy food and beverage choices during the school day and encourage healthy choices for students and staff. All food and beverages sold and served outside of the school meals programs shall meet the standards established in USDA’s Nutrition Standard for All Foods Sold in Schools (Smart Snacks in Schools Guidelines.)

Please refer to the RLASD Foodservice website for the most current information on nutrition guidelines.

<https://www.ricelake.k12.wi.us/cms/One.aspx?portalId=783251&pageId=80126>

Foods and beverages sold to students outside of the school meal programs shall meet at least the USDA’s minimum nutrition standards for such items (also called the “smart snacks” or “competitive food” standards), including all permissible exemptions and exceptions that are identified in the regulations or otherwise expressly allowed by the USDA. These standards apply, for example, to a la carte options in cafeterias, vending machines that are accessible to students, and items sold in school stores or on snack carts. Refer to Smart Snacks in Schools Guidelines or Smart Snacks Calculator <https://foodplanner.healthiergeneration.org/calculator/> for further information.

## III. FOOD AND BEVERAGES PROVIDED BUT NOT SOLD OUTSIDE OF SCHOOL MEAL PROGRAM DURING THE SCHOOL DAY (classroom parties, classroom instructional activities, celebrations or snacks)

The RLASD promotes non-food celebrations. Lists of school appropriate non-food items are available for staff and parents to support the efforts to decrease childhood obesity, unhealthy snacking and allergen concerns. When foods are offered to students during the school day the District encourages foods to meet the Smart Snacks in Schools Guidelines. The RLASD recognizes that many students and staff have limitations to the foods and beverages they are able or allowed to consume due to a variety of health, religious or personal reasons.

Goal: The RLASD aims to provide all students and staff with a safe environment to work, learn and grow. The RLASD will ensure the safety of all by providing or offering foods and beverages on campus that meet all dietary needs or restrictions.

All foods and beverages offered to students on school grounds, provided by student family members for celebrations, parties, or classroom activities, will adhere to the following District standards:

- All foods must be either a whole fruit or vegetable or be commercially prepared and accompanied by a manufacturer's label with a full list of ingredients. Homemade foods are not allowed due to food safety and allergen concerns.
- All beverages other than plain water must be accompanied by a manufacturer's label with a full list of ingredients.
- As needed and while maintaining an appropriate degree of confidentiality, staff will also make parents, guardians and students aware of restricted foods to be avoided as a means of accommodating any identified food allergies or similar dietary restriction within the relevant class or other student group.
- At any other school-sponsored meeting/event that occurs before, during, or up to 30 minutes after a school day, that involves student participation, and that has not otherwise been addressed in this section of the Wellness Plan, any food or beverage that is provided by the District and served to the attendees shall either (1) adhere to the District's nutrition guidelines for food and beverages sold on school campus during the school day, as identified above; or (2) adhere to the District's list of healthy snack options for items served or distributed to students during the school day, as mentioned above. The building principal or their administrative-level designee may, at their discretion, approve an exception to this restriction if requested and approved in advance of the event.

#### IV. FUNDRAISERS

The RLASD encourages fundraisers that promote physical activity and healthy lifestyle choices. Fundraisers that follow the Smart Snacks in Schools Guidelines are preferred. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two (2) exempt fundraisers per student organization per school per school year, not to exceed two (2) consecutive weeks each. An exempt fundraiser may sell foods and beverages that are not allowable under the Smart Snacks rule. Exempt fundraisers may not occur in the meal service area during meal service times. All other fundraisers sold during the school day will meet the Smart Snacks in Schools Guidelines. No restrictions are placed on the sale of food/beverage items sold outside of the school day. To apply or be approved for a fundraiser exemption, contact the building administrator.

Foods that, with appropriate District approval, are ordered and delivered at school or through a school-related activity, but that are not intended to be (and that due to packaging, preparation requirements, etc., cannot reasonably be) consumed on school premises (such as a frozen pizza fundraiser) are not subject to any specific nutrition standards or time or location restrictions regarding orders or deliveries under this local Wellness Plan.

V. FOOD AND BEVERAGES SOLD OR OFFERED OUTSIDE OF THE SCHOOL DAY (Concessions, Banquets, School sponsored events, etc.)

The RLASD will reinforce the importance of the Wellness Plan and promote healthy lifestyle choices during any district-sponsored activity outside the school day. At any activity that offers food or beverages:

- Healthy, nutrient-dense food choices that follow the Smart Snacks in Schools Guidelines will be available.
- A selection of water, low-fat milk and/or 100% fruit or vegetable juice will be offered alongside any other beverage of lesser nutritional value.

VI. NUTRITION EDUCATION

Goal: RLASD will teach, model, encourage and support healthy eating by all students. Nutrition education is offered as a part of a sequential, comprehensive, standards-based health education curriculum meeting state and national standards that provides students with the knowledge and skills necessary to promote and protect their health.

In order for students to utilize and practice their label-reading skills, nutritional information will be available for all food and beverage items sold or offered to students on campus during the school day.

All RLASD nutrition program directors, managers and staff shall meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In order to supplement students' nutrition education, inform parents of nutrition-related news, and promote healthy lifestyle choices both inside and outside the school environment, nutrition education materials will be provided to parents, staff and the community. Nutrition education materials will take multiple forms and may include:

- Handouts
- Newsletters
- District websites
- Social networking websites
- Emails
- Presentations
- District public relations venues (radio spots, newspaper articles, etc.)
- Building level back-to-school organizational meetings
- New staff district-level in-service

VII. 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. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Goal 1: All RLASD staff will model positive nutrition-related behaviors and contribute to providing students with a pressure-free, healthy environment. It is the professional expectation of all RLASD staff to follow the Wellness Policy in the presence of students during the school day. This includes:

- drinking either school-day appropriate beverages (water, low-fat milk or 100% juice) or using a container which prevents promotion of beverages which are not permitted for students during the school day;
- eating foods in the presence of students which meet the Competitive Food Guidelines established for students;
- Staff's use of foods of minimal nutritional value as student rewards or learning incentives should be kept to a minimum (e.g., not regularly and using minimal serving sizes). Healthy food choices or non-food items are preferred. Should teachers or other staff members feel compelled to utilize food items as an incentive, they are strongly encouraged to select an option from the District's list of healthy snack options for foods served or distributed during the school day, as outlined above.

Goal 2: The RLASD will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. This promotion will include:

- School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment annually;
- Ensuring that 100% of foods and beverages promoted to students meet the Smart Snacks in Schools Guidelines;
- Permitting after-school vending machines in order to give students an option for a healthy snack as they prepare for after school events. In order to provide appropriate nutrition at these times, all campus vending machines will sell only foods and beverages that meet the Smart Snacks in Schools Guidelines.

#### VIII. FOOD AND BEVERAGE MARKETING

The RLASD strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts can be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts.

Goal: Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written or graphic statements made for the purposes of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes but is not limited to:

- Brand name marketing is not restricted. When marketing a specific product, it must meet the Smart Snacks nutrition standards. The specific product may not

be marketed on the school campus during the school day; however, the brand may be marketed;

- displays, such as on vending machine exteriors;
- corporate brand, logo, name or trademark on school equipment such as marquees, message boards, scoreboards, blackboards, etc. (Note: immediate replacement of these items is not required; however, items currently in place but not in compliance with this policy will be replaced to the extent that is financially possible over time);
- corporate brand, logo name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the RLASD;
- free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

#### IX. OTHER ACTIVITIES THAT PROMOTE SCHOOL WELLNESS

Goal: The District will actively promote and support relationships with community organizations that support health and wellness.

- Opening school facilities to community organizations or other groups;
- Advertising health/wellness community activities;
- Encouraging school district staff member involvement in community health/wellness initiatives;
- Encouraging school district staff member involvement on community health/wellness Boards or committees.

#### X. STAKEHOLDER INVOLVEMENT

School districts are required to provide opportunities for school administrators, teachers (including physical education and health education teachers), school food service staff, school health professionals (e.g., a registered nurse serving the schools), students, parents and guardians, Board of Education members, and other interested members of the community to participate in the development, implementation, and periodic review and updating of the District's Wellness Plan.

The manner in which such opportunities will be provided will be through a Wellness Committee.

##### Wellness Committee

The Wellness Committee shall consist of not more than 13 members and that shall be chaired by the Director of Special Education & Pupil Services. The committee's primary charge is to be involved in the periodic assessment, review, and updating of this Wellness Plan, with a particular emphasis on recommending steps to improve District-wide knowledge of and compliance with the Plan and on recommending possible changes to the Plan (e.g., new or revised goals). The chairperson:

- a. Shall have the power to identify and recommend individuals to be appointed as formal members of the committee, including filling vacancies, while giving due attention to representation among the specific stakeholder groups identified in applicable federal regulations. However, not every stakeholder group must be represented at all times—particularly when there is a lack of interest. The appointment of any District employee to the committee shall be subject to the approval of the employee’s supervisor, the appointment of any Board of Education member to the committee shall be made directly by the Board of Education, and all other recommendations for committee membership shall be approved by the District Administrator. Any student appointee(s) shall be at least in 7<sup>th</sup> grade. An appointment may be for a defined term, or if no specific term is designated at the time of appointment, then the appointment shall be considered ongoing until the committee member is removed (including being replaced to accommodate additional interest in serving) or resigns. Employees serving on the committee in their official District-related capacity may resign their committee membership only with supervisory approval.
- b. May recommend the removal of any currently-serving committee member to the District Administrator, who shall either approve or reject the recommendation. However, only the Board of Education may approve the removal of a Board of Education representative when the Board of Education member in question is still actively serving on the Board of Education.
- c. Shall convene the committee as needed on dates established by the committee or chosen by the chair. The committee will meet annually in the spring and report to the Board of Education in the fall.
- d. May determine the extent to which minority positions or multiple options may be presented to District officials for further consideration in situations where there is a disagreement or lack of sufficient consensus among the committee members in regard to particular issues.

## XI. ASSESSING THE WELLNESS PLAN AND ITS IMPLEMENTATION

The primary means of measuring the implementation of and schools’ compliance with this Wellness Plan is through a formal assessment that will occur at least once every three (3) years. Such assessments shall be completed under the direction of the Director of Special Education & Pupil Services and shall be in line with federal requirements and any applicable requirements of the Department of Public Instruction (DPI). For purposes of carrying out triennial assessment requirements, the District shall do all of the following:

1. Complete the [Wellness School Assessment Tool](#) (WellSAT) to evaluate how the District Wellness Plan compares to model policy language and best practices for school wellness.
2. Complete the DPI-required [Local Wellness Policy Report Card](#), which addresses: (a) the extent to which the District and District schools are in

compliance with the District’s Wellness Plan; (b) the progress made in attaining the goals of the Wellness Plan; and, (c) the extent to which the District Wellness Plan compares to model policy language and best practices for school wellness.

The Local Wellness Policy Report Card shall be reviewed and considered when developing any recommended changes to the District Wellness Plan or determining that no specific changes need to be made. Any recommended changes to the District Wellness Plan shall be forwarded for formal District-level consideration and possible District-level approval. The recommended changes may be forwarded by school officials who have school wellness leadership responsibilities and/or on behalf of the Wellness Committee.

The District’s completed Local Wellness Policy Report Card, along with any recommended changes to the District Wellness Plan, shall be presented to the Board of Education prior to being communicated to the public.

Notwithstanding the formal triennial assessment and reporting process, recommendations to update or modify this Wellness Plan (e.g., to replace a goal that has been achieved) may be brought forward for District-level consideration and possible action (i.e., approval, rejection, or modification) at any time.

As a further means of evaluating the implementation of this Wellness Plan, including school compliance, the Director of Special Education & Pupil Services will:

1. Identify the data and other records that will be required to reasonably document and evaluate the progress that is being made with the specific goals, nutritional standards, and other requirements outlined in this Wellness Plan. Particularly with respect to the Wellness Plan goals and related action steps that have specific near-term target dates or that are otherwise short-term in nature, progress should be monitored and informally evaluated on an interim basis between the years of the formal evaluations described above. Ultimately, information from and the results of any such interim assessments will inform and can be incorporated into the next triennial assessment.
2. Communicate expectations to school-based personnel related to tracking school-level data and preparing and organizing other school-level records that will be needed for assessment purposes, emphasizing when such documentation should occur.
3. Periodically meet with school-based personnel to serve as a support resource regarding Wellness Plan implementation and to review and discuss the school’s compliance and progress to date.

## XII. REPORTS AND OTHER COMMUNICATIONS RELATED TO THE DISTRICT WELLNESS PLAN

The primary means that the District will use to inform the public of the content of this Wellness Plan, the status of implementation efforts, and the outcome of formal assessments will be through a prominent, wellness-themed web page or microsite that is part of the District’s official website. Minimally, the following information will be prominently displayed or clearly linked on a continuous basis and without requiring any login or similar restriction on access:



1. The names, positions, and contact information of the District-level and/or school-level officials who have been designated as local wellness program leaders.
2. A complete copy of this Wellness Plan.
3. An executive-level summary of current Wellness Plan goals.
4. An executive-level summary of the most recent updates or modifications to the Wellness Plan, if applicable.
5. A complete copy of at least the two most recent Local Wellness Policy Report Cards (once available).
6. Information regarding how interested stakeholders can become involved in the development, implementation, review, and updating of the Wellness Plan.

When electronically posting the above-identified information, the District will give due attention to using accessible formats and to the possible need to provide information in languages in addition to English.

In addition to electronic posting, at least once annually, the District will actively notify staff and school households of the Wellness Plan and how it can be accessed, and a similar active notice shall be given of the availability of each formal triennial assessment report (Local Wellness Policy Report Card) at the time each such report is completed.

Additional steps may be taken to draw attention to the web-based resources identified above, including (1) featuring prominent links to the resources on the home pages of school-specific websites or web pages; (2) further promoting the availability of the information through school newsletters, District-approved social media accounts, or other District or school communications, and (3) mentioning the resources in connection with health and wellness-related presentations to parents and other community groups.

#### USDA Nondiscrimination Statement and Complaint Information:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the

information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

(2) fax: (202) 690-7442; or

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

This institution is an equal opportunity provider.

**REFERENCES:**

7 CFR 210.1, 220.12 Competitive Food Services

<http://www.ion.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

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04/24/23