

## Lansing School District School Wellness Policy

The Lansing School District is committed to providing a school environment that enhances learning and the development of lifelong learning practices. To accomplish these goals and in accordance with Federal Public Law (PL 108:265, section 204) the district adopted a school wellness policy that will support student and staff populations to become fit, healthy and ready to learn. Through the implementation of the Wellness Policy, students, staff, families and communities will become knowledgeable and skilled in making behavior choices that support optimum health.

- Child Nutrition Programs will comply with federal, state and local requirements and are accessible to all children.
- Efforts will be made to encourage a culture of healthy nutrition and physical activity.
- All foods made available on campus will comply with the state and local food safety, sanitation and security guidelines.
  - A. Schools will provide a la carte food and beverage choices in accordance with the amended Institute of Medicine Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth (April, 2007) (see attached)
  - B. All food and/or snacks offered in the classroom must follow the amended Institute of Medicine Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth (April, 2007) (see attached)
- The school environment will be safe, comfortable, pleasing and allow ample time and space for meals.
- The Food Service Director will be properly certified and or credentialed according to the current professional standards to administer the school food program and satisfy reporting requirements.
- State certified physical education instructors will teach all physical education classes where required.
- All students will have access to school health services.

To help ensure students possess the knowledge and skill necessary to make health choices for a lifetime, the Superintendent shall appoint a Wellness committee to propose administrative regulations, as necessary, to implement the goals of this policy throughout the district. The Wellness Committee will include representatives from the following groups: students, parents, teachers, school administrators, health, nutrition, physical education, school food services professionals and other members of the community.

**Institute of Medicine**  
**Nutrition Standards for Foods in Schools:**  
**Leading the Way Towards Healthier Youth (April, 2007)**

Foods included are fruit, vegetables, whole grains, and related combination products\* and nonfat and low-fat dairy products

- Limited to 200 calories or less per portion as packaged
- No more than 35% of total calories from fat
- Less than 10% of total calories from saturated fat
- Zero trans fat (less than or equal to 0.5 gram per serving)
- 35% or less of calories from total sugars, except for yogurt with no more than 30 grams of total sugars per 8 ounce portion as packaged
- Sodium content of 200 mg or less per portion as packaged

**A la carte entrée items meet fat and sugar limits as listed above and:\*\***

- Are National School Lunch Program (NSLP) menu items
- Have a sodium content of 480 mg or less

\*Combination products must contain a total of one or more servings as packaged of fruit, vegetables, or whole grain products per portion.

\*\*200 calorie limit does not apply; items cannot exceed calorie content of comparable NSLP entrée items.

**Allowable beverages are:**

- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8 ounce portions)
  - Lactose-free and soy beverages are included.
  - Flavored milk with no more than 28 g of total sugars per 8 oz. portion, discouraging the use of high fructose syrup as sweetener
- 100-percent fruit(s) or vegetable juices, without added sugars in 4-oz portion as packaged for elementary/middle school and 8 oz. (two portions) for high school.
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances
- High School students after school are allowed non-caffeinated beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation or flavoring.
- Plain, potable water (i.e., drinking fountains) are available throughout the school day at no cost to students.
- Sports drinks are not available in the school setting except when provided by the school for the student athletes participating in sports programs involving vigorous activity of more than 1 hour's duration.