



Raceland-Worthington Ind. Schools  
**Wellness Report Card**  
**Nutrition & Physical Activity**

Winter 2015



**2014-2015 School Year**

**National School Lunch & School Breakfast Program**



Raceland-Worthington Independent Schools Child Nutrition Program meets the requirements of the Healthy, Hunger-Free Kids Act 2010 regulations. Improved nutrition standards have been implemented over the last three years. The standards ensure that student meals are healthy and provide the student the nutrition they need to succeed in school.

Our cycle menu offers daily:

- Age-appropriate calorie limits
- Larger servings of fruits and vegetables
- More variety of vegetables including dark green, red/orange and legumes
- 1% or fat-free milk
- Whole grain rich items
- Less sodium
- ≤ 10% saturated fat
- Zero grams trans fat

A student must take a fruit or a vegetable at breakfast and lunch for the meal to be considered reimbursable.

**Participation Info:**

- # of schools—3
  - Avg. Daily Attendance—959
  - Avg. Daily Participation—718 (lunch)
  - Meals reimbursed—Lunch = 15,079
  - Total reimbursement received = \$35,979
  - Operating days = 21
- \*all info from Oct. 2014

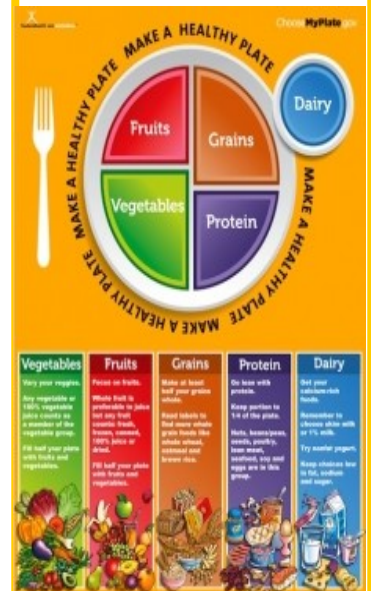
**In school year 2013-2014, payments made to RWIS from federal FS program was over \$270,000 !!!**

**USDA MyPlate**

The Child Nutrition Program utilizes the USDA MyPlate to help educate children about healthy eating habits by teaching them what should go on their plate at every meal.

- Make 1/2 of your plate fruits & vegetables
- Make at least half of your grains whole grains

- Switch to fat-free or 1% milk
- Reduce sodium in foods
- Drink water instead of sugary drinks



## Smart Snacks in Schools

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

### Nutrition Standards for Food

Any food sold in schools MUST:

- Be a “whole grain rich” grain product
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable; or
- Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).

Foods must also meet nutrient requirements:

### Calorie limits:

- Snack items  $\leq$  200 calories
- Entrée items  $\leq$  350 calories

### Sodium limits:

- Snack items  $\leq$  230mg
- Entrée items  $\leq$  480mg

### Fat limits:

- Total fat:  $\leq$  35% of calories
- Saturated fat:  $\leq$  10% of calories
- Zero trans fat

### Sugar limit:

- $\leq$  35% if weight from total sugars in foods

### Nutrition Standards for Beverages

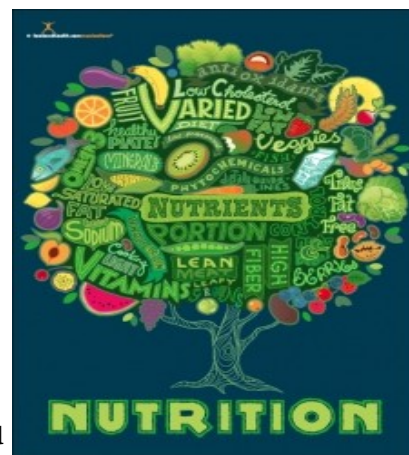
All schools may sell:

- Plain water (without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit and vegetable juice diluted with water (with or without carbonation) & no added sweeteners

- **Elementary schools may sell up to 8 ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

- **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**

- No more than 20oz portions of
- Calorie-free, flavored water (with/without carbonation); and
- Other flavored and/or carbonated beverages that contain  $<$  5 calories per 8 fl oz or  $\leq$  10 calories per 20 fl oz.



## Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum, policies, and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between academic achievement and the physical well-being of students.

Both of our elementary schools provide at least 100 to 150 minutes of physical education per week and provide classroom physical activity integrated into the school day. The high school provides physical education to 7th and 8th graders for the current school year. High School students are required in their freshman year to have one semester of physical education and grades 10-12 can choose a physical education class as an elective. All of our schools scored over 75% in the Escore module for evaluating school health.

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