

**Report to the Board Student Support and Community Relations Committee**

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**June 27, 2008**

**Wellness Policy Development**

Required by federal Child Nutrition and WIC Reauthorization Act of 2004 (Section 204 of Public Law 108-265)

Integral to the District's Strategic Plan

Internal Work Group established in September 2005 – includes representatives from the offices of the Superintendent, General Counsel, Nutrition Services, Health Education, Physical Education, Communications, Information Technology, Finance and the School Board.

The District Work Group:

Surveyed the literature on wellness models, best practices, implications for resources, and model policy language developed by other school districts nationally; (survey results are attached)

Involved parents, students, school administrators, representatives of relevant and interested community organizations, and the public in providing input for the

series of public hearings to the community on this School Wellness Policy and an on-line hearings and survey included:

Goals for nutrition education

Goals for physical activity

Goals for other school-based activities to promote

Nutrition guidelines for a la carte sales

Nutrition guidelines for foods and beverages sold at bars, student stores and concession stands

Nutrition guidelines for foods and beverages sold at fundraising activities

Nutrition guidelines for refreshments served at meetings during the school day

Establishing a District advisory committee

Close to twenty members of the community, representing care and community organizations, presented testimony at

The on-line survey ended December 31, 2005.

853 individuals completed the survey, including input was also sought from SuperSAC.

A draft policy and administrative directive (AD) were developed pulling from the survey, testimony, community input and other research undertaken by the Internal Work Group.

A group of principals recommended by PAPSA reviewed the drafts and also provided comment and recommendations.

Public comment through a Wellness Web page on the District's Website  
Wellness Advisory Committee (WAC) input

The School Board adopted the policy June 12, 2006 and then-Superintendent Phillips signed the administrative directive on December 18, 2006. Both the policy and administrative directive require a report by the Wellness Advisory Committee and Superintendent (or designee) to the appropriate School Board committee.

### **Superintendent's Wellness Advisory Committee**

The Superintendent appointed a Wellness Advisory Committee in February 2006. The WAC is comprised of representatives from district teachers, district students (high school juniors or seniors), district staff, district parents and the Portland-area business, health care and community partners. The Advisory Committee:

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HB 3601-A – This legislation created a full-time position within the Oregon

majority of school districts in the country in restricting access to minimally nutritious beverages during the school day.

Nutrition Services provided school administrators with easy-to-implement charts of the new nutrition standards, lists of allowable foods and web sites with nutrition calculators for snack foods to assist schools in implementing nutrition standards for all foods sold at school until 30 minutes after the school day.

For the 2008-2009 school year, Nutrition Services will streamline and integrate three existing Administrative Directives that address child nutrition programs, vending and nutrition standards for foods sold during the school day.

For the 2008-2009 school year, Nutrition Services will provide an updated quick reference guide for administrators and school staff incorporating all nutrition standards for snacks and beverages and the new calorie guidelines of Oregon Statute 455, which goes into effect in July 2008.

#### Promotion of Dietary Guidelines:

Since 1993, Nutrition Services has continued to promote the availability of unlimited fruits and vegetables through self-serve salad bars as a way to promote the US Dietary Guidelines and to reduce waste by allowing students to choose their own servings.

Nutrition Services has increased the whole grain offerings on the menu each year to gradually win student acceptance for 100% whole wheat bread, rolls, sub buns, hamburger and hotdog buns.

Lowering fat content of school meals by offering low fat and nonfat milk and lower fat entrees that are baked not fried has also been an important goal over the last two decades. Restricting French fries to high schools only, serving appropriate portion sizes (3 ounces) and offering French fries only three times per week as a part of a meal is an example of a favorite food being eaten in moderation.

#### Farm to School, Local and Sustainable Food Purchasing:

Nutrition Services is striving to increase the amount of fresh, local and sustainable foods on the menu each year.

In 2006-2007, Nutrition Services introduced the Harvest of the Month program adapted from Abernethy's Vegetable of the Week and developed in partnership with the Abernethy Garden of Wonders program through grant funding. Featured products purchased directly from local farmers included roasted squash, potatoes, asparagus and fresh Oregon strawberries.

In 2007-2008, new Harvest of the Month foods introduced included beets, pears, cherry and blackberry cobbler made locally by Willamette Fruit Company of Salem, watermelon, kiwi berries, strawberries, winter squash, salad greens, plums and green beans. Local pizza, a new Zac-Omega breakfast bar and bread products made from Shepherd's Grain sustainable locally produced flour were also added.

The Abernethy pilot, which began in 2005-2006, has been successful in testing recipes that are kid-friendly and that can be made using local ingredients and produced by local businesses and purchased for use district-wide. This is the

