

Diocese of Cleveland, Office of Catholic Education Wellness,

Food and Beverage Policy

St. Helen Parish School

Catholic education has as its goal the total development of the individual as a responsible member of the family, the Catholic faith community and the global community in which we live. Good health is essential to wholesome growth through the spiritual, mental, physical and social development of the individual as well as the community.

A major theme of Catholic social teaching, *Human Dignity and the Value of All Life* carries the responsibility to care for the health and wellbeing of not only oneself, but of others. The concept of wellness is a core principle undergirding both health and physical activity. The parable of the talents indicates that we are expected to develop our potential and our gifts. Another of the justice themes calls us to *Care for God's Creation*. There is a direct relationship between the health of the planet and the health of its human inhabitants.

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. The schools of the Diocese of Cleveland and the community itself, have a responsibility to help students learn, establish and maintain lifelong, healthy eating and activity patterns.

Statement of Policy

The schools of the Diocese of Cleveland are committed to providing school environments that promote and protect children's health and well-being. It is the policy that:

1. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis and school staff will be encouraged to role model healthy eating behaviors.
2. To the extent practicable, schools will participate in available school meal programs and students will be provided access to a variety of nutrition needs, while accommodating the religious, ethnic and cultural diversity of the student body in clean, safe and pleasant surroundings with adequate time to eat.
3. Food and beverages sold or served throughout the school day will meet at a minimum, nutrition requirements established by local, state and federal statutes and regulations as well as, to the maximum extent possible, incorporate the *Dietary Guidelines for Americans*.

4. Schools will maintain a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system implemented with the intent of preventing food-borne illnesses.

Commitment to Nutrition

1. Administer Child Nutrition Programs by school food service staff members that are properly qualified according to current professional standards.
2. Offer school meal programs using the traditional meal pattern that meet the nutrition standards established by the U.S. Department of Agriculture (USDA) and the Ohio Department of Education, Office of Child Nutrition Programs.
3. Encourage increased participation in the available federal Child Nutrition programs (school lunch and milk programs)
4. Establish food safety as a key component of all school food operations based on Food Code requirements for licensed facilities.
5. Encourage students to make healthy food choices by emphasizing menu options that feature baked items, whole grains, fresh fruit and vegetables, and reduced-fat dairy products.
6. Provide school food service staff routine professional development training opportunities.
7. Follow USDA Child Nutrition Program regulations restricting competitive food sales and serving of foods of minimal nutritional value.
8. Encourage school-based organizations to use non-food items and /or healthful foods for contests and fundraising programs.
9. Ensure all foods made available on campus comply with state and local food safety and sanitations regulations. Hazard Analysis and Critical Control Points plans, and guidelines are implemented as required by Child Nutrition Program regulations regarding school meals.
10. Ensure water is available to students during mealtimes at no charge. If water fountains are not available in eating or adjacent readily accessible areas, water will be offered via other means such as pitcher, coolers, etc.
11. Monitor all food and beverages sold or served to students outside of the federally regulated child nutrition programs by school administration to ensure compliance with all local, state and federal statutes and regulations. Nutrient density and portion size be considered before permitting food and beverages to be sold or served to students. State provided software or Alliance for a Healthier Generation guidelines and software will be utilized to determine acceptability of items in relation to specific nutrition guidelines.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

1. Be appealing and attractive to children.
2. Be served in clean and pleasant settings.
3. Meet, at a minimum, nutritional requirements established by local, state and federal statutes and regulations.
4. Offer a variety of fruits and vegetables.
5. Serve only low-fat 1% and fat-free white milk, fat - free flavored milk and nutritionally-equivalent non-dairy alternatives (when required and to be defined by USDA); and
6. Ensure that 80% of the served grains are whole grain.

Commitment to Comprehensive Health Education

1. Provide ½ Carnegie unit of comprehensive health education for graduation.
2. Offer comprehensive health education in grades K- 8. Included in each grade *level* as stated in the graded Course of Study, the *five* strands related to real life choices; nutrition, growth and development, disease prevention and control, safety and first aid, and health issues and dangerous substances.

Commitment to Physical Activity

1. Provide physical education opportunities for all students in grades K-8.
2. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
3. Create wider opportunities for students to voluntarily participate in extracurricular physical activity programs.
4. Incorporate physical activity such as stretching before classes and at appropriate intervals during the day.
5. If the schedule allows, provide for physical activity before the lunch period.
6. Promote school-wide challenges in conjunction with charitable events such as a Walk for Diabetes or Hoops for Hearts.

Commitments to Healthy School Environment

1. Provide a clean, safe, enjoyable meal environment for students.
2. Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel **will** help reinforce these positive messages.
3. Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events, school registration, parent -

teacher conferences, PTU meetings, open houses, health fairs, book fairs, teacher in-services, sporting and other events.

4. Ensure an adequate time for students to enjoy eating healthy foods with friends. Schools shall provide at least 10 minutes from the time the student sits down until the end of the period to consume lunch. However, following the National Association of State Boards of Education recommendations, every effort will be made to provide students with 20 minutes after sitting down to eat lunch.
5. Schedule meal periods at appropriate times with not less than three hours between breakfast and lunch. Lunchtime as near the middle of the school day as possible, preferably between 11am and 1pm.
6. Make efforts to schedule recess for elementary grades before lunch so that children **will** come to lunch less distracted and ready to eat.
7. Make available drinking fountains or other accessible drinking water in all schools so that students have access to water at meals and throughout the day.
8. Refrain from using food as a reward or punishment for student behaviors.
9. Avoid scheduling tutoring, club/organization meetings, and other activities that interfere with appropriate mealtime allotments whenever possible. Activities that are scheduled during mealtimes should be structured to accommodate an appropriate mealtime for students.
10. Annually before the beginning of the school year, review with staff and students the safety and crisis plan of the school.
11. Review emergency procedures with parents.
12. Update parent and faculty handbooks on a regular basis to reflect health and safety concerns.

Medication Policy

Whenever possible, medication should be administered at home. The following procedures **will** be used to administer medication during school hours.

1. Written and signed orders from the physician must detail the name of the drug, dosage, time interval (including start date/end date) that the medication is to be given, and diagnosis or reason for the medicine.
2. Prescription medicine and/or over-the-counter medication must be in the original, unopened container provided by the doctor, pharmacy, parent or guardian.
3. Written permission must be obtained from the parent or guardian. The policy includes any over the counter medicines including cough drops, eye drops, and topical medications.

Commitment to Implementation

1. Conduct a review of the progress toward Health and Wellness Policy goals each year to identify areas for improvement.
2. Review implementation of wellness policy in conjunction with the ongoing OCSAA accreditation process.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: (833) 256-1665 or (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Updated July 2022

USDA Smart Snacks in School Beverage Guidelines



CATEGORY	ELEMENTARY	MIDDLE	HIGH
PLAIN OR CARBONATED WATER	Any size	Any size	Any size
LOW FAT MILK (1%), UNFLAVORED	≤8oz	≤12oz	≤12oz
NON FAT MILK (SKIM), FLAVORED OR UNFLAVORED*	≤8oz	≤12oz	≤12oz
100% FRUIT OR VEGETABLE JUICE (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
100% FRUIT OR VEGETABLE JUICE, DILUTED WITH WATER (plain or carbonated) with no added sweeteners	≤8oz	≤12oz	≤12oz
NO CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED <5 calories per 8oz, or ≤10 calories per 20oz	Not permitted	Not permitted	≤20oz
LOW CALORIE BEVERAGES, FLAVORED AND/OR CARBONATED ≤40 calories per 8oz, or ≤60 calories per 12oz	Not permitted	Not permitted	≤12oz

*including nutritionally equivalent milk alternatives as permitted by the school meal requirements.
Note: Caffeinated beverages are only permitted at the High School level.

For a sample list of products that meet these Guidelines, please visit: HealthierGeneration.org/productnavigator

Competitive Foods Guidelines for K-12 Schools



The following table summarizes the criteria a competitive snack food or side item must meet in order to qualify under the Alliance for a Healthier Generation's Competitive Foods Guidelines. The Guidelines utilize information included on a product's Nutrition Facts panel. The rows of the table provide examples of snack foods and side dishes. The columns are the criteria these foods must meet. Entries of "n/a" indicate that a criterion is not applicable to that type of food.

(For additional information, please see the notes on the next page.)

						CALORIE OR PORTION LIMITS		
	EXAMPLES	35-10-35	0G TRANS FAT	SODIUM	MIN # OF REQUIRED NUTRIENTS	ELEMEN. SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL
Fruits and vegetables ¹	Fresh fruits & veggies	n/a	n/a	n/a	n/a	no limit	no limit	no limit
	Dried fruit with no added sugar	see notes	n/a	n/a	n/a	150 cal.	180 cal.	200 cal.
	Fruit in own juice	n/a	n/a	n/a	n/a	150 cal.	180 cal.	200 cal.
	Fruit in light syrup	✓	✓	200 mg	1	150 cal.	180 cal.	200 cal.
	Fruit in heavy syrup	✓	✓	200 mg	1	150 cal.	180 cal.	200 cal.
	vegetables w/ sauce	✓	✓	480 mg	1	100 cal.	100 cal.	100 cal.
		OR ✓	✓	480 mg	2	150 cal.	150 cal.	150 cal.
	Fried vegetables	✓	✓	200 mg	1	150 cal.	180 cal.	200 cal.
Dairy and eggs ²	100% frozen fruit bar	✓	✓	200 mg	1	150 cal.	180 cal.	200 cal.
	Yogurt, drinkable yogurt, cottage cheese, etc.	✓	✓	480 mg	1	150 cal.	180 cal.	200 cal.
	Cheese	see notes				1.5 oz.	1.5 oz.	1.5 oz.
	Frozen yogurt, ice cream	✓	✓	480 mg	1	150 cal.	180 cal.	200 cal.
Snacks ³	Egg	n/a	n/a	n/a	n/a	1 egg	1 egg	1 egg
	Baked goods, bars, candy, chips, crackers	✓	✓	200 mg	1	150 cal.	180 cal.	200 cal.
	Nuts & seeds	see notes	✓	200 mg	1	150 cal.	180 cal.	200 cal.
Soups ⁴	Trail mix	see notes	✓	200 mg	1	150 cal.	180 cal.	200 cal.
	All soups	OR ✓	✓	480 mg	1	100 cal.	100 cal.	100 cal.
		✓	✓	480 mg	2	150 cal.	150 cal.	150 cal.

FOUNDED BY:



Competitive Foods Guidelines for K-12 Schools



Notes

Fruits and vegetables¹ Dried fruit must contain 0g fat as labeled

Dairy and eggs² Cheese must be reduced fat or part skim. All other dairy products must be non-fat or low fat

Snacks³

Nuts and seeds (includes nut butters): No total or saturated fat limit, but 35% sugar by weight limit required.

Fruit and nut products (commonly known as trail mix): No total fat limit, but must meet the following requirements:

- The items found in the combination product include only fruit, and nuts and/or seeds.
- The product contains no added sweeteners.

Column Details

35-10-35: Foods with a "✓" in the "35-10-35" column must provide no more than 35% of calories from total fat, no more than 10% of calories from saturated fat or up to 1 gram, and be no more than 35% sugar by weight.

0g trans fat: Foods with a "✓" in the "0g trans fat" column must have 0 grams trans fat.

Sodium: Entries in the "sodium" column are the maximum amount of sodium permitted.

Minimum # of required nutrients: The "1" or "2" in the "minimum # of required nutrients" column refers to how many nutrients from the following list are required:

2g fiber; or ≥ 5g protein; or ≥ 10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium or iron; or 1/2 serving (1/4 cup) of fruit or vegetables.

Calorie or portion limits all schools: Calories are limited to 100 calorie portions for foods other than vegetables with sauce and soups that meet the 35-10-35, 0g trans fat, and sodium criteria but fail to meet the minimum number of required nutrients criteria. Cheese and egg are limited to portion size.

Time of Day

These Guidelines shall apply to items sold on school grounds or at school activities during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day is defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports, and childcare / latchkey programs. These Guidelines shall also apply to food supplied by schools during official transportation to and from school and school sponsored activities, including but not limited to field trips and interscholastic sporting events where the school is the visiting team except as specified herein.

These Guidelines do not apply to school sponsored or school related bona fide fundraising activities that take place off of school grounds and not in transit to and from school. Nor do they apply to booster sales at school related events where parents and other adults are a significant part of an audience or are selling food as boosters either during intermission or immediately before or after such events. These school related events frequently occur during evenings and weekends. Examples of these events include but are not limited to interscholastic sporting events, school plays, and band concerts.



Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none">(1) meet all of the proposed competitive food nutrient standards; and(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or(3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or(4) be a combination food that contains at least ¼ cup fruit and/or vegetable. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none">• Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.• Canned fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.• Low sodium/No salt added canned vegetables with no added fats are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none">• Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.• Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. • Whole eggs with no added fat are exempt from the total fat standard.
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Combination products are not exempt and must meet all the nutrient standards. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Whole eggs with no added fat are exempt from the saturated fat standard.
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	

Food/Nutrient	Standard	Exemptions to the Standard
Sodium	<p>Snack items and side dishes sold a la carte: \leq 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: \leq200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: \leq 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, flavored or unflavored (\leq8 fl oz); Non fat milk, flavored or unflavored (\leq8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, flavored or unflavored (≤8 fl oz); Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤ 8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, flavored or unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, flavored or unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz); • Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz. 	



12060 Kinsman Road
Newbury, Ohio 44065
440.564.7125
Fax 440.564.7969
www.st-helen-school.com

*ANY AND ALL COMPLAINTS REGARDING DISCRIMINATION, AS WELL AS ALL LEGAL MATTERS,
ARE REFERRED TO ATTORNEY KEVIN BURKE, LEGAL OFFICE, DIOCESE OF CLEVELAND:*

*ATTORNEY KEVIN BURKE
LEGAL OFFICE
DIOCESE OF CLEVELAND
1404 EAST 9TH STREET
CLEVELAND, OH 44114*

*Phone: (216) 696-6525 ext. 4360
Fax: (216) 781-7732*

Mission Statement: "St. Helen Catholic School is a faith filled community which nurtures spiritual development, promotes academic excellence and fosters leadership skills. Together parents, students, and staff strive to reach their God-given potential in an atmosphere that respects the dignity of each person.