

Early Independent School District's Wellness Policy on Physical Activity and Nutrition

The Early Independent School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Early Independent School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Texas Department of Agriculture.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.

Early ISD will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

COMPONENTS

Local Wellness Policy Component 1: Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following should be considered when establishing nutrition education policy language:

1. Students in grades pre-K-2 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
3. Students receive consistent nutrition messages throughout the school, classroom cafeteria, home, community and media.
4. State and district health education curriculum standards and guidelines include both nutrition and physical education.
5. Nutrition is integrated into the health education curricula or core curriculum (e.g., math, science, language arts).

6. Schools link nutrition education activities with the coordinated school health program.
7. Staff who provide nutrition education have appropriate training.
8. Schools are Team Nutrition Schools and they conduct nutrition education activities and promotions that involve parents, students, and the community.

Local Wellness Policy Component 2: Setting Physical Activity Goals

The primary goal for the district's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthful lifestyle.

The following contains goals for physical activity.

1. At a minimum, students should have at least 135 minutes each week of physical activity.
2. Students should be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.
3. Students should be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
4. Schools should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.

Local Wellness Policy Component 3: Establishing Nutrition Standards for All Foods Available on School Campus During the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR [Part 210](#) and [Part 220](#). They must also establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs.

The following items were considered when setting nutrition standards for all available foods during the school day. These standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.

1. Set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

2. Set guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
3. Set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
4. Set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

**Local Wellness Policy Component 4:
Setting Goals for Other School-Based Activities Designed to Promote Student
Wellness**

Policies were established under this category to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active. The policies include:

1. Provide a clean, safe, enjoyable meal environment for students.
2. Provide adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
3. Prohibit use of food as a reward or punishment.
4. Provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
5. Ensure fundraising efforts are supportive of healthy eating.
6. Provide on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
7. Provide student access to physical activity facilities outside school hours.
8. Schedule recess for elementary grades at a time that does not distract the children from eating.
9. Develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

I. INTRODUCTION

Effective August 1, 2004, all Texas public schools participating in the federal child nutrition programs (National School Lunch Program, School Breakfast Program and the After School Snack Program) must comply with the nutrition policies outlined below. These policies are intended to supplement federal policies defined by the U.S. Department of Agriculture's Food and Nutrition Services.

II. DEFINITIONS

The following definitions apply to the Texas Public School Nutrition Policy:

- A. A La Carte: Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
- B. Competitive Foods: Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes, but is not limited to, food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.
- C. FMNV: Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs. (See Section VI.)
- D. Food Service: Refers to the school's operation of the National School Program, School Breakfast Program and After School Snack Programs and includes all food service operations conducted by the school principally for the benefit of schoolchildren, all of the revenue from which is used solely for the operation or improvement of such food services.
- E. Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir-fried or sautéed.
- F. Fruit or Vegetable Drink: Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent
- G. Fruit or Vegetable Juice: Beverages labeled as containing 100 percent fruit or vegetable juice.
- H. School Day: The school day begins with the start of the first breakfast period and continues until the end of the last instruction period of the day (last bell).

- I. School Meals: Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
- J. Snacks: Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food service department.
- K. Trans Fat: Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings and other processed foods.

III. ELEMENTARY SCHOOLS

For purposes of this policy, an elementary school campus is defined as any campus containing a combination of grades EE-6. K-12 schools may follow the policy requirements designated for middle and junior high schools.

- A. Foods of Minimal Nutritional Value (FMNV) Policy
Elementary school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see Section VI (below).

Such foods and beverages may not be sold or given away to students on school premises by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.

- B. Nutrition Standards
The following specific nutrition standards pertain to all foods and beverages served or made available to students on elementary school campuses. This includes school meals, a la carte and the nutritious classroom snacks.
 - 1. Fats and Fried Foods:
 - a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006-07 school year.
 - b) French fries and other fried potato products must not exceed 3

ounces per serving, may not be offered more than once per week, and students may only purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in “2. Portion Sizes,” below.) We recommend that all such products be baked instead of fried.

c) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way may be served without restriction.

d) Schools should eliminate frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods. This policy should be implemented by the 2005-06 school year in schools that do not need to make equipment changes or facility modifications to do so. A transition period for implementation is allowed for schools needing to make equipment changes or facility modifications, but all schools must be in compliance by the 2009-10 school year.

e) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.

f) Beginning with the 2005-06 school year, schools should include a request for trans fat information in all product specifications. Beginning with the 2007-08 school year, schools should reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

2. Portion Sizes:

a) The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Food or Beverage Portion Size

Chips (regular). 1 ounce

Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels.

1.5 ounces

Cookies/cereal bars. 2 ounces

Bakery items (e.g., pastries, muffins).

(This excludes items that count as two-bread components served/sold only at breakfast.)

3 ounces

Frozen desserts, ice cream, pudding and jello. 4 ounces

Yogurt. 8 ounces

Whole milk, flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)

8 ounces

Reduced fat milk (2 percent or less), flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)

16 ounces

Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. No limit on non-carbonated, unflavored bottled water.

12 ounces

Frozen fruit slushes (must contain a minimum of 50 percent fruit juice).

6 ounces

b) The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.

3. Other:

a) Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

b) Schools must offer 2 percent, 1 percent or skim milk at all points where milk is served.

c) It is the goal of this policy that all beverages served in elementary schools would be milk, unflavored water and 100 percent fruit and/or vegetable juice by the start of the 2006-07 school year.

d) Schools serving chips should use reduced fat (no more than 5 grams of fat per ounce) or baked varieties whenever possible.

C. Competitive Foods and Snacks

An elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day until the end of the last scheduled class. This does not pertain to food items made available by the school food service department.

Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by the school food service, the teacher, parents or other groups and should be at no cost to students.

The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any FMNVs or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). Please refer to the attached revised suggestions for nutritious snacks.

IV. MIDDLE/JUNIOR HIGH SCHOOLS

For purposes of this policy, a middle school campus is defined as a campus containing grades 6, 7 and 8. A junior high school campus may contain either grades 7 and 8, or grades 7, 8 and 9. K-12 schools may follow the policy requirements designated for middle and junior high schools.

A. Foods of Minimal Nutritional Value (FMNV) Policy

Middle school and junior high school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until after the end of the last lunch period. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see Section VI (below).

B. Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students on middle and junior high school campuses.

1. Fats and Fried Foods:

a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006-07 school year.

b) French fries and other fried potato products must not exceed 3 ounces per serving, may not be offered more than three times per week, and students may only purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in "2. Portion Sizes," below.) We recommend that all such products be baked instead of fried.

c) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way may be served without

restriction.

d) Schools should eliminate frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods. This policy should be implemented by the 2005-06 school year in schools that do not need to make equipment changes or facility modifications to do so. A transition period for implementation is allowed for schools needing to make equipment changes or facility modifications, but all schools must be in compliance by the 2009-10 school year.

e) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.

f) Beginning with the 2005-06 school year, schools should include a request for trans fat information in all product specifications. Beginning with the 2007-08 school year, schools should reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

2. Portion Sizes:

a) The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Food or Beverage Portion Size

Chips (regular). 1 ounce

Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels.

1.5 ounces

Cookies/cereal bars. 2 ounces

Bakery items (e.g., pastries, muffins).

(This excludes items that count as two-bread components served/sold only at breakfast.)

3 ounces

Frozen desserts, ice cream, pudding and jello. 4 ounces

Yogurt. 8 ounces

Whole milk, flavored or unflavored.

(Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)

8 ounces

Reduced fat milk (2 percent or less), flavored or unflavored. (Flavored milks may contain

16 ounces

no more than 30 grams total sugar per 8 ounce serving.)

Beverages (other than milk) and those restricted as FMNVs may contain no more than 30 grams total sugar per 8 ounce serving.

No limit on non-carbonated, unflavored bottled water.

12 ounces

Candy bars and packaged candies. 1.5 ounces

Frozen fruit slushes (must contain a minimum of 50 percent fruit juice).

12 ounces

b) The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.

3. Other:

a) Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

b) Schools must offer 2 percent, 1 percent or skim milk at all points where milk is served.

c) Schools serving chips should use reduced fat (no more than 5 grams of fat per ounce) or baked varieties whenever possible.

C. Competitive Foods

A middle or junior high school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises during meal periods. This does not pertain to food items made available by the school food service department. The competitive foods included in this policy do not include FMNVs, which are not allowed until after the last lunch period.

V. HIGH SCHOOLS

For purposes of this policy, a high school campus is defined as any campus containing a combination of grades 9, 10, 11 and 12. K-12 schools may follow the policy requirements designated for middle and junior high schools.

A. Foods of Minimal Nutritional Value (FMNV)

1. Policy: High schools may not serve or provide access to FMNV

during meal periods in areas where reimbursable meals are served and/or consumed. For exemptions and a listing of foods and beverages restricted by the FMNV policy, see Section VI (below).

New contracts and contract renewals executed after March 3, 2004, must expressly prohibit the sale of sugared, carbonated beverages in containers larger than 12 ounces.

2. Goal: It is the Texas Department of Agriculture's goal that, by the 2005-06 school year, no more than 30 percent of the beverages made available through vending machines on high school campuses should be sugared, carbonated soft drinks. Furthermore, it is our goal to limit sugared, carbonated beverages to containers holding no more than 12 ounces.

B. Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte and competitive foods to students on high school campuses.

1. Fats and Fried Foods:

a) Schools and other vendors may not serve food items containing more than 28 grams of fat per serving size more than twice per week. The goal is to reduce this to 23 grams of fat per serving size by the start of the 2006-07 school year.

b) French fries and other fried potato products must not exceed 3 ounces per serving, and students may only purchase one serving at a time. (This does not pertain to potato chips, which are mentioned specifically in "2. Portion Sizes," below.) We recommend that all such products be baked instead of fried.

c) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way may be served without restriction.

d) Schools should eliminate frying as a method of on-site preparation for foods served as part of school meals, a la carte, snack lines and competitive foods. This policy should be implemented by the 2005-06 school year in schools that do not need to make equipment changes or facility modifications to do so. A transition period for implementation is allowed for schools needing to make equipment changes or facility modifications, but all schools must be in compliance by the 2009-10 school year.

e) Foods that have been flash-fried by the manufacturer may be

served but should be baked or heated by another method.

f) Beginning with the 2005-06 school year, schools should include a request for trans fat information in all product specifications. Beginning with the 2007-08 school year, schools should reduce the purchase of any products containing trans fats. (Federal labeling of trans fats on all food products is required by January 1, 2006.)

2. Portion Sizes:

a) The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Food or Beverage Portion Size

Chips (regular) 1.25 ounces

Chips (baked or no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky and pretzels.

1.5 ounces

Cookies/cereal bars. 2 ounces

Bakery items (e.g., pastries, muffins).

(This excludes items that count as two-bread components served/sold only at breakfast.)

3 ounces

Frozen desserts, ice cream, jello and pudding. 4 ounces

Yogurt. 8 ounces

Whole milk, flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)

8 ounces

Reduced fat milk (2 percent or less), flavored or unflavored. (Flavored milks may contain no more than 30 grams total sugar per 8 ounce serving.)

16 ounces

Beverages (other than milk) and those restricted as FMNVs may contain no more than 30 grams total sugar per 8 ounce serving. No limit on non-carbonated, unflavored bottled water.

12 ounces

Candy bars and packaged candies. 1.5 ounces

Frozen fruit slushes (must contain a minimum of 50 percent fruit juice).

12 ounces

b) The maximum portion size restrictions provided by this policy do not apply where existing contracts require the vending of larger volume containers or package sizes. Contracts and contract renewals executed after March 3, 2004, must expressly comply with this policy.

3. Other:

a) Fruit and/or vegetables should be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.

b) Schools must offer 2 percent, 1 percent or skim milk at all points where milk is served.

c) Schools serving chips should use reduced fat (no more than 5 grams of fat per ounce) or baked varieties whenever possible.

C. Competitive Foods

High schools may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served and/or consumed. This does not pertain to food items made available by the school food service department. All competitive foods sold or provided to students must meet the nutrition standards listed in Section V, B (above) of this policy.

VI. FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods.

A. Restricted Foods

Foods and beverages that are restricted from sale to students are classified in the following four categories:

1. Soda Water: Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.

2. Water Ices: Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

3. Chewing Gum: Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

4. Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

a) Hard Candy: A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, and is

characterized by a hard, brittle texture. Includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.

b) Jellies and Gums: A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

c) Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.

d) Fondant: A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.

e) Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

f) Spun Candy: A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

g) Candy Coated Popcorn: Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Note: USDA has approved exceptions for certain products included in the above categories. See TDA, Food and Nutrition Division, Administrators Reference Manual, for the current list of these exemptions.

B. FMNV and Policy Exemptions

1. School Nurses: This policy does not apply to school nurses using FMNVs during the course of providing health care to individual students.
2. Accommodating Students with Special Needs: Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. School Events: Students may be given FMNV, candy items or other restricted foods during the school day for up to three different events each school year to be determined by campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals

are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.

4. TAKS Test Days: Schools and parents may provide one additional nutritious snack per day for students taking the TAKS tests. The snack must comply with the fat and sugar limits of the Public School Nutrition Policy and may not contain any foods of minimal nutritional value or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). Please refer to the attached revised suggestions for nutritious snacks.

5. Instructional Use of Food in Classroom: For instructional purposes, teachers may use foods as long as the food items are not considered FMNV or candy. Students may consume food prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students.

6. Field Trips: School-approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance.

7. Athletic, UIL, Band and Other Competitions: The nutrition policy does not apply to students who leave campus to travel to athletic, UIL, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.

- C. This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school. A school may adopt a more restrictive rule, however, as local policy.

VII. HEALTHY NUTRITION ENVIRONMENT

All school cafeterias and dining areas should be healthy nutrition environments. Texas public schools participating in federal child nutrition programs should ensure that all students have daily access to school meals (breakfast and lunch). Schools should not establish policies, class schedules, bus schedules or other barriers that directly or indirectly restrict meal access.

Adequate time should be allowed for students to receive and consume meals, and cafeterias should provide a pleasant dining environment. The minimum recommended

eating time for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.

Early ISD will adhere closely to the coordinated school health and physical activity components of the Texas Education Code. It is strongly recommended that PE or recess should be scheduled before lunch whenever possible.

VIII. COMPLIANCE AND PENALTIES

The Texas Department of Agriculture (TDA) administers the National School Lunch Program, School Breakfast Program and After School Snack Program through its Food and Nutrition Division. Responsibilities include processing claims for reimbursement, providing special marketing projects and procurement assistance to promote more nutritious eating habits, conducting on-site compliance monitoring and coordinating training through the 20 regional Education Service Centers.

TDA will aggressively enforce and diligently monitor the Texas School Nutrition Policy to ensure compliance. When violations of this policy are noted, TDA will disallow all meal reimbursement for the day and require the school to reimburse the food service account for the lost reimbursement. A documented corrective action plan will be required and will be monitored diligently to ensure continued compliance.

Food and Nutrition Division Revised 6/1/04

MONITORING AND EVALUATION

To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Early ISD's Health Advisory Committee will monitor the school district's implementation of the wellness policy and evaluate student health activities. Such monitoring will help gauge whether or not policies have in fact been implemented, whether or not they are effective, and their overall impact on student health. The results may also highlight areas in need of further change and help shape future local policy. Early ISD will meet with the Health Advisory Committee at least once or twice per year and provide evaluation data to assess whether the policies are remaining effective in improving student health. Progress reports should be shared with district-wide audiences at least every three years. The Superintendent will be responsible for monitoring the policy; the monitoring process will also include input from members of the food service and physical education/health departments.