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| <p><b>PRESTON COUNTY BOARD OF EDUCATION</b></p> <p><b>FILE: 6 – CHILD NUTRITION AND FOOD SERVICE MANAGEMENT</b></p> <p><b>File: 6-1 Goals and Objectives of the Child Nutrition Program</b></p> | <p><b>Last Reviewed: 6-28-10</b></p> <p><b>Next Review: 7-01-12</b></p> |
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Good nutrition enhances learning and the quality of life. The Board expects the Child Nutrition Program to be operated on an integrated approach to ensure a school environment that promotes optimal nutrition for all students. Students spend a major part of their day in the school environment. It is vital that this environment support the development of a healthy lifestyle, offer opportunities for students to make healthy and informed selections, and prepare students for academic success.

In Preston County Schools, federally funded school nutrition programs are available to provide nutritious foods to all students. It is intended that these child nutrition programs be the main source of foods and beverages available at school. These programs have specific requirements to ensure that adequate nutrients are offered to promote health. Other foods and beverages, when available, should also provide necessary nutrients and contribute to an overall healthy eating environment. Schools are uniquely positioned to model and reinforce these healthful eating behaviors.

The intent of this policy is to encourage and enable schools to provide students with nutritious food and beverage choices that will enhance learning and promote healthy behaviors that can be maintained throughout life.

Child Nutrition Programs shall meet the meal pattern and minimum daily nutritional requirements by category as regulated by the United States Department of Agriculture and State Board of Education. All food service programs shall be operated in accordance with the West Virginia Standards for School Nutrition (SBP 4321.1)

**Operational Definitions**

**Bottled water** is defined as plain natural water containing no additives.

**Candy** is defined as any food that, as served in its finished form, contains, by weight, more than 35% sugar (in crystalline form or in solution as syrup, both monosaccharides and disaccharides) and/or other sweetening agents, or any food product commonly referred to as "candy".

**Chewing gum** is defined as a preparation of chicle or other plastic substance sweetened and/or flavored for chewing.

**Competitive foods** are defined as all foods and beverages sold, served or distributed in competition with meals served under the United States Department of Agriculture’s (USDA) Child Nutrition Programs in the food service areas during the meal service periods.

**Elementary school**, for purposes of this rule, is defined as a school serving any students in grades pre-kindergarten up to and including grade four.

**Enrollment** is defined as “head count”.

**Flavored ice bar** is defined as a frozen confection consisting of water mixed with flavored syrups and/or powders, sugars and/or other sweetening agents, binders, stabilizers and/or emulsifiers.

**Food service area** is defined as any area on school premises where reimbursable meals are served and/or consumed by students.

**High school**, for the purposes of this rule, is defined as a school with a grade configuration of 9-12, 10-12 or 11-12.

**In-school snacks** are defined as nutritious snacks that are not federally subsidized and provided at cost through the child nutrition program during the school day.

**Meal service period** is defined as 20 minutes before the first child is served a meal until 20 minutes after the last child receives a meal.

**Milkshakes** are defined as non-fat and/or 1% low-fat milk milkshake products that provide a minimum of 8 oz. fluid milk equivalency that meets the USDA meal pattern requirement or West Virginia's Option B meal pattern requirement.

**Nutritious choices** are defined as fruits, vegetables, plain water, 100% fruit or vegetable juices; non-fat and/or 1% low-fat milk, cheese, yogurt; grain foods containing whole grain as the first listed ingredient; nuts and/or seeds.

**Other foods and beverages** are defined as any food or beverage, sold, served or distributed to students including snacks from vending machines, school stores, parties, and school day fund raising activities, except those served as part of the child nutrition program meals and snacks. Other foods do not include those brought to school by individual students for their own consumption.

**Reward** is defined as something given in recompense or compensation for service, merit, achievement or some other type of worthy behavior.

**School day** is defined as the period of time between the arrival of the first student at the school building and the end of the last instructional period.

**School premises** are defined as school or county board of education property.

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Adopted: June 19, 1984  
Amended/Reviewed: June 28, 2010