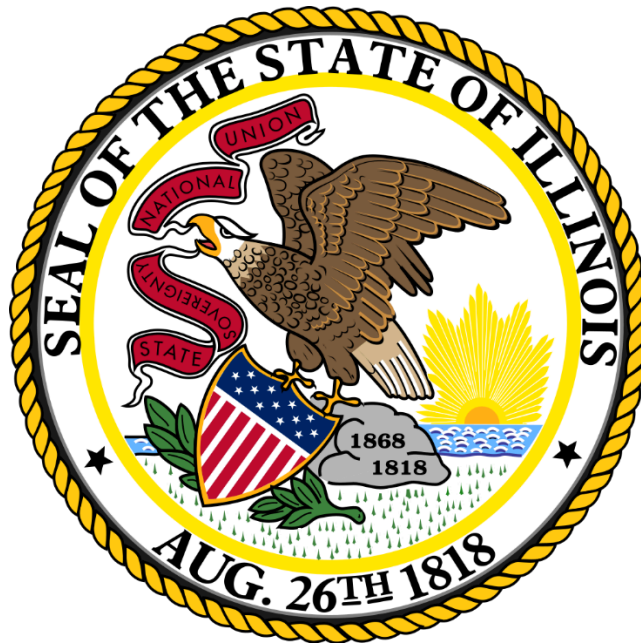


Morton CUSD 709



Local Wellness Policy

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Wellness Policy Leadership

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Wellness Policy Committee Responsibilities

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- **The Local Wellness Policy is located on the District Website**
- **District newsletters sent out by the Superintendent.**
- **Parents and students are invited to attend the annual review.**
- **Local nutrition professionals are also invited to participate and provide input.**

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Morton CUSD 709 shall conduct assessments of the Local Wellness Policy every three years, beginning in 2021 and occurring every three years thereafter; this is referred to as the Triennial Assessment. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the Local Education Agency. The LEA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- The District website
- District newsletters

Records

The Local Education Agency shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process

Nutrition

The Local Education Agency recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom. For example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, Milk, and access to free drinking water.) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat. Morton #709 provides fresh fruits and vegetables daily at each school.

- Vending sales will not be permitted in elementary schools.
- There are water fountains in each cafeteria or hallway. Cups are provided.
- During the school day, sales of food items that meet the Smart Snacks guidelines as stated in this policy are only allowed in locations other than the area where federal meal programs operate.
 - No more than half of the fruit or vegetable offerings will be in the form of juice. All juice will be 100% full-strength. 100% fruit juice is allowed

with maximum portion size 8 fl. oz. for Elementary and 12 fl. oz. for Junior High and High School.

- All schools offer fat-free and low-fat milk, flavored and unflavored, in reimbursable school lunches and breakfasts and for sale as a competitive beverage. Unflavored milk will be offered at each school meal service. Flavored milk offered to K-12 students in school lunch and breakfast and sold to students a-la-carte during the school day will comply with the product based added sugars limit by school year 2025-2026. Flavored milk will contain no more than 10 grams of added sugar per 8 fl. oz.
- Calories, saturated fat, added sugars, and sodium limits will comply with ISBE & USDA guidelines. See chart below:

	Grades K-5	Grades 6-8	Grades 9-12
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Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week ⁸			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

- Current contracts will be brought to compliance upon renewal.

Competitive Foods

All competitive foods and beverages sold must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machine and à la carte items.

Fundraisers

- A. Fundraisers promoting food and/or beverage items that are held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day) must meet Smart Snacks nutrition standards. However, the LEA may participate in infrequent exempted fundraising days, in which food and beverage items do not meet Smart Snacks standards, as the LEA sees fit. These exempted fundraising days shall not exceed nine days within one year for grades 9-12. Exempted fundraising days are prohibited for Grades 8 and below. The LEA shall comply with the following procedures when managing exempted fundraising days:
- Building Principals and the CFO will need to approve any food or non-food fundraising. A list of approved requests must be maintained for audit purposes.

Nutrition Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Health Education. The Local Education Agency shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials.

- All Morton 709 8th grade students go through CPR Training.

Nutrition Promotion

The District shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

The District shall make cafeteria menus and nutrition information available through the following platforms:

- Student breakfast and lunch menus are found in the following locations:
 - o In the cafeteria of all buildings with Morton #709
 - o The District Morton #709 website posts the breakfast & lunch menus each month.
 - o Daily breakfast and lunch announcements are made each morning at the beginning of the day in the elementary schools.

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Local Foods for Schools (LFS) when ISBE participates in the USDA program and funds are available. LFS provides funding to schools to purchase local unprocessed and minimally processed food.

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the District will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, the District will continue to provide food to students in need beyond the meals provided through the USDA School Nutrition Programs. Therefore, the District shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Share Table/Bins- At the elementary level and junior high, students drop off pre-packaged uneaten food/beverages or whole uneaten fruits to a designated table or bin in the lunch room so that other students can eat the unopened food items.

Marketing

The Local Education Agency will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the District shall implement these standards as equipment needs replaced in the future.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The Local Education Agency recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, the Local Education Agency shall meet all Illinois requirements and standards for Physical Education.

Other Opportunities for Physical Activity

The District shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Classroom physical activity
 - o Brain Breaks
 - o Physical activity integrated into the planned academic instruction
- Recess at elementary level for 20 minutes a day

The following opportunities for participation in school-based sports shall be offered to students in high school each year:

Football	Cross Country	Basketball	Wrestling	Baseball
Softball	Track	Golf	Tennis	Soccer
Volleyball	Dance	Cheerleading	Band	Choir
Swimming	Bowling			

Physical Activity Promotion

The District shall promote physical activity through the participation in the following initiative(s):

- Before and after school activity clubs
- Intramural and interscholastic sports
- Physical activity clubs

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, the Local Education Agency's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The Local Education Agency shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Samplings
 - o Normally done twice a year.
 - o Allows students an opportunity to try new things.

Among others the following health, wellness, and/or nutrition clubs shall be offered to students each year:

- FFA- High School
- Running Club- Elementary

Morton CUSD #709 Meal Charge Policy

The goal of the Food Service Program is to ensure that students are provided with well-balanced, nutritious meals at the lowest possible cost to students and parents. The breakfast and lunch programs are non-profit and depend upon revenues derived from meals for their support. For this reason, the following policy guidelines have been established for students at all grade levels.

Elementary School

When a student reaches a negative balance, a message will be generated and sent to the parents notifying them of the negative balance.

Middle School and High School

When a student reaches a negative balance, a message will be generated and sent to the parents notifying them of the negative balance. Students can also inquire about account balances at the time of purchase.

When an account is negative, only reimbursable meals will be allowed. Purchases of à la carte items are not allowed at any grade level unless there are funds in the student account. Students will be told about the negative balance and that the item cannot be purchased and must be returned.

Meal assistance in the form of free or reduced-price meals are available for the breakfast and lunch programs. Applications are available on the website or by contacting the District Office at 309-263-2581.

End of year Balances

At the end of each school year balances (positive or negative) on student accounts will carry over to the next school year. Graduating seniors with positive balances will be transferred to younger siblings or refunded upon request. Any remaining funds from graduating seniors with no siblings or from students that transfer out of the district who have not requested a refund within 5 business days after the last day of school will forfeit those funds to the District Food Service Program.