



Committee Review  
May 23, 2017

Board Adoption  
June 20, 2017

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## **Green Local Schools Student Nutrition and Wellness Plan**

### **Purpose and Goal**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for each student to achieve his/her full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating has been proven to reduce risk mortality and reduced development of many chronic diseases. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Green Local School District shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and shall equitably serve the needs and interests of all students and staff.

### **Component 1: Commitment to Nutrition and Physical Activity**

- A. The Green Local School District Superintendent shall appoint a School Wellness Committee (SWC). One of its missions shall be to address nutrition and physical activity issues and will develop, implement, promote and evaluate guidelines that support a healthy school nutrition environment. This committee shall offer revisions to these guidelines annually or as necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education and physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and developing guidelines that will affect the school nutrition environment.



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## **Component 2: Quality School Meals**

- A. The Green Local School District will offer breakfast and lunch. Students and staff are highly encouraged to promote and participate in these programs.
- B. School food service staff who are properly qualified according to current professional standards and regularly participate in professional development activities will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school food service operation.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture (USDA), conforming to good menu planning principles, and featuring a variety of healthy choices that are served at the proper temperature.
- E. School personnel, along with parents, will encourage students to choose and consume full meals.

## **Component 3: Other Healthy Food Options**

- A. The SWC will develop and recommend guidelines for nutrition standards for food and beverages offered through parties, celebrations, social events and any school functions.
- B. All food and beverages available to students anywhere at school will include only food items that are low in saturated fat, sodium and sugar.
- C. School staff shall use food as a reward for student accomplishment very sparingly and only during the students' lunch.
- D. The school district will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.
- E. The Green Local School District highly encourages organizations to use non-food items or foods designated for delivery and consumption after school hours as fund-raisers.

### **Guidelines for food and beverages offered to students at school functions**

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Due to an increase in food allergies and medical conditions in students, pre-packaged items are always recommended so that the nutritional information is readily available. Some pre-packaged foods are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
  - Fresh fruit and 100% fruit juices
  - Frozen juice pops
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- Dried fruits (raisins, banana chips, etc.)
- Party mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips and fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, Bean, etc.)
- Low-fat muffins, granola bars and cookies
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

#### **Foods to avoid**

- Carbonated and caffeinated beverages
- Foods that are high in sugar, fat and sodium
- High Sugar content candies and desserts

#### **Component 4: Pleasant Eating Experience**

- A. Facility will be kept clean and aesthetically pleasing.
  - B. Drinking fountains will be available for students to get water at meals and throughout the day.
  - C. School staff will assist all students in developing the healthy practice of washing hands before eating.
  - D. School staff will schedule enough time so students do not have to spend too much time waiting in line.
  - E. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during mealtime.
  - F. A minimum 20-minute uninterrupted lunch period should be scheduled to allow students to eat, relax and socialize.
  - G. Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level.
  - H. Creative, innovative methods will be used to keep noise levels appropriate.
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### **Component 5: Nutrition Education and Physical Activity**

- A. The Green Local School District will follow health education curriculum standards and guidelines as stated by the Ohio Department of Education.
- B. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school staff. Staff can display posters, videos, websites, etc. on nutrition topics. Resources will be selected with consideration of evidence-based strategies and techniques.
- C. Schools will work with a variety of media to spread the word to the community about a healthy school nutrition environment. These sources include: district newsletters, local newspaper(s), and the district website.
- D. High School-Partnership with Ohio State University to create a mentorship and research program to engage typically non-active students in a variety of physical activities. The program is “Planning to be Active.”
- E. High School-6th period intervention time to include physical activity options. These may include, but not be limited to croquet, Frisbee golf, walking club, badminton, etc.
- F. Elementary-Students have the option to participate in the OSBA recognized “Catwalkers Club.”
- G. Elementary-Students have a daily 30 minutes recess that offers a variety of student-driven activities.
- H. K-8 students have weekly gym class.

### **Component 6: Nutrition Education**

- A. The SWC will be composed of parents and school district staff; including, but not limited to: Building Principal, Physical Education Teacher, School Nurse, Cafeteria Manager, Athletic Director, Athletic Booster Representative, Band Booster Representative, PTO Representative, and Board of Education Representative.
  - B. SWC members will complete a survey review of the respective building(s) in the fall semester of each year to identify areas for improvement. These groups will report their findings to the principal and develop with him/her a plan of action for improvement.
  - C. The SWC will report to the Superintendent the progress of the committee and the status of compliance.
  - D. The District will notify the public of the Student Nutrition and Wellness Plan at least annually. The Plan will be assessed every three years with results made available to the public.
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### **Additional Guidance**

These foods may not be sold to students on school campus except during times approved by this Student Nutrition and Wellness Plan.

- Any carbonated beverage
- Chewing Gum
- Water Ices (unless the product contains fruit or fruit juice)
- Candies (any processed foods made predominantly from sweeteners or artificial sweeteners)
- Certain chips and snack foods (any that contain more than 9 grams of fat per serving)
- Traditional popcorn and pickles (limited to one day per month)

### Approved Times for the Availability of Foods of Minimal Nutritional Value

- Green Elementary: at the end of the lunch period/during recess
  - Green High School: at the end of the regular school day; at the end of the lunch period
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