



City Academy Wellness Policy

Established 2006

Expanded Position Statement

Concerned parties at City Academy view the Wellness Policy/Plan as more than a simple requirement. We believe that the policy and plan affect students on a number of levels that need to be supported and addressed within the academic environment. There is an inherent understanding that the plan will work most effectively with input from students, teachers and other faculty members as well as the community at large. We also will rely heavily on data provided at local, state and federal levels to create a sound program for our students.

Our Findings

- We find that all students benefit from access to nutritious and affordable food.
- We find that regardless of socio-economic status, issues with food availability and education related to wellness are vital components of every student's life.
- We find that the promotion of physical activity not only benefits students in a physical respect; it also leads to more productive learning and greater psycho-social well being.
- We find that taking a holistic and broad approach to wellness will be of the greatest benefit to our students and the community. This holistic and broad approach will include physical, mental, and social wellness.
- We find that investing in preventative education regarding overall wellness related issues is the key to relieving many future health and wellness conditions for society at large.
- We find that students need to play an active part in the learning process and implementation of wellness policies in their school.
- We find that the school arena is an excellent and appropriate place for learning about these issues, as the school reaches out to a multitude of parents, students, and community members.

Based on our findings, City Academy is committed to providing a holistic approach to wellness for our students. It is our hope that each child will have the chance to enjoy the richness of the academic environment without worries of food insecurity, and that they will be provided with nutritious school meals and snacks that will enhance their learning capabilities and allow them to feel good about the eating choices they are making. Our goal is to craft opportunities for life-time learning that will create holistic wellness habits for years to come.

Therefore, it is the **Policy of City Academy** that:

1. City Academy will provide healthy meal and snack choices at a reasonable cost for **all students**, using local products when they are available.
2. City Academy will implement healthy lifestyles education into all Physical and Health Education Classes.
3. City Academy will strive to find interesting and innovative ways to provide wellness promoting activities, and to educate students and parents about the importance of wellness.
4. City Academy will be committed to continuing educational opportunities regarding the subject of wellness.
5. City Academy will follow an interdisciplinary team approach to wellness education.
6. City Academy will integrate wellness issues awareness and education into its efforts as a resource to the community.
7. The City Academy Advisory Council will act as the School Wellness Committee.
8. City Academy will review the Wellness Plan annually and make adjustments and improvements as necessary.

City Academy Policy for Other Food Sales on Campus

City Academy will provide healthy meal and snack choices at a reasonable cost for all students, using local products when they are available. This policy applies to all foods that are not part of the reimbursable lunch, breakfast, or after-school snack programs sold anywhere on school grounds when school or extended day programming is in session in all areas of the school accessible to students.

Vending Machines

- A. Vending machines are currently prohibited.
- B. If vending machines are adopted:
 - 1. all agreements for vending machines must be in writing in a contract form and approved by the City Academy Board of Trustees (Board);
 - 2. all items sold from vending machines will meet the requirements of *Other Food Sales* in section II below;
 - 3. a policy for accepted use of vending machine income will be adopted prior to their use; and
 - 4. a policy for use will include generally accepted accounting procedures, including periodic reports of vending machine receipts and expenditures to the Board.

Other Food Sales

The sale of foods of minimal nutritional value* is prohibited.

- A. All snack food sales are limited to no more than 300 calories per unit.
- B. The following foods are prohibited:
 - 1. Foods that are more than 35% total fat (not including nuts, seeds, non-fat and low-fat dairy);
 - 2. Foods in which more than 10% of the total calories come from saturated fat (not including nuts, seeds, non-fat and low-fat dairy);
 - 3. Foods that contain any trans fats;
 - 4. Foods that list caffeine as an ingredient;
 - 5. Drinks that contain high fructose corn syrup;
 - 6. Foods in which more than 35% of the product is sugar by weight (not including 100% fruit or vegetable juice, fruits, vegetables, non-fat or low-fat milk, yogurt or cheese); or
 - 7. Foods with a sodium content greater than 200 mg per portion (not including 100% fruit or vegetable juice, fruits, vegetables, non-fat or low-fat milk, yogurt or cheese).
- C. Beverage size is limited to no more than 20 ounces, excluding water.
- D. The following foods are not prohibited:
 - 1. Please note that ice cream, ice milk, "chips", flavored (chocolate, strawberry, vanilla, etc.) candies which may contain any of the following: nuts, peanut butter, caramel, coconut, nougat centers, milk-based fillings, or other similar ingredients, are not restricted.
 - 2. Also, water ices or soda waters which include fruit or fruit juice, and certain beverages which do not contain soda water (carbonated) are not restricted. In fact, all other foods not listed or related to foods found in the four restricted categories may, at the discretion of the school food authority, be sold in the food service area during meal periods.

* Foods of minimal nutritional value are foods that provide less than five percent of the USRDA for each of eight specified nutrients per serving and/or per 100 calories. The specified nutrients include protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron. USDA had defined the food service area as the cafeteria or any area where meals subsidized by the National School Lunch and Breakfast Programs are served and eaten. The foods which are restricted from sale to students are classified in the following categories: soda water, water ices, chewing gum, and certain candies.

The definitions of the four categories of restricted foods are:

- 1. Soda water - any carbonated beverage.
- 2. Water ices - frozen sweetened water such as "...sicles" and flavored ice.
- 3. Chewing gum - any flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
- 4. Certain candies – (a) Hard candies - such as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops; (b) Jellies and gums - such as gum drops, jelly beans, jellied and fruit-flavored slices; (c) Marshmallow candies; Fondants - such as candy corn or soft mints; (d) Other restricted candies - such as licorice, spun candy, and candy coated popcorn.