

Administrative
Guidelines
on
Wellness, Physical Activity
and
Nutrition



**PINELLAS COUNTY
SCHOOLS**

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Introduction

On June 30, 2004, President Bush signed the Child Nutrition and WIC Reauthorization Act of 2004 into law that contains a local school wellness policy provision. The wellness policy provision requires every school district that participates in the federal school meals programs to enact a wellness policy by the first day of the 2006-2007 school year. The four components required by policy include 1) nutrition education, 2) physical activity, 3) other school-based wellness activities and 4) nutrition guidelines for all foods available on campus during the day.

I. Nutrition Education

Pinellas County Schools aims to teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- A. is offered at each grade level as part of a sequential, comprehensive, standards-based health education program designed to provide students with knowledge and skills necessary to promote and protect their health.
- B. is part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- C. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens.
- D. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- E. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- F. involves a collaborative and coordinated effort between food services and the school faculty.
- G. teaches media literacy with an emphasis on food marketing.
- H. includes training for teachers and other staff.
- I. involves sharing information with families and the broader community to positively impact students and the health of the community (district website and newsletters).

II. Physical Activity

Pinellas County Schools encourages regular physical activity as a personal behavior; students need opportunities for physical activity and physical education.

A. Elementary Physical Activity

1. Elementary Physical Education

- a. School board policy recommends and staffs schools for daily physical education for a period of 30 minutes. In order to meet the instructional needs of students, board policy allows schools to reduce physical education to a minimum of three days a week and no less than 120 minutes per week.
- b. Classes must be taught by state-certified physical education teachers and non-certified assistants. Assistants are used to assist in supervision of practice. They may not teach a new skill or grade students.

2. Elementary Recess

- a. Schools should encourage a recess period during the day. Recess always should be supervised. Typically, recess should be 20 minutes per day, preferably outdoors, and incorporate moderate to vigorous physical activity. At no time should recess replace physical education.
- b. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory schoolwide testing, make it necessary for students to remain inactive for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- c. Physical activity should not be used as a deprivation or punishment. Students should not be deprived of physical activity to complete an academic assignment. Nor should they be required to run laps, or do “duck walks,” push-ups or other physical activity as a punishment.

3. Elementary After-School Child-Care Programs

- a. After-school care programs offered on school campuses are required to include regular physical activity as part of their program.

4. Elementary After-School Tutoring Programs

- a. Tutoring programs offered on school campuses are required to meet the “Administrative Guidelines on Wellness, Physical Activity and Nutrition.”

B. Middle School Physical Activity

1. Middle School Physical Education

- a. Students in 6th grade will participate in a minimum of one semester of health/physical education.

- b. Students in 7th grade will participate in a minimum of 12 weeks of physical education.
 - c. Students in 8th grade will participate in a minimum of one semester of health/physical education.
 - 2. Middle School Physical Education Waivers
 - a. Year-long electives waiver: Students enrolled in year-long electives may waive their health/physical education requirement in 6th and/or 7th grade.
 - b. Gifted students waiver: Students enrolled in the gifted elective may waive the health/physical education requirement with parent permission in 8th grade.
 - 3. Middle School Physical Education Options
 - a. Physical education eligible students in 7th grade may take a year-long health/physical education in the 7th grade to satisfy both the 7th and 8th grade health/physical education requirements.
 - b. Students completing a district-offered health/physical education summer camp program before 8th grade year will satisfy the 8th grade health/physical education requirements.
 - 4. Middle School Interscholastic Sports
 - a. The middle school sports programs include:
 - (1) Boys and Girls Volleyball
 - (2) Boys and Girls Basketball
 - (3) Boys and Girls Track and Field
 - 5. Middle School After-School Child-Care Programs
 - a. After-school care programs offered on school campuses are required to include regular physical activity as part of their program.
 - 6. Middle School After-School Tutoring Programs
 - a. Tutoring programs offered on school campuses are required to meet the “Administrative Guidelines on Wellness, Physical Activity and Nutrition.”
- C. High School Physical Activity
 - 1. High School 24-credit Option Requirements

- a. One credit of physical education is required to meet the 24-credit graduation option. This one credit is satisfied by passing the required personal fitness course and one-half credit physical education elective.

2. High School Waivers

- a. High School Athletics: Students who successfully complete either two seasons of one sport or one season of two sports and pass the Personal Fitness Competency Test with a “C” or better may waive the entire required credit of physical education. No credit is earned for this option, and students must still earn 24 credits to graduate.
- b. High School Marching Band: Students who complete one year of marching band with a “C” or better may waive the one-half credit physical education elective requirement.

- 1. Marching Band students are required to have a physical examination every year.

- c. High School JROTC Leadership Course: Students who complete Army or Marine Corp JROTC Leadership I and II courses (a total of two credits) may substitute one credit of leadership for a one-half credit of health, life management skills. The leadership course must meet all requirements of the health, life management skills curriculum.
- d. High School JROTC leadership Course Modification: Students who complete a JROTC leadership course that has a district-approved course modification with comprehensive physical fitness and a “C” or better grade may waive the one-half credit elective of physical education.
- e. High School 18-Credit Graduation Option Requirements: health and physical education are not required in this option.

3. High School Interscholastic Sports and Academic Eligibility

A variety of Florida High School Activities Association and Department of Education-sanctioned athletics are offered for high school students. All students are encouraged to take part in these activities.

- a. High school academic eligibility is a privilege, and it is based upon state guidelines, academic standing and citizenship. Transferring from one school to another and changing residence from one parent or guardian to another all have a bearing on athletic eligibility. Students and parents having individual questions about their child’s eligibility should contact their school athletic director or principal.

4. After-School Tutoring Programs

- a. Tutoring programs offered on school campuses are required to meet the “Administrative Guidelines on Wellness, Physical Activity and Nutrition.”

III. Other School-Based Wellness Activities

A. Healthy Nutrition Environment

1. All school cafeterias and dining areas should be healthy nutrition environments. Pinellas County Schools should ensure that all students have daily access to school meals (breakfast and lunch). Schools are strongly encouraged to have lunch within the school day with equal access throughout the day for all students. 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.
2. Schools should provide students access to hand washing or hand sanitizing before and after they eat meals.
3. School-based marketing should be consistent with nutrition education and health promotion. Examples: vending machine covers that promote water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discount gym memberships.

B. High School Athletics

1. Students in marching band are required to complete the athletic physical exam each year by a licensed physician before participation in band activities.

C. Staff Wellness

Pinellas County Schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

1. The district shall establish and maintain an Employee Wellness Committee composed of at least one district staff member, SHAC member, local hospital representative, dietitian or other health professional, and risk management member.
2. The Employee Wellness Committee shall be a subcommittee of the SHAC. The Employee Wellness Committee shall develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan shall be based on input solicited from school staff members and shall outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among the school staff.

3. The Employee Wellness Committee shall distribute its plan to the SHAC annually.

IV. Nutritional Guidelines for All Foods on Campus

A. Definition

The following definitions apply to the Pinellas County School Nutrition Standards:

1. A La Carte: Refers to individually priced food items provided by the school food services department. These items may or may not be part of the reimbursable meal.
2. 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 the staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.
3. 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.
4. Food Services: Refers to the school's operation of the National School Lunch Program, School Breakfast Program and After School Snack Programs and includes all food services operations conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.
5. 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.
6. Fruit or Vegetable Drink: Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.
7. Fruit or Vegetable Juice: Beverages labeled as containing 100 percent fruit or vegetable juice.
8. 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).
9. 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.

10. 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 services department.
11. 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.
12. School Meal Initiative: (SMI) SMI is the umbrella term for all regulations and policies that address the nutrition standards and menu planning systems.
 - a. SMI Criteria:
 - (1) Breakfast meets 1/4 and lunch 1/3 of the Recommended Dietary Allowances.
 - (2) When averaged over a school week, all school meals contain 30 percent or fewer calories from fat and less than 10 percent calories from saturated fats.
 - (3) When averaged over a school week, school meals reflect efforts to reduce levels of sodium and cholesterol and increase dietary fiber.

B. Foods of Minimal Nutritional Value (FMNV)

1. Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the food services area during meal periods.
2. Restricted Foods – Foods and beverages that are restricted from sale to students are classified in the following four categories:
 - a. 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.
 - b. Water Ices: Any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
 - c. Chewing Gum: Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
 - d. Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that

characterize the following types:

- (1) **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.
- (2) **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.
- (3) **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.
- (4) **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.

C. Regulations Governing Federally Funded School Meals Programs USDA 7 Code of Federal Regulations 210,220,245; Florida State Board of Education Rules 6-7,042(2c)

State Board of Education Rules

****6-7.042 Responsibilities for the School Food Services Program.**

To control the sale of food and beverage items in competition with the district approved food services program, including those classified as "foods of minimal nutritional value," listed in Code of Federal Regulations 210, Appendix B. These items may be sold in secondary schools only, with the approval of the school board, one (1) hour following the close of the last lunch period. A school board may allow the sale of carbonated beverages to students in high schools by a school activity or organization authorized by the principal at all times if a beverage of one hundred (100) percent fruit juice is sold at each location where carbonated beverages are sold. However, carbonated beverages may not be sold where breakfast or lunch is being served or eaten. Non-carbonated beverages, including one hundred (100) percent fruit juice, may be sold at all times during the day at any location. Consideration should be given to allowing only the sale of nutritious food and beverage items which meet at least United States Department of Agriculture dietary guidelines for Americans.

D. Nutritional Guidelines for Elementary Schools

For purposes of these guidelines, an elementary school campus is defined as any campus containing grades preK-5 or any configuration/combination of these grades. Schools containing preK-12 grade levels should follow elementary school

guidelines or middle school guidelines.

1. Foods of Minimal Nutritional Value (FMNV) Policy

- a. 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 including vending machines, school stores and fundraisers until the end of the last scheduled class. State Board of Education Rule 6-7.042(2c). For exemptions see Section IV-G-1.

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on elementary school campuses with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals currently meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) French fries and other fried potatoes will not be offered in elementary schools.
- (3) 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.
- (4) Elementary schools will not use deep fat frying as a method for on-site preparation.
- (5) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
- (6) 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 Jan. 1, 2006.)

3. 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.

Foods or Beverage	Portion Size
Chips (baked, no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, jerky and pretzels. (Exceptions to fat grams: nuts, seeds, trail mix and peanut butter)	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 as breakfast.)	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces
Reduced fat milk (2 % 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. Non-carbonated, 0 calorie flavored or unflavored bottled water may be 16.9 ounces. Energy supplement beverages are prohibited.	12 ounces
Yogurt	8 ounces
Frozen fruit slushes (must contain a minimum of 100% fruit juice)	7 ounces

- b. The maximum portion size restrictions provided by these guidelines do not apply where existing contracts require vending of larger volume containers or package sizes. Contracts and contract renewals executed after Dec. 31, 2005, must expressly comply with these guidelines.
4. Other:
- a. Fruit and/or vegetables should be offered daily on all points of service. Fruit and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
 - b. Schools will not serve milk that exceeds 2 percent butterfat. Whole milk will be provided to a student with a parent note.
 - c. It is the goal of these guidelines that all beverages served in elementary schools will be milk, 0 calorie flavored water, unflavored water and 100 percent fruit and/or vegetable juice by the start of the 2006-07 school year.
 - d. Elementary schools will not serve chips.
 - e. Elementary schools will not serve candy bars or any other packaged candies

5. Competitive Foods and Snacks

- a. 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. This does not pertain to food items made available by the school food services department. State Board of Education Rule 6-7.042(2c)
- b. 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 meal periods for that class. The snack may be provided by the school food services, the teacher, parents or other groups and should be at no cost to students.
- c. School-provided snack must comply with the fat and sugar limits of the Pinellas County Schools Nutrition Standards and may not contain any FMNV or consist of candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). Please refer to the attached suggestions for nutritious snacks (Under Development). (See Exemptions for School Events Section IV-G.)

E. Nutritional Guidelines for Middle Schools

For purposes of this policy, a middle school campus is defined as a campus containing grades 6, 7 and 8. Schools containing preK-12 grade levels should follow elementary school guidelines or middle school guidelines.

1. Foods of Minimal Nutritional Value (FMNV) Policy

- a. Middle 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 including vending machines, school stores and fundraisers until one hour after the end of the last lunch period. School Board Education Rule 6-7.042(2c). For exemptions see Section IV - G (below).

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on middle school campuses with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals will meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) French fries and other fried potato products must not exceed 4.5 ounces per serving, and students only may purchase one serving at

a time.

- (3) Middle schools will not use deep fat frying as a method for on-site preparation. Schools will eliminate french fries and other fried a la carte potato products. This policy will be implemented as follows:
 - (a) SY 06-07 – Fries offered a la carte three times per week
 - (b) SY 07-08 – Fries offered a la carte two times per week
 - (c) SY 08-09 – Fries offered a la carte one time per week
 - (d) SY 09-10 – Fries eliminated
- (4) 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.
- (5) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
- (6) 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 Jan. 1, 2006.)

3. 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.

Foods or Beverages	Portion Size
Chips (baked, no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, jerky and pretzels. (Exceptions to fat grams: nuts, seeds trail mix and peanut butter).	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 as breakfast).	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces

Reduced fat milk (2% 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. Non-carbonated, 0 calorie flavored or unflavored bottled water maybe 16.9 ounces. Energy supplement beverages are prohibited.	12 ounces
Yogurt	8 ounces
Frozen Fruit Slushes (must contain a minimum of 100 % fruit juice)	12 ounces

- b. The maximum portion size restrictions provided by these guidelines do not apply where existing contracts require vending of larger volume containers or package sizes. Contracts and contract renewals executed after Dec. 31, 2005, must expressly comply with this policy.

4. Other:

- b. 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.
- c. Schools will not serve milk that exceeds 2 percent butterfat.
- d. Middle schools serving chips will use baked varieties (no more than five grams of fat per ounce).
- e. Middle schools will not serve candy bars or any other packaged candies.

5. Competitive Foods and Snacks

A middle 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. This does not pertain to food items made available by the school food services department. State Board of Education Rule 6-7.042(2c)

F. Nutrition Guidelines for High Schools

For purposes of these guidelines, a high school campus is defined as a campus containing grades 9, 10, 11 and 12. PreK-12 schools should follow the guideline requirements designated for elementary or middle schools.

1. Foods of Minimal Nutritional Value (FMNV)

- a. High schools may not serve or provide access to FMNV during meal periods in areas where reimbursable meals are being served and/or consumed. FI State Boards Of Education 6-7.042 (2c) for exemptions see Section IV-G. New contracts and contract renewals executed after Dec. 31, 2005, must expressly prohibit the sale of carbonated beverages in containers larger than 16.9 ounces.
- b. It is Pinellas County Schools' goal that by the 2008-09 school year no more than 30 percent of the beverages made available through vending machines on high school campuses should be carbonated soft drinks. Furthermore, it is our goal to limit beverages to containers holding no more than 16.9 ounces.

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on high school campuses including vending machines, school stores and fundraisers with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals will meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) French fries and other fried potato products must not exceed 4.5 ounces per serving, and students only may purchase one serving at a time.
- (3) 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.
- (4) High schools should eliminate frying as a method of on-site preparation for foods served. (Exception: French fries served a la carte in portions no greater than 4.5 ounces, and students only may purchase one serving at a time). These guidelines should be implemented by the 2006-07 school year.
- (5) Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.
- (6) 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 Jan. 1, 2006.)

3. 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.

Foods or Beverage	Portion Size
Chips (baked, no more than 7.5 grams of fat per bag), crackers, popcorn, cereal, jerky and pretzels. (Exceptions to fat grams: nuts, seeds trail mix and peanut butter)	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 as breakfast.)	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces
Reduced fat milk (2 % 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. Energy supplement beverages are prohibited.	16.9 ounces
Yogurt	8 ounces
Frozen Fruit Slushes (must contain a minimum of 100 % fruit juice)	12 ounces

- b. Contracts and contract renewals executed subsequent to school board adoption of proposed 2.25 School Health advisory Committee (SHAC), must expressly comply with all “Pinellas County Schools Administrative Guidelines on Wellness, Physical Activity and Nutrition.”
- 4. Other
 - b. 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.
 - c. Schools will not serve milk that exceeds 2 percent butterfat.
 - d. High schools serving chips will use baked varieties (no more than five grams of fat per ounce).
- 5. Competitive Foods and Snacks

High school campus 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 services department. All competitive foods sold or provided to students must meet all federal and state regulations 7CFR Parts 210, 220 and FI State Board of Education Rules 7-7.042(2c)

G. FMNV and Guideline Exemptions

1. School Nurses: These guidelines do 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 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 regulation.
4. FCAT Test Days: Schools and parents may provide one additional nutritious snack per day for students taking the FCAT tests. The snack must comply with the fat and sugar limits of the Public School Nutrition Guidelines and may not contain any FMNV or consist of candy, chips or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.
5. Instructional Use of Food in Classroom: For instructional purposes, as part of a prepared lesson, teachers may use FMNV. Students may consume food prepared in class for instructional purposes. However, this should be on occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class, including family and consumer sciences and culinary programs or school cultural heritage event for instructional enrichment purposes, would be exempt from these guidelines. 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 students.
6. Field Trips: School-approved field trips are exempt from the nutrition guidelines. A school official must approve the dates and purposes of the field trips in advance.
7. Athletic, Band and Other Competitions: The nutrition guidelines do not apply to students who leave campus to travel to athletic, 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 is not covered by these guidelines.

8. These guidelines do 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.

V. Monitoring and Policy Review

A. School Health Advisory Committee (Statute S.381.0056 FS)

1. The school district and/or individual schools within the district will create, strengthen or work within existing School Health Advisory Committee (SHAC) to develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies.
2. The committee also will serve as resources to school sites for implementing those policies.
3. A School Health Advisory Committee (SHAC) consists of a group of individuals representing the Coordinated School Health Model. The Coordinated School Health Model consist of eight components representing health education, physical education, school health services, school nutrition services, school counseling, psychological and social services, healthy school environment, school-site health promotion for staff, family and community involvement in school health, and comprehensive school health education.

B. Monitoring

1. The superintendent or designee will ensure compliance with established districtwide nutrition and physical activity wellness policies.
2. In each school, the principal or designee will ensure compliance with those policies in his/her school.
3. The district will develop a wellness assessment instrument to monitor schools' compliance. On an annual basis schools will use this instrument to assess their school's nutrition and physical activities environments and policies.
4. School food services staff members, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
5. The superintendent or designee will write a summary report every year on districtwide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That

report will be provided to the school board and also distributed to the School Health Advisory Committee, parent/teacher organizations, school principals, and school health services personnel in the district.

6. As part of the summary report review, the SHAC will review the nutrition and physical activity policy; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will as necessary revise the wellness policies and develop work plans to facilitate their implementation.