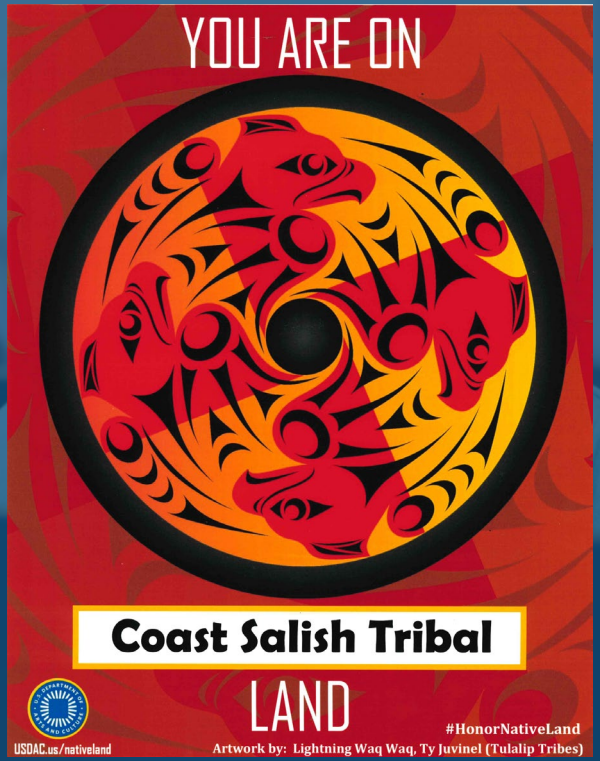
SNAPH Advisory Council

Meeting 2 – Non-Program Foods and Student Wellness Policy Goals

May 9, 2024

FLAG SALUTE & LAND ACKNOWLEDGMENT



Objectives & Agenda:

- Review Federal and Local Requirements for Non-Program/Competitive Foods
  - *F&N Dept. - Joanna Peeler & Shelly Mackie*
- Guest Speakers – (DECA & Student Stores)
- Guided Discussion: Student Mental Health & the Healthy Youth Survey
  - *Shelly Ellis, Health Teacher*
- Workshop: Developing Student Wellness Goals & Recommendations

Smart Snack Standards: A Review

Presented by:

Joanna Peeler, Supervisor

Shelly Mackie, Supervisor

Federal Standards for Non-Program Foods

Why are Smart Snacks important?

1. Almost a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day. When Smart Snacks are available, the healthy choice is the easy choice.
4. Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
***Trans* Fat**	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

What are the Smart Snacks Standards for beverages?

Water

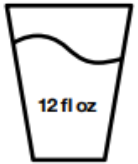
Plain water, with or without carbonation.

All Grades

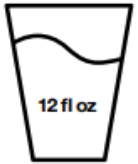
Milk

Unflavored or flavored fat-free milk, unflavored low-fat milk, and milk alternatives as permitted by the National School Lunch Program/School Breakfast Program. Starting on July 1, 2022 for school years 2022-2023 and 2023-2024, schools may also sell flavored low-fat milk as a Smart Snack.*

Elementary School



Middle School



High School

Juice

100% fruit or vegetable juice, with or without carbonation.

Elementary School

Middle School

High School

Diluted Juice

100% fruit or vegetable juice diluted with water, with or without carbonation, and with no added sweeteners.

Elementary School

Middle School

High School

Low- and No-Calorie Beverages (High School Only)

Low- and no-calorie beverages, with or without caffeine and/or carbonation; calorie-free, flavored water.

Low Calorie Maximums:*
40 calories/8 fl oz
60 calories/12 fl oz

*Equivalent to 5 calories per fluid ounce.

No Calorie Maximum:*
10 calories/20 fl oz

*Less than 5 calories per 8 fluid ounces.

How do the Smart Snacks Standards affect school fundraisers?

- Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
- Fundraising activities that occur during nonschool hours, on weekends, or at off-campus events are not limited under the Federal policy.
- Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- Some State agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.

DECA is a co-curricular program that prepares high school students for leadership and careers in business.

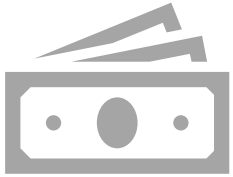
- Students in DECA run each school's student store for fundraising to support competitions.
- Competitions involve business role plays, presentations, and written events (i.e. business plans).
- DECA provides students the opportunity to practice and learn critical 21st century skills and meet other students from all over the country.

Student Store – Curriculum Goals/Objectives

Create a learning lab

Students actively work a store

- Sell, promote, track inventory



Fundraiser opportunity to provide DECA funding

DECA's International competition costs between $5,000-$20,000 (depends on size)

Wellness Policy Constraints

- Policy was developed over a decade ago, a lot has changed
- Competition
  - Off-campus lunch
    - McDonalds, Burger King, Safeway, KFC, Wendy's, Chipotle, Wing Stop, Panda Express, Chick-Fil-A, Taco Bell, and Taco Time
  - Schools offer free lunches
  - Store location (Cascade)
    - Football field away from the cafeteria.

DECA Fundraising

- DECA Events
  - Competition
    - Area (average cost $30)
    - State (average cost $300 – hotel, fees, food)
    - International (average cost $1,500 – flight, hotel, fees, food, and attraction tickets)
  - Membership dues
  - Promotional activities

Request Policy Changes

Allow the students to sell a wider variety of items

- This creates a demand and enhances the learning environment
- Better funding to support DECA events and competition
- Allows for funding to buy better equipment and supplies

Allow sugar-free items and boost caffeine limitation

- This creates demand by allowing us to sell items that are wanted by students
- Manages healthy products and allows popular items to be sold

Everett School District

Highlights from the 2023
Healthy Youth Survey

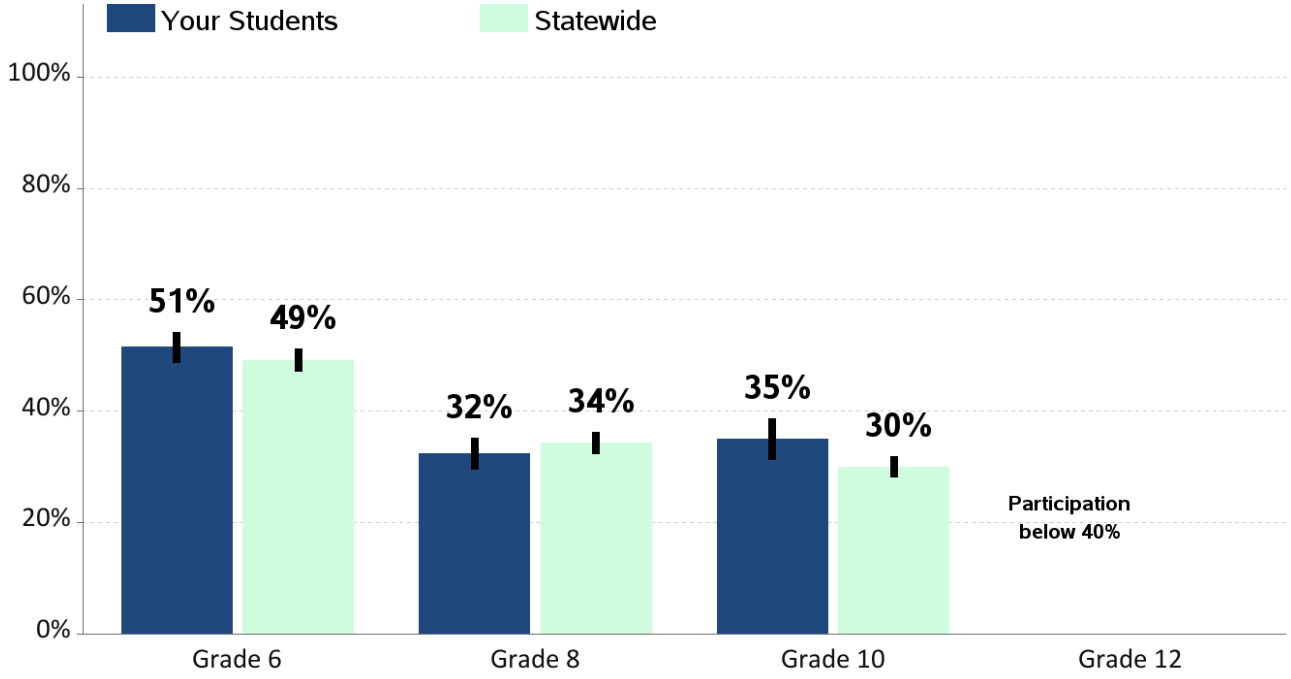
February 15, 2024

Student Participation – Everett SD

- 1,364 (87%) of Grade 6 students
- 1,177 (82%) of Grade 8 students
- 838 (56%) of Grade 10 students
- 487 (36%) of Grade 12 students

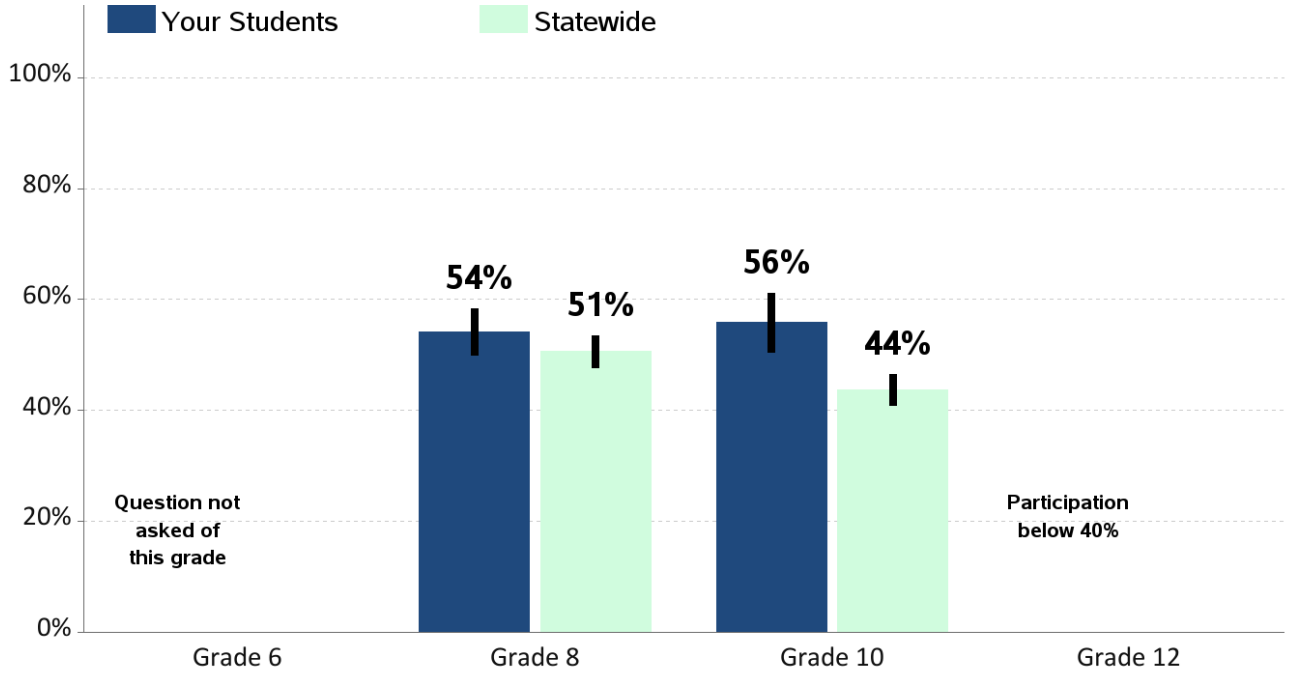
Enjoyment of School

Percent of students who report "often" or "almost always" enjoying school in the past year



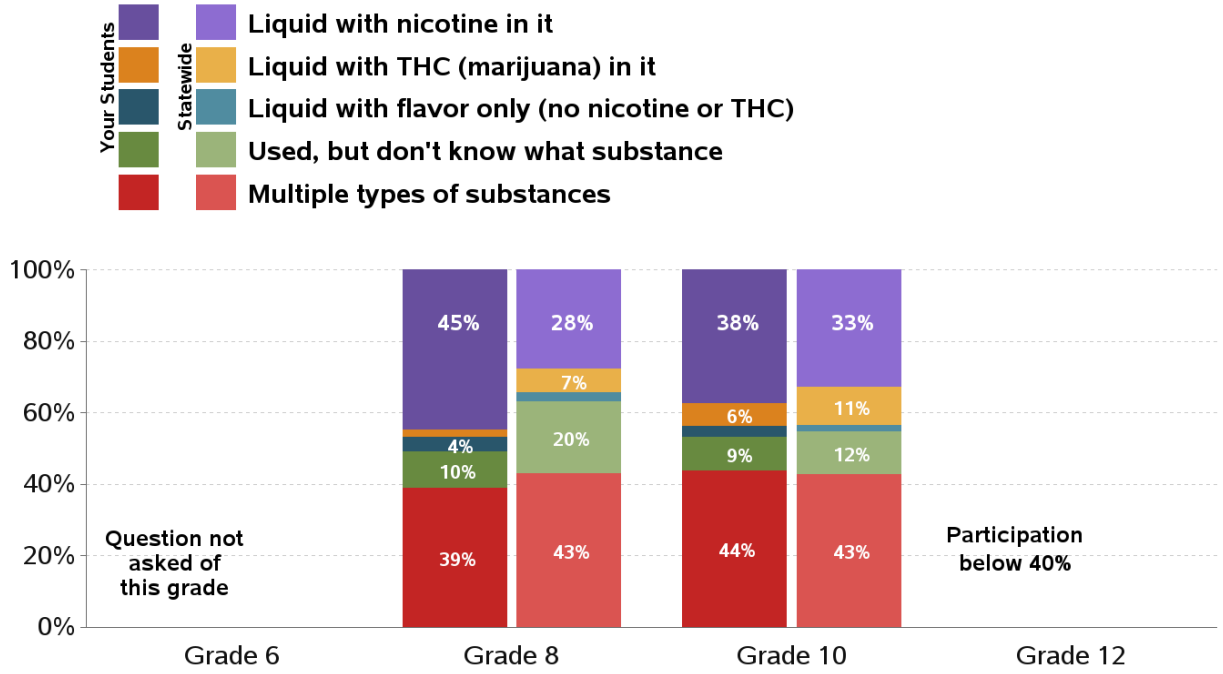
School Tries to Stop Bullying

Percent of students who report teachers or other adults from school "almost always" or "often" try to stop bullying



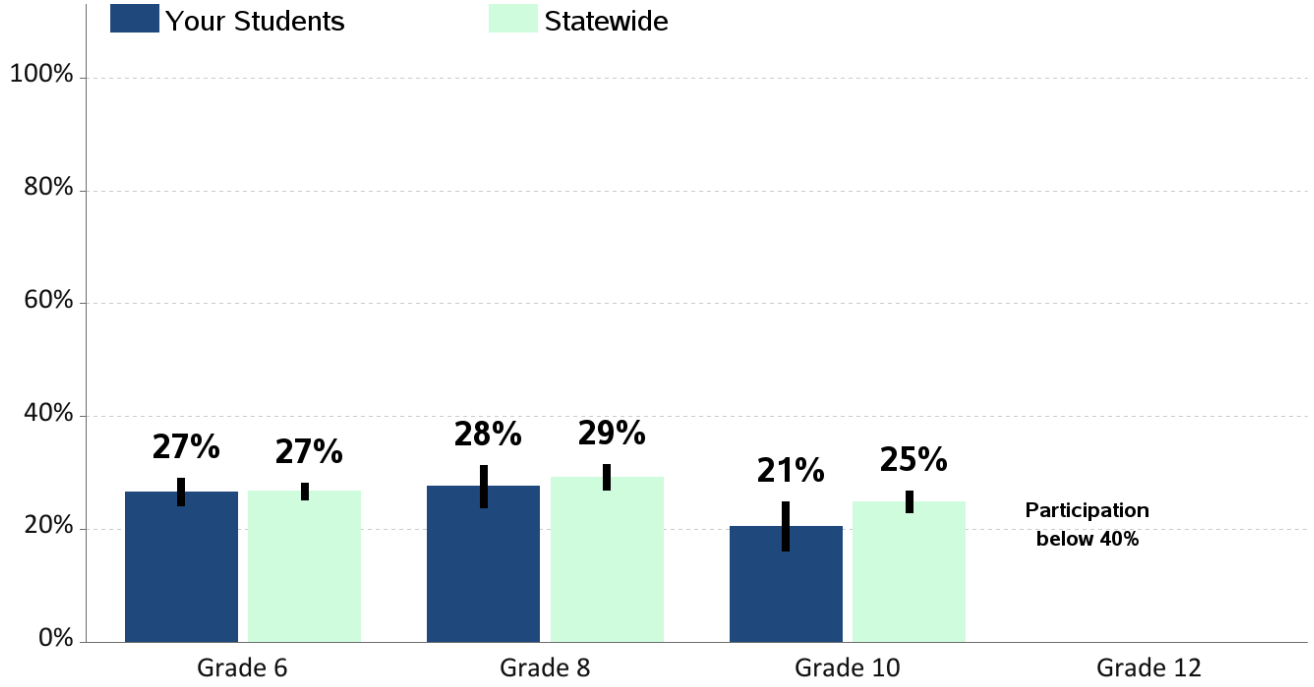
Type of Substance Used in E-Cigarette or Vaped in Past 30 Days

Percentages are of students who used e-cigarettes in the past 30 days



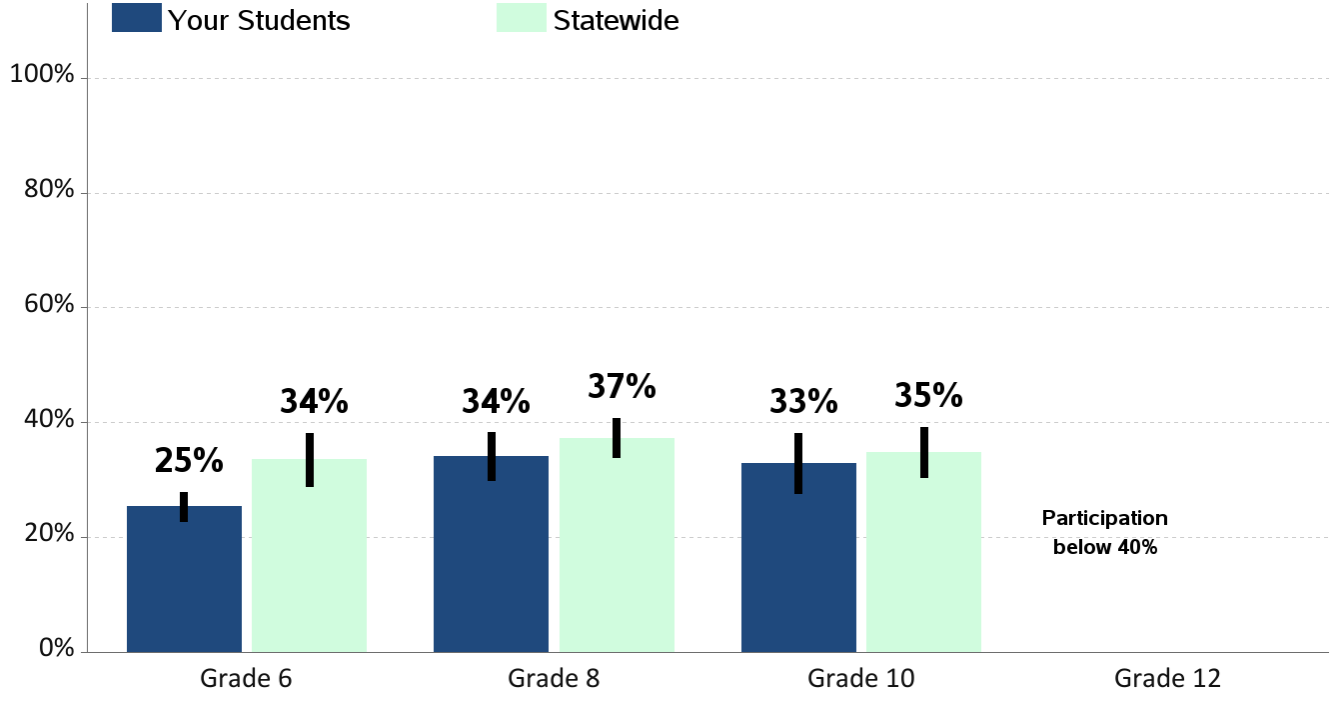
60 Minutes of Physical Activity Per Day

Percent of students who report being physically active 60 minutes per day, 7 days a week



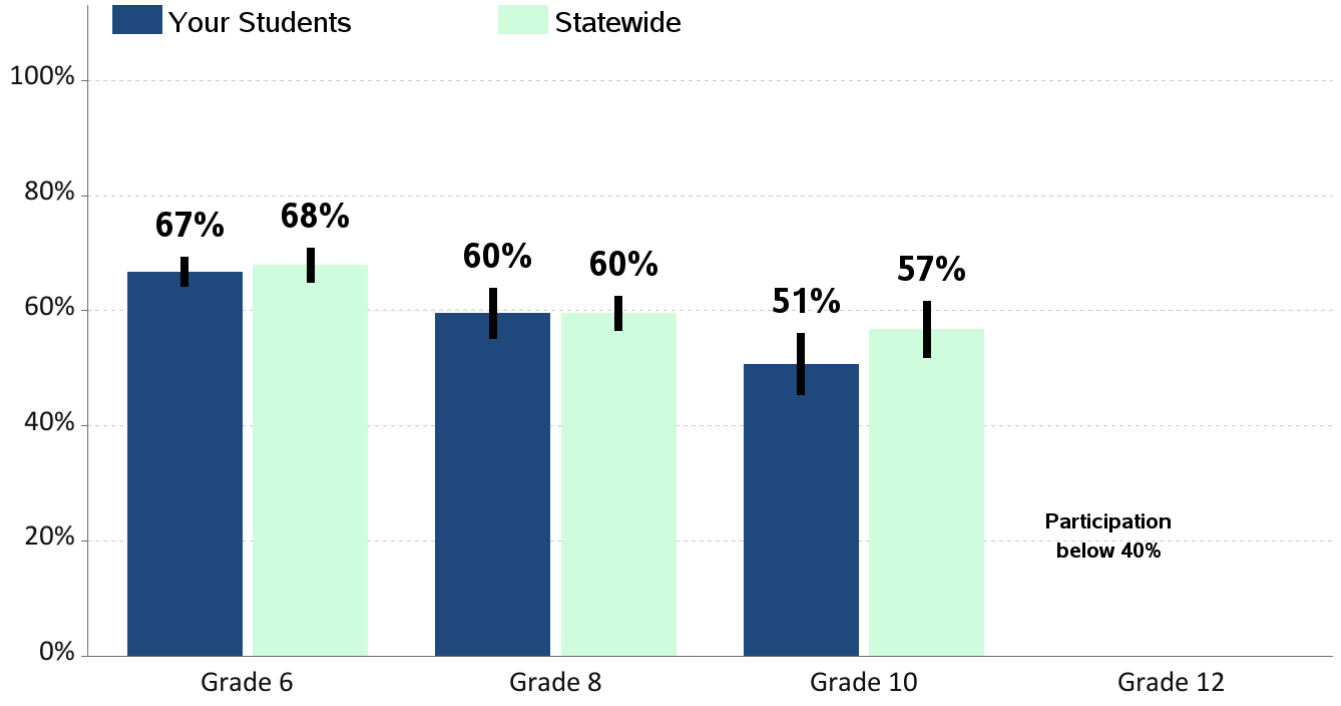
Walking/Biking To or From School

Percent of students who report walking or riding a bicycle to or from school during an average week (among those who normally travel to school)



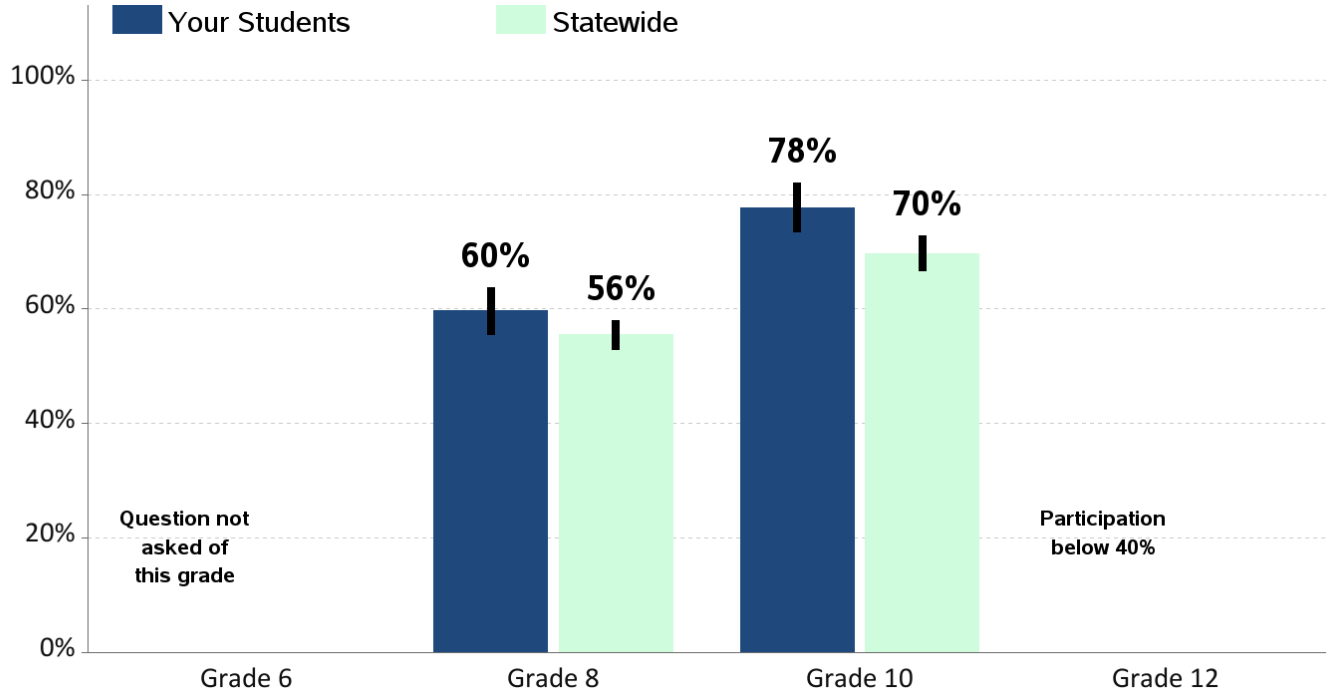
Eating Breakfast

Percent of students who report eating breakfast



Sleep on a School Night

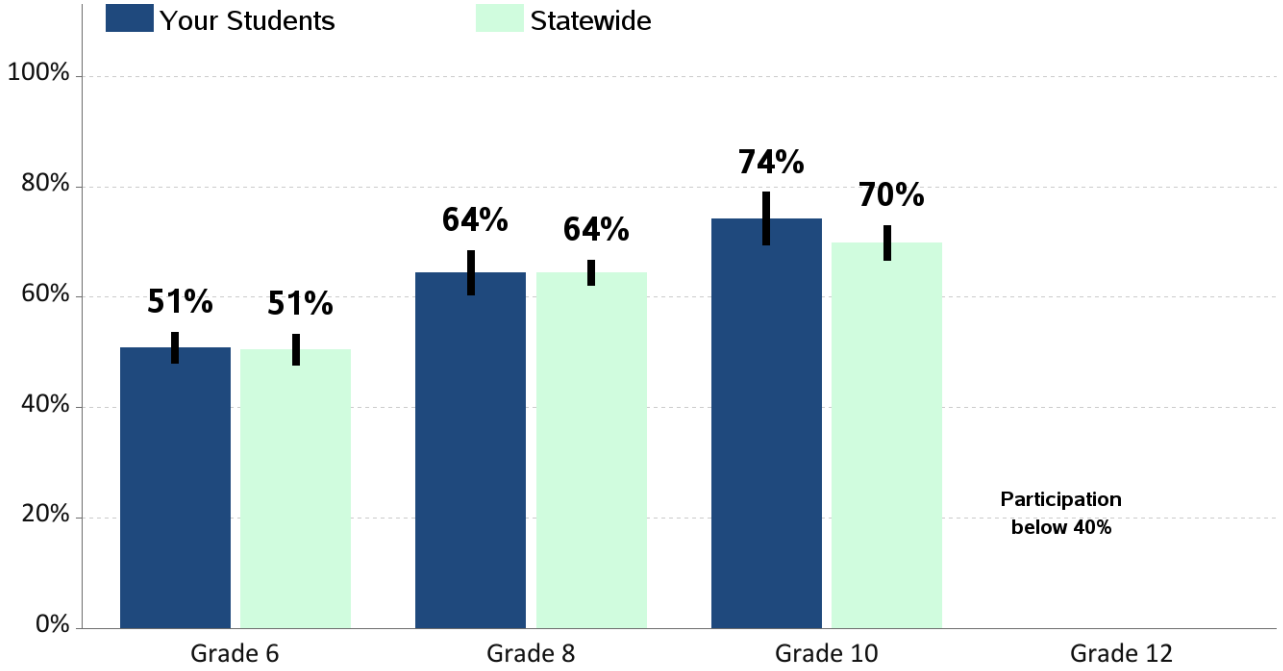
Percent of students who report sleeping less than 8 hours on an average school night



Excessive Screen Time

Percent of students who report 3 or more hours of screen time on an average school day

(time spent in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media)



Big issues to address:

- Vaping
- Exercise
- Screen Time
- Eating Breakfast
- Sleeping

The priorities we establish today will help guide our future work.

S.M.A.R.T. Goals

Specific **–** What is the desired outcome?

Measurable **–** Can it be tracked?

Achievable **–** Can it be ‘bite sized’?

Relevant **–** Student Wellness Focused

Time-Bound **– 1 to 3 years**

Nutrition & Access to Food:

How does the Student Wellness Policy support and promote student academic success by prioritizing science-based food offerings:

- What nutrition or food priorities should the Wellness Policy address?

- What recommendations do you have for 3-year goals?

Physical Wellness:

How does the Student Wellness Policy support and promote student lifelong healthy behaviors by prioritizing student physical wellness:

- How does the Student Wellness Policy support physical movement throughout the academic day?

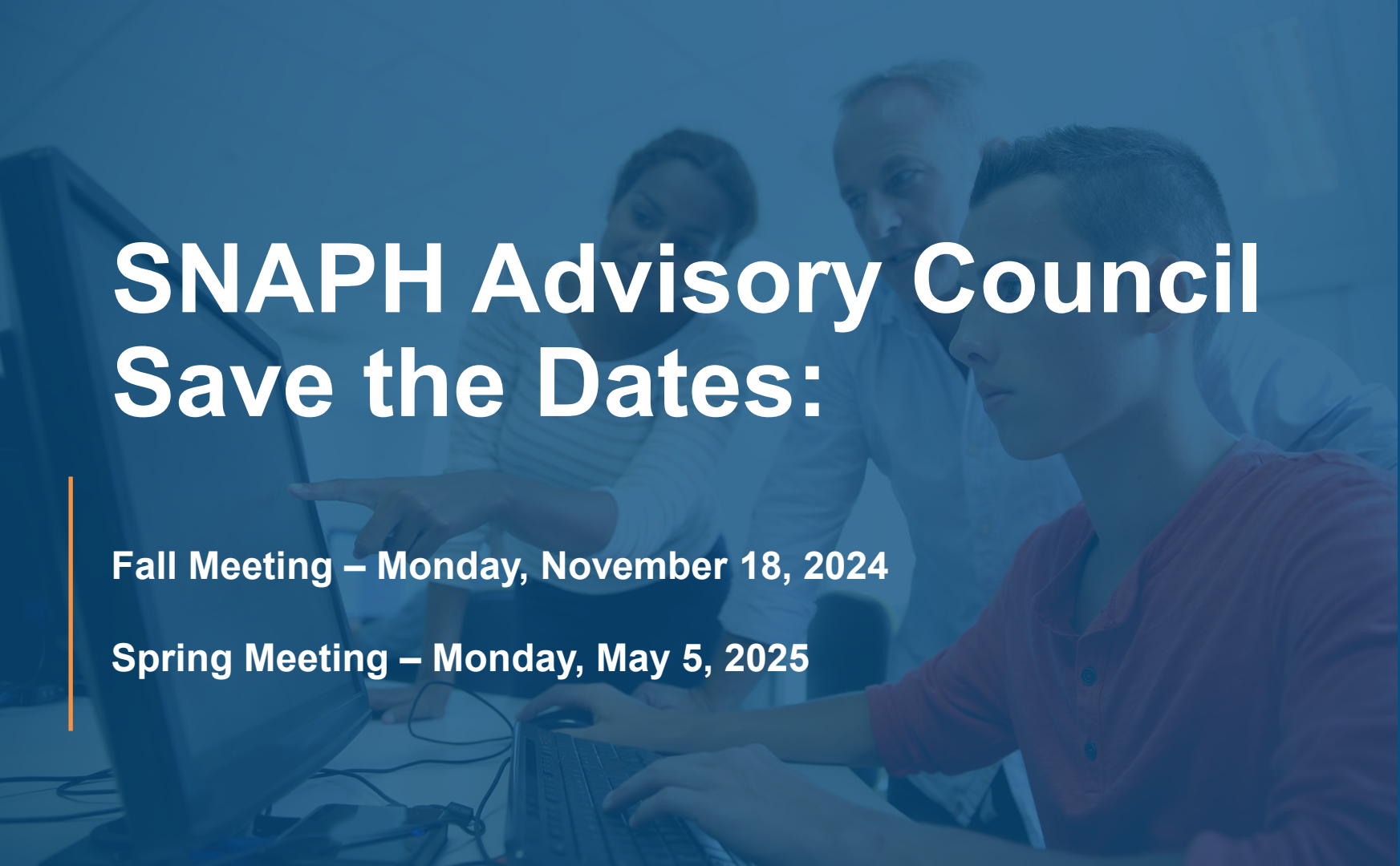
- What recommendations do you have for 3-year goals?

Health Education:

How does the Student Wellness Policy support and promote student academic success by prioritizing science-based health education opportunities:

- How should the results of the *Healthy Youth Survey* guide our work in Student Wellness?

- What recommendations do you have for 3-year goals?



SNAPH Advisory Council Save the Dates:

Fall Meeting – Monday, November 18, 2024

Spring Meeting – Monday, May 5, 2025