

**NBISD School Health Advisory Council (SHAC) Summary**  
**NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700**  
**Wednesday October 8, 2014**  
**8:30 am – 9:30 am**

Contact Karen Schwind at [kschwind@nbisd.org](mailto:kschwind@nbisd.org) with additions to the agenda

ITEM	DISCUSSION	ACTION
Welcome to 2014/15	Introduction	Welcome new and returning members!
Nutrition Services Guidelines - Catherine Vanderbrook.	Update with changes	Smart Snacks regulations- regulate the a la carte items. Na restrictions are to be included soon. Food sold during fund raisers are included in these guidelines.
Wellness Policy Sub Committee (attached) Karen Schwind	Report and Discussion. Plan to proceed. SubCommittee: Shayna Underwood, Cheri Polk, Nancy Pappas, Catherine Vanderbrook, Sharon Levett, Robin Beckman, Karen Schwind.	<p>Currently under discussion is the food that is provided to students by parents, staff, etc.that is brought in from outside the school. Please see Wellness Policy for changes. Policy distributed to council with request for review and submit questions, ideas by 10/15/14.</p> <p>Based on the changes to Nutrition Services, student allergies and move to increase student health, the committee has made the following suggestions:</p> <ul style="list-style-type: none"> <li>● Foods of minimal nutritional value cannot be brought to school: ie not sold or distributed.</li> <li>● Limit the food provided at parties to non food items</li> <li>● Limit birthday parties to once a month.</li> <li>● Special parties 3 times a year, to be determined by campus improvement committee. Smart snacks only.</li> <li>● We need to communicate to parents that no food is to be shared with other students, only provided to their own student.</li> <li>● Emphasis should be on activities, not food.</li> </ul> <p>Communications department could help get the message out to the parents that no outside food is to be brought in . Suggestion made to approach Rebecca Villarreal about getting a PR campaign done, pending approval by school board. Suggest to post on the website the smart snack options.</p> <p>As to concession stand sales, include at least 3 smart snacks</p>

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		<p>selections . View on Youtube NEISD video about their concession stand including “right bites”. Look into marketing strategies to promote the smart snacks. We need to communicate to the board that the additional selections won’t cut out the unhealthy selections.</p> <p>Check with Steve Brown about reducing the pricing of water and healthier products as compared to other snacks. A suggestion to see about the possibility of water being excluded from the contract.</p> <p>Daily active recess should be available for elementary students. Try to find positive rewards rather than negative consequences for students to do work, rather than taking recess away.</p>
CPR for Students	Curriculum plan, Procedure to meet by graduation	<p>This year a catch up schedule is being completed for 9th grade and HS for the curriculum. All students who take health will receive the CPR for students.</p> <p>Suggestion was made for parent volunteers to watch the CPR/AED videos that all staff watched.</p>
Healthy Lifestyle PTA	Report	No report - will proceed for December meeting
CPR AED First Aid requirement for NBISD employees	Current policy (preK, UIL athletics) Current practice (CAT) Plan for proceeding (staff who take students off campus?)	No discussion - will proceed for December meeting
EPA's Air Quality Education School Flag Program (attached)	Proposal and plan to proceed.	LSE has been offered the oppounity. No objection from SHAC, will proceed with plan.
Next Meeting	Suggested: December 2014, February 2014, April 2014	Next meeting December 3, 2014 8:30 am

# Smart Snacks in School

## USDA's "All Foods Sold in Schools" Standards

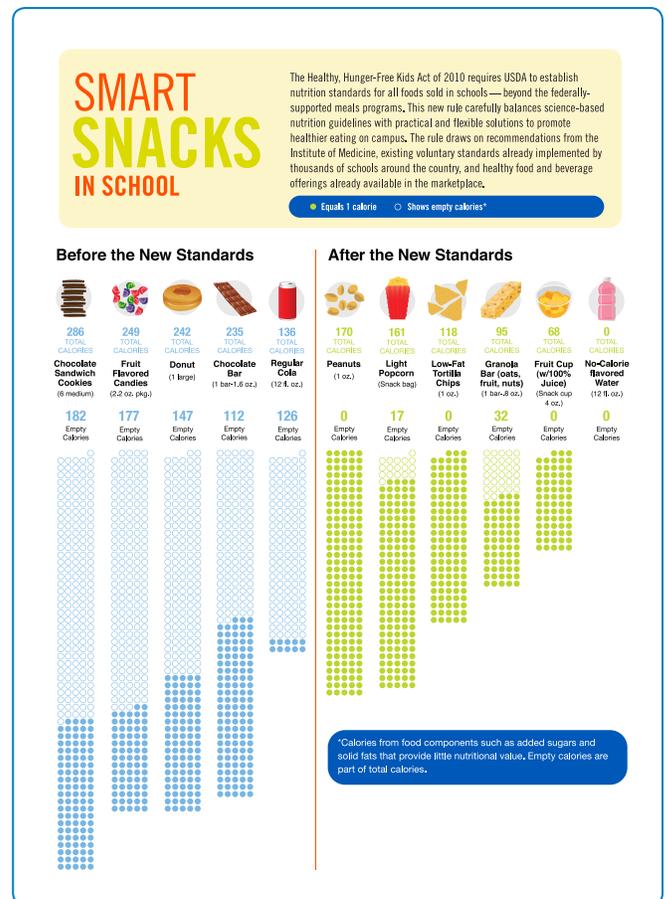
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  
- **Foods must also meet several nutrient requirements:**
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  
  - Sodium limits:
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  
  - Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.

\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## Nutrition Standards for Beverages

- **All schools may sell:**
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

## Other Requirements

- **Fundraisers**
  - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
  - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
  - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
  - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
  - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

## Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

**Comment Online:**  
<http://www.regulations.gov>

**Comment by Mail:**  
William Wagoner  
Section Chief, Policy and  
Program Development Branch  
Child Nutrition Division  
Food and Nutrition Service  
P.O. Box 66874  
St. Louis, MO 63166



## Summary of Lone Star Elementary Air Quality Education Program

From: **Erica Schell** <[Erica.Schell@martinmarietta.com](mailto:Erica.Schell@martinmarietta.com)>  
Date: Wed, Sep 3, 2014 at 7:21 AM  
Subject: EPA's Air Quality Education School Flag Program  
To: "[nhaecker@nbisd.org](mailto:nhaecker@nbisd.org)" <[nhaecker@nbisd.org](mailto:nhaecker@nbisd.org)>

Mrs. Haecker,

Good morning ma'am, I would like to initiate and implement a new air quality education program at LSE. This is a fairly new program initiated by EPA to help educate children and our communities. There are currently only three schools registered in San Antonio, and none in the surrounding areas who are participating (Source: <http://www.airnow.gov/index.cfm?action=airnow.schoolflagprogramlist#TX>). Martin Marietta Materials has a plant located near Lone Star Elementary, and we would like to sponsor the materials needed for the successful launch of this program (contingent upon approval of NBISD). After we successfully launch this program (if you & NBISD concur), we will be able to register Lone Star on EPA's website and they will receive an air quality certificate to display in the office for all parents and students to view it.

Below is an excerpt from EPA's website:

*"The School Flag Program alerts schools to the local air quality forecast and helps them to take actions to protect students' health, especially those with asthma.*

*Here's how it works: each day the school raises a flag that corresponds to how clean or polluted the air is. The color of the flag matches EPA's Air Quality Index (AQI): green, yellow, orange, red, and purple.*

*On unhealthy days, schools can use this information to adjust physical activities to help reduce exposure to air pollution, while still keeping students active.*

*Encourage your school and the schools in your community to adopt the School Flag Program!"*



You may read more about this program  
at: [http://www.airnow.gov/index.cfm?action=school\\_flag\\_program.index](http://www.airnow.gov/index.cfm?action=school_flag_program.index).