



# Mid Valley School District

52 Underwood Road \* Throop, PA 18512

Chad Vinansky, Supervisor of Student Services

(570) 307-1150

**Wellness Policy Agenda**  
**Mid Valley Secondary Center Secondary Center Cafeteria**  
**January 24, 2018**  
**(original date 1-17-180 changed due to snow)**

1. Thank you for coming to our 3<sup>rd</sup> meeting for the Wellness Policy.
  - a. We are continuing to monitor the selling or bringing foods into the school buildings that do not meet the requirements of the Wellness policy.
    - i. In the Secondary Center Mr. Kovaleski approves all fundraisers first and sends them to Mr. Vinansky for final approval. This year in the Secondary Center we have had two food sales.
  
2. The Outdoor Adventure Club can talk with students about healthy eating habits and exercising. The Outdoor Adventure Club is a great way for students to enjoy activities that promotes exercise.
  - The club had their first outing at The Sky Zone on December 6th. Sky Zone is an indoor trampoline park that offers different times for people to jump. The students in the club jumped for one hour and exercise for that amount of time.
  - The club is planning future activities for students: ski trips, laser tag, and other outdoor activities once the weather becomes warmer.
  - The goal is to promote activities which leads to a healthier mind, body and soul
  
3. How are we ensuring our students are staying active in the district?
  - a. Number of students in 3<sup>rd</sup> Grade – YMCA Free Swim program -
  - b. Number of students in 7<sup>th</sup> Grade –YMCA Healthy Family- 17 students
  
4. **Trish Fisher CEO of the Greater Scranton YMCA: (speaker Karen Clause)**
  - a. **Healthy families Program**
    - Flyers are attached. Karen Clause will speak about the program
    - Family fun fitness once a month come and work with parents and children doing yoga, stretching, body pump, running, etc..
  - b. **Organized Recess is** an option and has been very successful partnership between schools and YMCAs. YMCA staff facilitate the program. There are several free resources, including grant suggestions and templates.
    - <https://www.playworks.org/about/>
    - Meeting with Mr. Lopez about this program on January 28, 2018.



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5. Review over how we deal with fundraisers and parents bringing in food to the schools.
  - a. List of foods which have been brought in to classrooms since the start of the elementary school / secondary center since February. This can be done on a google spread sheet.
6. List of healthy alternatives for lunch can be found on the school website. (*Copy attached*). Are there any other items we would like to add to the list?
7. Growing Your School Garden: Potentially happening at the Secondary Center with our gifted students.

## **Ideas for classroom parties:**

### **Option: 1**

#### **Choose 2 items:**

- **Apple slices**
- **WG goldfish crackers**
- **Baby carrots**
- **Fruit juice ices ( I believe the cry babies are 100% pure fruit juice)**
- **Water**
- **100% apple juice**

**Couple the above with a sticker and a pencil (buy them from Oriental Trading),**

**A cute birthday card, announcing who the recipient is and who is sending the basket. We also would decorate the birthday baskets which we used and re-used to deliver the products. Kids loved them. Choices were limited and healthy.**



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Option 2:

MID VALLEY SCHOOL DISTRICT



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## Classroom Parties Made Easy!

We are excited to offer nutritious, delicious party foods to celebrate your child's birthday, holidays or other special occasions!

Here are a few options to make your celebration special.



*Cake Pops*



*Sandbox Snacking*



*Giant Cookie*

Create your own classroom celebration in just a few easy steps:

- Select as many items as you like from the order form to customize your party.
- Obtain teacher permission before placing your order.
- Submit form and payment at least 2 weeks prior to the event to guarantee your order.
- Return order form and payment to your school's food service director  
(*contact information is below and on the order form*)



**PARTY ORDERS MUST BE PRE-PAID**



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## School Meal Facts

### Portion Sizes

Schools that participate in the National School Lunch Program (NSLP) must follow HHFKA regulations that set required nutrition minimum standards based on age group. There are no maximum limits for grains and meat/meat alternates; though meals must still comply with the age-specific calorie limits. Meals are categorized into 5 components: Meat/Meat Alternate, Vegetables, Fruits, Grains and Dairy. Students must take a minimum of 3 components, one of which must be a fruit or vegetable. Vegetables are further categorized into sub groups by color; vegetables from every sub group must be offered each week.

### Nutrient Standards

HHFKA requirements are designed to offer school meals that are rich in micronutrients and balanced with adequate calories for a range of age groups. The dietary specifications for portion sizes and calorie ranges are modeled to meet the latest scientific recommendations from nutrition experts on the dietary needs of school children. Meal components are portioned in accordance with these regulations in order to meet the caloric needs of your child.

### Fruits and Vegetables

Under the HHFKA, a healthy school lunch must include a fruit or vegetable. We offer your child an assortment of colorful produce every day and we encourage students to select from a variety of fresh, frozen and canned fruits and vegetables to meet the requirements in each category. In addition, we present educational programs during lunch like Wellness Wednesday, taste-testings and other promotions to entice acceptance of a variety of new foods.

### Snacks

Snack foods sold in schools are required to comply with the USDA's "All Foods Sold in Schools" standards of the HHFKA. Each state has the option to enact legislation to further restrict competitive snack foods. The Nutrition Group offers a variety of student-friendly snacks that comply with USDA standards, the individual requirements of each state and your school's Wellness Policy.

### Additional Food Purchases

The cafeteria offers options for your child to purchase additional lunch and ala carte menu items each day. We encourage you to teach your child to take all of the components offered as part of the NSLP. School meals are structured to provide one-third of your child's recommended daily nutrients as well as offer the best dollar value. Choosing all the components carefully the first time through the line is important, so we have developed decorative signage with helpful messages towards good nutrition and building satisfying lunches. Physically active students should select all 5 components to maximize their energy levels.

### Whole Grains

All grain-based foods offered are 100% whole grain. (Some menus may be exempted from this requirement based on an individual basis and as determined by the Department of Education.) Choosing whole grains as part of a healthy diet has been shown to reduce the risk of some chronic diseases.

### Milk

HHFKA regulations permit offering 1% or fat-free plain white milk and fat-free flavored milks. Drinking low-fat or fat-free milk provides the essential calcium and nutrients growing children need for healthy bones and teeth without the additional fat and calories.

*For complete information regarding school meals and snacks, visit [www.fns.usda.gov](http://www.fns.usda.gov).*





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## What's on your child's lunch tray?

The Nutrition Group offers a variety of tasty and nutritional proteins, fruits, vegetables, grains and low fat dairy foods! The Healthy Hunger Free Kids Act (HHFKA), enacted in 2010, requires changes in phases to school lunch meals. Revised age-appropriate portion sizes and specific guidelines for each meal component including fruits, vegetables, grains, meats/meat alternates and milk are just a few changes that have been mandated. Below is an overview of the regulations, which are designed to provide one-third of your child's daily nutritional and energy needs. We are committed to offering a variety of nutrients for your child to choose from at every meal!

### Daily Meal Component Offerings

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits	1/2 cup	1/2 cup	1 cup
Veggies	1 cup	1 cup	1 cup
Grains	1.75-2oz	2oz	3oz
Meat/Meat Alternate	1.75-2oz	2oz	2oz
Fluid Milk	1 cup	1 cup	1 cup

Daily grain and meat/meat alternate weights are approximate and may slightly increase or decrease on any given day. Meals must fit within the weekly calorie range for each grade level. All meals offered by The Nutrition Group meet the requirements defined in the latest HHFKA regulations.

### Weekly Vegetable Offerings

Veggie Sub Groups	Grades K-5	Grades 6-8	Grades 9-12
	5 cups/week	5 cups/week	5 cups/week
Dark Green	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	3/4 cup
Legumes	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	1/2 cup

Weights listed are based on average weekly offerings and may vary based on the specific preferences of each individual district. Minimum HHFKA vegetable sub-group requirements are met each week at each level.



#### Lunch Tray Example 1

Pepperoni and cheese pizza, mixed greens salad, fresh cut fruit and 1% low fat milk



#### Lunch Tray Example 2

Crispy chicken sandwich, baby carrots, seasoned broccoli, orange smiles, fresh apple and skim milk.



#### Lunch Tray Example 3



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## Growing Your School Garden



**Wednesday, January 31, 2018 | 9:00am – 10:00am**

Whether you are interested in starting a school garden or maintaining an existing school garden, please join us for this webinar in which we will share ideas and resources to support school garden activities. The webinar will provide an overview about school gardens from a representative from USDA and examples of successful garden programs in two Pennsylvania school districts.

If you would like to participate, please follow the steps below.

- 1.** Run a test on your computer to be sure that it is configured appropriately and has all of the necessary requirements in order for you to participate in the webinar. Go to this site to run the test: [https://meeting.psu.edu/common/help/en/support/meeting\\_test.htm](https://meeting.psu.edu/common/help/en/support/meeting_test.htm) (It is likely that you will need to install a small add-in.)

Approximately 10 minutes before the start of the webinar:

- 2.** Go to: <https://meeting.psu.edu/schoolgarden/>  
Login to the webinar as a guest, using your full name or the name of your sponsor.
- 3.** Make sure that the sound on your computer is not muted.  
Be sure that you are not logged into the webinar more than once. If you are logged in multiple times, you may experience audio problems such as an echo.



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Mid Valley Wellness Policy Sign In sheet

MID VALLEY SCHOOL DISTRICT