

AMEND BOARD REPORT 20-1216-PO2
LOCAL SCHOOL WELLNESS POLICY FOR STUDENTS

THE CHIEF EXECUTIVE OFFICER RECOMMENDS:

That the Chicago Board of Education (“Board”) amend Board Report 20-1216-PO2 Local School Wellness Policy for Students. This policy was posted for public comment April 22, 2022 - May 23, 2022.

PURPOSE: The purpose of this policy is to ensure the Board’s expectations for a healthy school environment are articulated and satisfied by establishing requirements for nutrition education, physical activity and the provision of healthy food choices at schools and for all students in grades PK-12. This policy also establishes nutrition standards, requirements and recommendations for foods and beverages sold, provided or served to students at school that compete with food provided under the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO), Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP). This policy seeks to create a school environment that supports student health and wellness. The policies set forth in this policy are consistent with the USDA’s Smart Snacks Guidelines and best practices for competitive foods. The requirements outlined in this policy only apply to activities that take place during the school day, i.e. from midnight the previous night until thirty minutes after the final bell.

Reflects the Board’s commitment to

health-related barriers to learning via health policy, promotion, education and services, and implementation of the WSCC (Whole School, Whole Community, Whole Child) framework.

EQUITY STATEMENT: This policy seeks to mitigate the effects of numerous inequities experienced by CPS students, such as food insecurity and inequitable access to safe spaces for outdoor play, by ensuring that schools provide consistent access to nutritious food and opportunities for physical activity and nutrition education. However, the Board recognizes that this policy does not address the root cause of said inequities which may disproportionately impact our greatest needs groups. The Office of Student Health and Wellness is engaging in ongoing work to operationalize the CPS Mission and Vision.

I. Definitions:

A La Carte: Individually priced food items, provided by Nutrition Support Services, which are available for sale in the school dining center that are not part of the reimbursable meal served through NSLP, SBP, SSO, SFSP or CACFP.

Celebrations: Special events or activities occurring in a classroom or elsewhere at school whether before, during or after the instructional day.

Competitive Foods: Foods and/or beverages sold to students on school grounds that compete with the school’s operation of the NSLP, SBP, SSO, SFSP or CACFP. Competitive foods include, but are not limited

2. *Nutrition Education Implementation.*

- a. Each school Principal must select curriculum that:
 - i. aligns with the National Health Education Standards and the CPS Health Education Scope and Sequence, and
 - ii. provides for evidence-based nutrition instruction that is consistent with or exceeds the U.S. Department of Agriculture (USDA)'s "Dietary Guidelines for Americans" and the most current "My Plate" plan. OSHW will support schools in selecting a curriculum if necessary.

Additionally, schools:

- iii. may supplement this curriculum with resources provided by the USDA's Team Nutrition or other approved sources vetted by OSHW's Materials Review Committee (section VII.4).
 - iv. should encourage maximization of classroom time by integrating nutrition education into lesson plans of other school subjects including math, science, language arts, physical education, health, and social sciences.
 - v. must provide students with consistent nutrition education messages through multiple channels in addition to classroom instruction including nutrition information provided in the cafeteria, health fairs, field trips, after school programming, and assemblies.
 - vi. should utilize the school garden, if one exists, for nutrition education and ensure that all students have opportunities to interact with the garden throughout the growing season.
 - vii. must comply with any additional nutrition education requirements specified in Healthy CPS.
- b. The Chief Education Officer or designee, in collaboration with the Offices of Student Health and Wellness and Nutrition Support Services must monitor and measure the extent to which schools utilize an evidence-based nutrition education curriculum under the framework described herein. A baseline standard shall be developed to enable measurement of growth in the number of schools using an evidence-based nutrition education curriculum over time.

IV. Food in Schools

A. Meal Service

1.

8. Community Eligibility Provision (CEP): Under the CEP, the district provides breakfast and lunch to all students at no cost to them or their family. As long as the district is qualified, CPS will continue to offer this

- c. Food shall have 10% or less of its total calories from saturated fat;
- d. Food shall have 35% or less of its weight from total sugars, excluding sugars occurring naturally in fruits, vegetables, and dairy ingredients;
- e. Food shall have less than 200 mg of sodium for a snack or side dish and less than 480 mg for a main dish;
- f. Bread, baked goods, and other whole-grain based products shall have a whole grain (such as whole wheat) listed as the first ingredient or contain grains that are at least 50% whole grains;
- g. Cheese must be low, reduced-fat and low sodium;
- h. Serving size shall not exceed 200 calories for a snack or side item and shall not exceed 350 calories for a main dish.;
- i. A la carte serving sizes may not exceed those of the National School Lunch or School Breakfast Program;
- j. Dried fruits or fruits packaged in their own juice or light syrup will not exceed 200 calories for elementary schools, middle schools, high schools; and
- k. Dried fruits or fruits packaged in their own juice or light syrup will not exceed 200 calories for elementary schools, middle schools, high schools; and

3. Be 8 ounces or less for elementary school students and 12 ounces or less for middle and high school students.

4. Not contain any artificial growth hormones.

ii.. Flavored milk must be non-fat or low-fat (1%) and contain no more than 22 grams total sugars per 8 ounces.

iii. Non-dairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk providing specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. and contain no more than 15 grams total sugars per 8 ounces.

c. *Water Requirements:* Drinking water, whether provided in bottles, dispensers or water fountains, must:

i. Only contain natural flavors,

ii. Have 0 mg of sodium,

iii. Contain no added sweeteners

iv. Be caffeine free.

v. If carbonated, must contain less than 5 mg sodium.

(Carbonated water must not be served to Pre-K students.)

d. *Juice Requirements:* Schools may sell, provide or serve only fruit and/or vegetable based juice drinks that:

i. Are composed of no less than 100% fruit and/or vegetable juices,

4. Outside Foods:

- a. Schools must minimize the use of outside foods as outlined in sections B-6 (Fundraisers), D (Rewards), and E (Celebrations)
- b. To ensure food safety guidelines and student allergy management is maintained, no home-baked or home-cooked items may be served or sold to students as part of any school function.
- c. All foods provided as a functi

the items sold are intended to be consumed outside of school hours and away from school grounds (e.g. cookie dough, Taffy Apples). To ensure food safety guidelines and student allergy management is maintained, no home-baked or home-cooked items may be served or sold to students as part of any school fundraiser or function.

- b. All CPS fundraisers must be approved by the Network Chief.
- c. Schools must forfeit revenue from the sale of non-approved food or beverages.

7. Exceptions: The nutrition criteria outlined in this policy are recommended, but not required for food or beverages sold, served or provided: (a) during a school-sponsored activity or trip off school grounds and longer than the school day, (b) at concession stands at a sports stadium, gym, field house or auditorium, whether on or off school grounds, (c) as part of a school sports game, performance or event where parents/guardians and other adults are a significant part of an audience, (d) at school fundraising events held off of school grounds, and (e) outside of school hours, i.e. between 30 minutes after the final bell and midnight.

Students with Health Conditions: Nothing in this policy prohibits a student with a documented health condition from consuming foods or beverages provided from home. Reasonable accommodations will be made for students with diabetes or other health conditions where physician's orders specify the intake of certain snack foods or beverages at school to manage their medical condition.

8. School Staff and Administration: Principals, school staff, partners and program providers must

wide celebrations per school year with

3. Physical Education must not be counted towards this requirement for unstructured physical activity.
 4. This 30 minutes is inclusive of the required 20 minute daily recess (section V.B.).
- ii. Grades 6-8. Schools must provide daily opportunities for moderate to vigorous physical activity in addition to recess and physical education.
- c. Grades 9-12. High Schools are encouraged to maximize existing daily opportunities for physical activity (in addition to physical education) before, during, and after school.
2. *Implementation Goals:* Curriculum Integration: All core subjects including math, science,

VI. Employee Wellness

including but not limited to the Office of Teaching and Learning and the Office of Social-Emotional Learning, to vet curricula and programs related to Nutrition Education, Physical Activity, and Gardens;

5. Establish a process to gather regular reporting and feedback from individual schools, community partners, students and parents on the implementation of the policy;
6. Establish a process for assessing the equity impact of this policy, including how the policy is implemented in relation to who is most impacted by inequity to determine targeted universalist supports for schools;
7. Conduct periodic evaluations and report on district-wide and individual schools' compliance with the Policy; and
8. By December 2023, conduct a district-wide review and assessment of this policy and propose relevant Policy revisions.

IX. School Progress Report Measure: CPS will provide an annual indicator on the CPS School Progress Report that is directly correlated with the school's health and wellness environment and school's compliance with this and any applicable federal regulations and related Board policy.

X. Review of Policy Coordination Efforts: The Chief Health Officer and Executive Director of Nutrition Support Services must designate individuals from central office departments and schools, as well as external stakeholders to convene at least annually, and on an as-needed basis, to review CPS wellness and community coordination efforts and opportunities.

XI. Guidelines: The Chief Health Officer and Executive Director of Nutrition Support Services or designee is authorized to develop and implement guidelines, standards and toolkits to ensure the effective implementation of this policy.

CROSS REFERENCES: Board Rule 6-25

LEGAL REFERENCES: Healthy Hunger Free Kids Act of 2010, 42 USC 1751; Illinois Critical Health