

Standards for USDA School Meals

Ken-Ton Food Service breakfast and lunch programs are regulated by the federal government, as the USDA sets the standards. The following standards related to school meals will be addressed in the policy:

- Schools will offer breakfast through the USDA Breakfast program
- School meals meet the USDA standards as written in the Healthy, Hunger-Free Kids Act of 2010
- All school meal periods shall include at least 20 minutes for lunch and 10 minutes for breakfast
- Appropriate supervision by cafeteria monitors shall be provided
- Nutrition information of school meals will be shared via serving lines, monthly menus and district website



The Kenmore-Town of Tonawanda School District is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by fostering healthy eating habits and physical activity. The District has established a Wellness Committee to develop a local wellness policy and make recommendations for review and adoption by the Board of Education. The Kenmore-Town of Tonawanda School District Wellness Committee includes, but is not limited to, representatives from the following groups:

Parents
District Food Service
School Board
School Administrators
Physical Education Teachers
Health Education Teachers
Family and Consumer Science Teachers
School Nurses
Mental Health Professionals

Additional Resources

For a full version of the Kenmore-Town of Tonawanda School District wellness policy, visit our website at:
www.ktufd.org

Federal regulations on wellness policies and Healthy, Hunger-Free Kids Act
<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>

Wellness Policy Assessment and Resources
www.wellsat.org

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**Kenmore -Town of
Tonawanda Union Free
School District**

Wellness Policy Highlights



Revised July 2019

Nutrition Education and Wellness Promotion

The District will provide nutrition education and promote wellness to facilitate healthy eating habits and nutrition-related behaviors in the following ways:

- Provide a Nutrition curriculum in Family and Consumer Science, Health and PE which include skill-based activities
- Link the entire school environment to healthy school goals
- Encourage staff to be role models to healthy behaviors
- Share information on healthy choices with family and community
- Market healthy choices in schools/at school functions and discourage the marketing of unhealthy choices

How to Contribute to a Healthy School Environment

- Send your child to school with healthy options for lunch, snack, and drink
- Avoid sugary options for birthday and classroom celebrations
- Join your building level wellness team or become familiar with the District Wellness Policy.
- Avoid the sale of food related fundraisers within the schools.
- Encourage active participation in physical education, recess, athletics, and extracurricular activities

“Smart Snacks in School” Rule

Any Foods Sold in School MUST Meet at Least ONE of the Following:	The Food Must Also Meet ALL of the Following Standards:
<input type="checkbox"/> Be whole grain rich (At least 50% whole grain by weight or grain as the first ingredient)	<input type="checkbox"/> <u>Calories:</u> Snack items must be no more than 200 calories; entrée items no more than 350 calories
<input type="checkbox"/> First ingredient must be a fruit , vegetable, dairy product or protein food	<input type="checkbox"/> <u>Fat:</u> Total Fat no more than 35%, Saturated Fat no more than 10% of calories, Trans Fat: 0 grams (artificial)
<input type="checkbox"/> Be a combination food that contains at least 1/4 cup of fruit or vegetable	<input type="checkbox"/> <u>Sodium:</u> Snack items: must be no more than 230 mg per portion
<input type="checkbox"/> Contain 10% of the Daily Value of the following nutrient ; Calcium, Potassium, Vitamin D or Dietary Fiber	<input type="checkbox"/> <u>Sugar:</u> Must be no more than 35% of weight from total sugars in foods

The District Wellness Policy supports nutrition standards of all foods sold or provided on schools campus outside USDA School Meals. All foods in the following classifications **MUST** meet “Smart Snacks in School” Rule.

*Vending Machines, School Stores, Food Service a La Carte, Class parties and school celebrations.

*It is suggested that fundraisers and food sold during afterschool events follow the same rule.

Physical Education and Activity

The District will provide opportunities for every student to develop the knowledge and skills to participate in regular physical activity and develop long and short term goals in the following ways:

- Provide a Physical Education Curriculum for each grade level
- Use New York State mandates when planning Physical Education classes to the greatest extent possible
- When possible, classrooms will provide short activity breaks and supervised recess that include physical movement in addition to Physical Education
- The District will provide structured physical activity opportunities before and after school
- Students should not be denied participation in recess or other physical activity



Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA