

2008-09
District Wellness Program
FAQ

Frequently Asked Questions

Q. What is the District Wellness Program?

A. The District Wellness Program is outlined in the district Wellness Policy and the accompanying Administrative Regulations. It is a federally mandated program "with the objectives of promoting student health and reducing childhood obesity", by setting goals in the areas of Nutrition Education, Physical Activity, Nutrition Guidelines for what foods and beverages can be sold or served at schools, and Other school-based activities that promote student wellness. It was implemented starting in SY 2007-08.

Q. Do all foods sold or served at school apart from the school meals program need to meet the Nutrition Guidelines?

A. Almost all. Here's the breakdown:

- 100% of snack items, pre-packaged entrée foods and beverages, that are sold separate from a school meal during the school day, must meet the nutrition guidelines. School day = school hours + 30 minutes before and after school hours.
- All but 1 of the foods or beverages served at school celebrations must meet the guidelines.
- Food and beverages sold or served at staff functions during the school day need to include healthy options.
- Foods and beverages sold outside of the school day need to include healthy options.

For 2009-10 School Year

- Same as above, except snacks and entrées that are prepared on-site and sold during the school day must also meet the nutrition guidelines.

Q. What are the specific Nutrition Guidelines for foods sold during the school day?

A. The Nutrition Guidelines are the same as those required by Oregon Law 00455 and are printed on the back of this page, or can be accessed on the Nutrition Services web-site at the following link:
<http://www.beaverton.k12.or.us/home/departments/nutrition-services/>

Q. What nutrition guidelines do the school meals need to meet?

A. School meals have always had to meet USDA's nutrition guidelines, which are similar to those contained in Oregon Law 00455 for foods sold apart from the meals.

Q. Who is responsible for ensuring that the guidelines are met?

A. The principal (or designee) at each school will be responsible for all non-school meals sold or served. The NS staff at each school and at district level will be responsible for all school meals and NS foods sold.

Q. Where can I get more information?

A. More information, including links to the Wellness Policy, Administrative Regulations, Healthy Fund Raising Ideas, Ideas for Healthy Celebrations, and Alternatives to Using Food as a Reward, can be accessed on the Nutrition Services web-site at the following link: <http://www.beaverton.k12.or.us/home/departments/nutrition-services/beaverton-school-district-wellness-policy/>