

In an effort to meet criteria to receive Creating Healthy Communities funds, and to promote healthy eating habits for our staff the MLSD Board of Education has adopted a Workplace Healthy Catering Policy. MLSD policy 8510 (Wellness) states the following:

Workplace Healthy Catering

Manchester Local School District (MLSD) is dedicated to providing a work environment that supports employee and workplace health. There is a general consensus among scientists that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer.

In light of this consensus, Manchester Local School District believes that through food service offered on the premises, it is important to provide employees with healthy food choices that support their efforts to prevent disease and attain optimum health.

This policy applies to all food and drinks that are purchased with Manchester Local School District funds, served on Manchester Local School District Property, and/or served at Manchester Local School District-sponsored meetings or events where catering is provided for staff or visitors.

This policy does not apply to food service (including cafeterias, cafes, and vending machines). It also does not apply to food and drinks brought from home by staff for their personal use, or to share for personal celebrations such as birthdays or farewells. However, Manchester Local School District encourages providing healthy eating options on these occasions.

Therefore, Manchester Local School District will provide fruit and vegetable food choices that are low in fat at District meetings and functions. At functions which offer a selective menu or buffet, one (1) or more healthful entrees, side dishes, or desserts will be offered. When non-selective menu is served, healthful selections will be offered.

Manchester Local School District will ensure that:

1. Caterers used for all events are able to provide a variety of healthy food choices;
2. Healthy food choices will be available at all organizational activities;
3. Healthy food choices will be promoted at all organizational activities;
4. Healthy food choices will be positioned prominently;
5. The relation to health and enjoyment of healthy food is promoted;
6. All food is handled, prepared, and stored in accordance with Food Safety Regulations;
7. The workplace healthy catering policy will be reviewed annually

Beverage Standards

At least twenty-five percent (25%) of beverages provided should meet these standards:

1. Water: (plain, sparkling, and flavored) ≤ 10 calories per serving
2. Fat-free or low-fat (1%) milk and milk alternatives (soy, almond, etc.): ≤ 130 calories per eight (8) fluid ounces
3. 100% fruit or vegetable juice (no added sugars/sweeteners, except non-nutritive sweeteners): 120 calories per eight (8) fluid ounces, 150 calories per ten (10) fluid ounces, 4. 180 calories per twelve (12) fluid ounces
5. Unsweetened coffee and tea: fat-free or low-fat (1%) milk or non-dairy dreamer only
6. All other beverages: ≤ 10 calories per serving

**Manchester Local School District staff member/departments/committees will be responsible for the monitoring, compliance, and review, of this workplace healthy catering policy. This may include implementing a short survey for staff to complete that evaluated the use of this policy.*

Food Standards

At least twenty-five percent (25%) of foods provided should meet these standards:

Snacks (except plain nuts and nut/fruit mixes):

1. ≤ 200 calories per label serving
2. ≤ 240 mg sodium per label serving
3. 0 g trans fat per label serving (no partially hydrogenated oils)
4. ≤ 1 g saturated fat
5. No candy (sugar-free mints and gum are acceptable)
6. No regular chips (baked chips and pretzels are OK)
7. Grain-based bars ≥ 10% daily value dietary fiber and ≤ 7 g total sugars per label serving

Plain nuts and nut/fruit mixes:

1. Serving size ≤ 1.5 oz
2. ≤ 140 mg sodium per label serving

Entrees:

1. ≤ 500 calories
2. ≤ 15 g total fat (excluding nuts, seeds, cheese, and products containing nuts and nut butters)
3. ≤ 2 g saturated fat (per 200 calories; excluding nuts, seeds, cheese, and products containing nuts and nut butters)
4. 0 g trans fat per label serving
5. ≤ 230 mg sodium
6. ≤ 10 g sugar (excluding fruits and vegetables that do not contain added sweeteners or fats)
7. ≥ 2 g fiber (if product is grain-based or potato-based)

Meals:

1. ≤ 700 calories
2. ≤ 600 mg sodium
3. ≤ 5 g saturated fat
4. ≤ 105 mg cholesterol
5. ≤ 0.5 g trans fat (no partially hydrogenated oils)
6. At least two (2) servings (1 – 1.5 cups) of vegetables and/or fruits

Dear Parents,

We would like your help teaching children about Healthy Nutrition. Have your child draw a picture of a superhero that does not have any superpowers. Help your child collect superpowers by eating healthy foods. The chart on the bottom of the page will tell you how much food from each of the food groups to have each day.

FRUIT GROUP

Every time you eat from this food group, you get to draw an orange colored button on your superhero that allows instant healing from any cuts or bruises.

VEGETABLE GROUP

Every time you eat from this food group, you get to draw a green colored button on your superhero that will give laser night vision. No one will be able to sneak up on your superhero.

GRAIN GROUP

Every time you eat from this food group, you get to draw a brown colored button on your superhero that will give it an energy boost. Your superhero will be able to jump higher, throw farther, and run faster.

PROTEIN GROUP

Every time you eat from this food group, you get to draw a red colored button on your superhero that allows it to have large muscles. Your superhero will be able to lift trucks, houses, and anything heavy.

DAIRY GROUP

Every time you eat from this food group, you get to draw a blue colored button on your superhero that allows your superhero to instantly get put back together if broken. If superhero loses or breaks a leg, arm, teeth, or head, just press the button, and another will grow back.

FOOD CHART Based on U.S. Department of Agriculture. ChooseMyPlate.gov website

	<u>AGE</u>	<u>DAILY AMOUNTS</u>
Fruit	4 - 8 Years Old	1 – 1 ½ Cups
	9 -13 Years Old	1 ½ Cups
Vegetables	4 – 8 Years Old	1 ½ Cups
	9 – 13 Years Old	2 – 2 ½ Cups
Grain	4 – 8 Years Old	5 Serving
	9 – 13 Years Old	5 – 6 Serving
Protein	4 – 8 Years Old	4 Ounces a day
	9 – 13 Years Old	5 Ounces a day
Dairy	4 – 8 Years Old	2 ½ Cups
	9 – 13 Years Old	3 Cups

