CARROLLTON-FARMERS BRANCH ISD

Local Wellness Plan Review / Revision

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CARROLLTON-FARMERS BRANCH ISD

Local Wellness Plan (LWP) Revision

- LWP is a required tool that focuses on:
  - Maintaining a healthy school environment
  - Activities that promote student wellness.
- Major component includes nutritional guidelines for all food and beverages sold or given to students
  - Competitive foods, a la carte, fundraising
- Subject to program compliance in Administrative Reviews (AR) of the USDA National School Breakfast and Lunch Programs
  - Scheduled for 2026-2027
  - Reevaluating and updating

Local Wellness Plan (LWP) Revision

- Recommended updates which align with TASB's LWP template
  - Formatting for ease of reading
  - Section titles
  - Wording rearrangement
  - Section rearrangement
  - District title updates for professionals
  - Added template language to Guidelines and Goals
  - Updates stakeholders in Goals

Local Wellness Plan (LWP) Revision

- Added sections on Confidentiality, Potable Water, and Professional Standards

CONFIDENTIALITY

The district takes all reasonable measures and follows applicable procedures to protect the privacy of students who qualify for free or reduced price meals. All students, regardless of the type of payment they use for school meals and all other purchased foods, use a PIN number at the point of service for each transaction.

POTABLE WATER

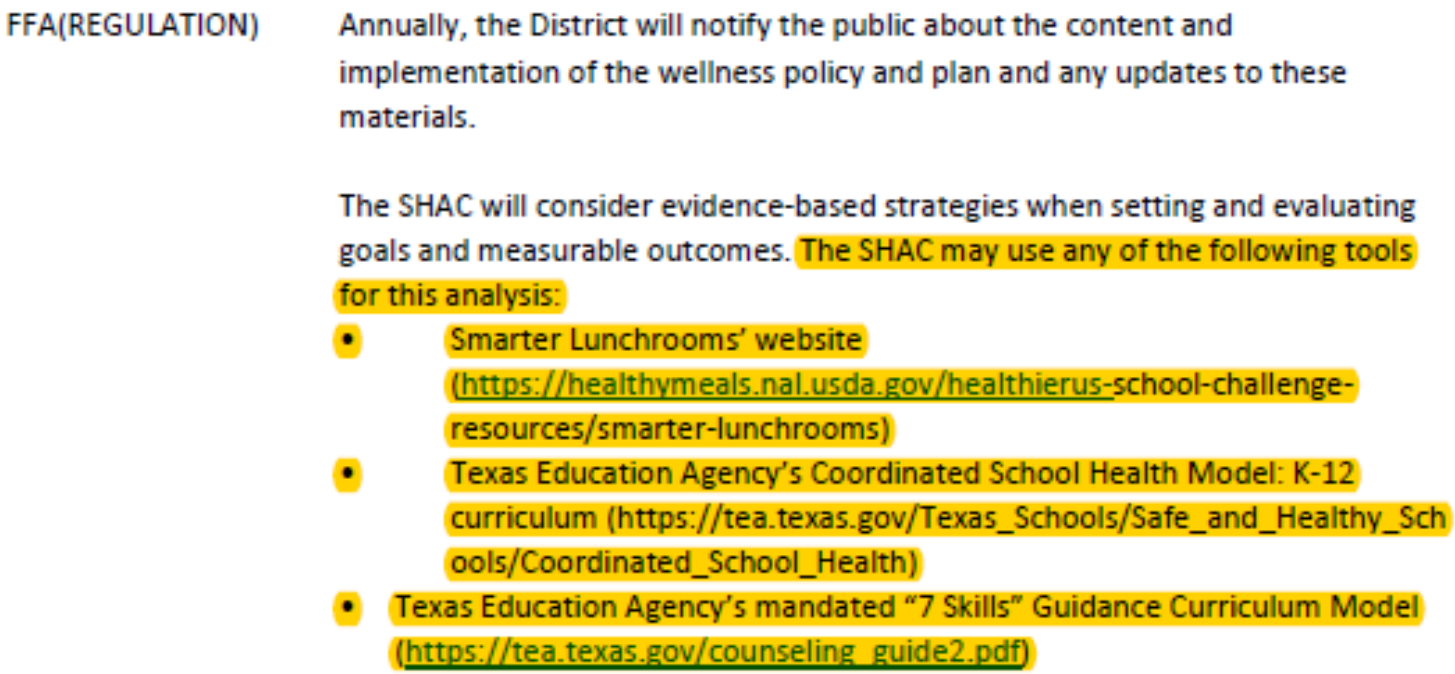
Potable water is available at no cost to all students during each meal period. Cups and water jugs are supplied in each lunch room when there is no other source of potable water available.

PROFESSIONAL STANDARDS

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in food and nutrition is provided to all pertinent staff.

Local Wellness Plan (LWP) Revision

- Remove resources that are frequently changed, relocated, or no longer available



FFA(REGULATION)

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use any of the following tools for this analysis:

- Smarter Lunchrooms' website (https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms)
- Texas Education Agency's Coordinated School Health Model: K-12 curriculum (https://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Coordinated_School_Health)
- Texas Education Agency's mandated "7 Skills" Guidance Curriculum Model (https://tea.texas.gov/counseling_guide2.pdf)

Local Wellness Plan (LWP) Revision

- Remove resources that are frequently changed, relocated, or no longer available

FOODS AND BEVERAGES SOLD	The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements: • http://www.fns.usda.gov/school-meals/nutrition-standardsschool-meals • http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks • http://www.squaremeals.org/Publications/Handbooks.aspx (see the Complete Administrator Reference Manual [ARM], Section 20, Competitive Foods)

Local Wellness Plan (LWP) Revision

- Updating definitions that have previously caused confusion for campuses regarding Smart Snack requirements

DEFINITIONS

In regards to competitive foods, the Texas Department of Agriculture Administrator's Reference Manual (ARM) provides the following definitions:

- NSLP – National School Lunch Program
- SBP – School Breakfast Program
- Competitive Foods – Foods and/or beverages sold to students that compete with the school's operation of the NSLP and/or SBP. This definition includes, but is not limited to, food and/or beverages sold a la carte in a meal service line, in vending machines, in school stores, or as part of fundraisers. School fundraisers include food and beverages sold by school administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization. This does not include food items that are given away to students at no cost, nonfood items, or foods that are not intended to be consumed at school.

- School Day – the period from the midnight before the beginning of the official instructional day to 30 minutes after the end of the official instructional day. Competitive Food Nutrition Standards apply during this time period.
- School Campus - all areas of the property under the jurisdiction of the school that are accessible to students during the school day. Competitive Food Nutrition Standards apply to these places.
- Sale of a Food/Beverage - all direct or indirect sales such as (1) cash or credit transactions; (2) tokens, tickets, or other representations of value in exchange for cash or credit that a student may use to purchase food and/or beverages; or (3) food and/or beverages given to students in exchange for donations, whether those donations occur by cash or credit. If a student receives a food and/or beverage as a result of any form of payment, donation, or other contribution, the food and/or beverage item must meet the Competitive Food Nutrition Standards.

Local Wellness Plan (LWP) Revision

- Further clarifying exceptions to the Food and Beverage Sale compliance (i.e. exempt days)
  - Up to six (6) exempt days per campus
  - Items sold on these exempt days do not have to be Smart Snack compliant
  - Administrators must submit exempt days to Student Nutrition
  - Specific guidelines by age group for non-exempt day sales
    - Elementary campuses not allowed to sell outside of exempt days
    - Middle and high school campuses are allowed to sell outside of exempt days IF items are Smart Snack compliant
      - Nutrition facts panel, ingredient list, and Smart Snack compliance using the Smart Snacks Calculator are required
      - Approval required before selling

Local Wellness Plan (LWP) Revision

- Further clarifying exceptions to Food and Beverage Sale compliance (i.e. exempt days)

EXCEPTIONS FOR FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow each campus up to six exempt days per year per campus. Campus administrators must identify the six exempt days per year via the District-established method prior to the occurrence of each exempt day. Additionally, the following Fundraiser/Competitive Foods Restrictions by age group will apply:

- Elementary School: The sale of any food or beverage item, whether Smart Snacks compliant or not, is restricted to 30 minutes after the last bell of the school day unless the sales occur on one of the campus's preapproved exempt days. No food and beverages should be sold to students on campus outside mealtimes unless they are part of an approved exempt fundraiser. This does not include Smart Snacks food and beverages sold during breakfast and lunch mealtimes by the Student Nutrition Department.
- Middle School: The sale of competitive food and beverage items that are compliant with Smart Snacks in Schools Nutrition Standards is allowed throughout each school day. Campus administrators must submit a nutrition facts panel with ingredients listed and the Smart Snack calculator identifying that the product being sold is Smart Snack compliant for each item they will sell and receive approval from Student Nutrition prior to selling the item. The sale of any food or beverage item that is not compliant with Smart Snacks in Schools Nutrition standards is restricted to 30 minutes after the last bell of the school day unless the sales occur on one of the campus's preapproved exempt days.

- High School: The sale of competitive food and beverage items that are compliant with Smart Snacks in Schools Nutrition Standards is allowed throughout each school day. Campus administrators must submit a nutrition facts panel with ingredients listed and the Smart Snack calculator identifying that the product being sold is Smart Snack compliant for each item they will sell and receive approval from Student Nutrition prior to selling the item. The sale of any food or beverage item that is not compliant with Smart Snacks in Schools Nutriti (Ctrl) s is restricted to 30 minutes after the last bell of the school day unless the sales occur on on mpus's preapproved exempt days.

Local Wellness Plan (LWP) Revision

- Further clarifying guidance for foods and beverages provided (free of charge) on campuses
  - Growing concerns about student allergies, food safety risks, and bioterrorism
  - Added specific guidance requiring:
    - Foods provided must be store bought,
    - sealed in original packaging, and
    - containing a nutrition facts label with all ingredients listed

Local Wellness Plan (LWP) Revision

- Further clarifying guidance for foods and beverages provided (free of charge) on campuses

FOODS AND BEVERAGE PROVIDED

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

There are no federal or state restrictions regarding foods or beverages provided for free (at no cost) not sold, to students during the school day. However, each school district must set its own standards. The District has established the following local standards for foods and beverages made available to students:

- Elementary School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- Middle School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- High School: Must be store bought, sealed in original packaging and contain a nutrition facts label with all ingredients in the food item
- Classroom Celebrations: It is recommended that all classroom celebrations be non-food based due to the increased number of student allergies, risk of unsafe food, and increased bioterrorism risk. However, allowing food or beverage items to be part of classroom celebrations will be at the principal's discretion. When classroom celebrations that include food are allowed, they should be restricted to after lunch to ensure that students have access to a nutritious meal prior to consuming birthday snacks.

Questions and Contact Information

- Questions?
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  - 972-968-6381, brookoverybarral@cfbisd.edu
- Kristen Hess, Director of Student Nutrition Services
  - 972-968-6390, hessk@cfbisd.edu
- Other Resources:
  - TDA LWP and ARM - https://squaremeals.org/Programs/National-School-Lunch-Program/
  - Student Nutrition webpage - https://www.cfbisd.edu/departments/student-nutrition-services/school-wellnesss
  - USDA Smart Snacks in Schools - https://www.healthiergeneration.org/app/resources/641