



School Nutrition Law Information

Highlights of the New Law

The law that was aimed at making school food healthier took effect as of August 1, 2012.

What does the Nutrition Law apply to?

The healthy school food law applies to all food and beverages provided or sold in public schools during the school day, plus 30 minutes before and 30 minutes after the school day. It does not affect the main school lunch and breakfast.

Here's what stayed the same:

- A child's purchased main lunch or breakfast meal, and everything that comes with it.
- A child may continue to bring from home anything she or he wants for a bag lunch or snack, accounting for classroom allergies.
- Bake Sales are permitted at school events that take place in the evening, or weekends, or at least 30 minutes before or after the school day.
- PTA and group Fundraisers may continue to sell food that does not meet the new nutrition standards as long as the food is distributed more than 30 minutes before or 30 minutes after the school day.

Here's what changed:

- All food and beverages sold or provided during the school day (including 30 minutes before and 30 minutes after).
- A La Carte items sold in the cafeteria, including snacks, sides, treats, and beverages.
- In the classrooms or hallways, including in-class parties.
- At any school-sponsored or school-related event within the 30 minute guidelines noted above.
- In school stores.
- In school snack bars.
- In vending machines (which must meet nutritional standards 24 hours/day).
- At concession stands.

"School nutrition is not the only answer obviously, but kids do spend a lot of time there, with some kids eating two meals a day at school. It's an important component."

Mass. Department of Public Health (DPH) Medical Director Dr. Lauren Smith.

Nutritional Changes in the Classroom

- **Fruit and Non-fried Vegetables must be for sale wherever food is sold, except non-refrigerated vending machines and beverage vending machines.**
- **Juice, milk, milk substitute and water are the only beverages to be sold or provided.**
- **As of September 2013, chocolate milk will be available only if it contains the same amount of sugar or less than white fat-free or low fat milk.**
- **Juice must be 100 percent juice and is limited to 4 ounces per serving.**
- **Water must be readily available and free to students all day long.**
- **No fried food.**
- **All bread and grain-based foods must be whole grain.**
- **Limit of 200 calories per item, except a la carte entrees, which must not exceed calories of main lunch entree.**
- **FAT limited to 35 percent, or less, of food item's total calories; and saturated fat limited to 10 percent of food item's total calories. Except - one ounce nuts, nut butters, seeds or low-fat cheese.**
- **No trans fat.**
- **Sugar limited to 35 percent, or less, of food item's total calories; except non-fat or low fat yogurt containing up to 30 grams of sugar per 8 ounce serving, and fruit.**
- **Sodium limited to 200 mg per food item, except a la carte entrees, which may contain up to 480 mg sodium per food item.**
- **Nutrition Info must be available to students for all non-packaged foods; except fruit and veggies, or other food and drinks sold during school day at booster sales, concession stands and other school-related fundraisers and events.**
- **No Artificial Sweeteners.**
- **No caffeine except trace amounts.**



Canton Public Schools

School Wellness Advisory Committee

Growing numbers of children come to school with health-related problems and engage in negative health behaviors that sap their motivation to learn, endanger their health, and threaten their future.

Council of Chief State School Officers

Jeffrey W. Granatino
Superintendent of Schools

Jennifer A. Henderson
Director of Curriculum & Instruction

Debra L. Bromfield
Director of Student Services

Kenneth D. Leon
School Business Administrator

S. W. A. C.

The History of SWAC in Canton

The Department of Public Health recommended the formation of a School Wellness Advisory Committee (SWAC) in 2004 when the Child Nutrition and WIC Reauthorization of Act required the development of Wellness Policies in all Massachusetts schools. Since then, the Canton Public Schools SWAC has participated in a variety of initiatives such as :

- Wellness Policy (2004-05)
- Allergy Management Policy (2007-08)
- Bullying Policy (2010-11)
- Wellness Policy (2010)
- Concussion Policy (2011-12)

In July 2010, the Massachusetts legislature passed "An Act Relative to School Nutrition" (M.G.L.c.111,s.222) which called for "regulations facilitating the establishment of school wellness advisory committees."

Regulations were drafted in 2010-2011, reviewed, and passed by the Massachusetts' Public Health Council in July 2011 with required implementation by August 2012.

The federal Healthy, Hunger-Free Kids Act (HHFKA) and the Massachusetts regulations for School Wellness Advisory Committees complement each other very well.

School Wellness Advisory Committee regulations specify **WHO** needs to be involved and **HOW** they should work together during the year. HHFKA indicates **WHAT** needs to be the major focus of attention during the 2012-2013 school year, that is, the district's Local School Wellness Policy.

Accomplishments

2012 – 2013

- Recruitment of SWAC members which included school nurses, physical activity staff, school nutrition staff, administrators, teachers, parents, students, representatives of the district's School Committee and Board of Health, and representatives from community youth-serving agencies.
- Exceeded mandatory four meeting per year with five meetings.
- Particular focus placed on implementation of the Massachusetts School Nutrition Law which included the Nutrition Standards for Competitive Foods and Beverages in Public Schools.
- SWAC was actively involved in addressing the new "Nutrition Promotion" objective imbedded in the revised Wellness Policy approved in August 2012.
- Initiated compilation of data to identify and examine issues of concern in the Canton schools:
 - Body Mass Index (BMI) for seven years for Canton Students
 - Youth Risk Behavior Survey (YRBS)
- Refined goals and established plans for strengthening existing objectives.

"Schools could do more than perhaps any other single institution in society to help young people, and the adults they will become, to live healthier, longer, more satisfying, and more productive lives."

Carnegie Council on Adolescent Development

Goals

2013-2014

- Analyze the 2013 data from the Youth Risk Behavior Survey Data in relation to National and State wide survey results.
- Utilize YRBS findings to establish future goals for SWAC.
- Ongoing analysis of the Wellness Policy and need for revisions.
- Strengthen educational efforts regarding the components of the Wellness Policy.
- Establish School Based Wellness Teams (PDPs) consisting of:
 - SWAC Advisor
 - Faculty member (1-2)
 - Wellness Staff
 - School Nurse
- Complete School Health Index.
- Initiate self-sustaining CPR program for Canton school employees.

SWAC membership is open to all students, parents, faculty members, teachers, community partners or ANY individual is committed to addressing Wellness in the School community. Meetings are every other month. For more information, please contact:

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