



Highlights

All components of the PCS Wellness Guidelines are in progress toward being aligned to the guidelines from the Alliance for a Healthier Generation. www.healthiergeneration.org

NUTRITION EDUCATION:

Instruction is required at all grade levels.

PHYSICAL ACTIVITY:

- One credit of physical education is required to meet the 24-credit graduation option. For incoming students, Health Opportunities through Physical Education (HOPE) is the district course that meets this requirement. Students enrolled in PE are required to complete the Being Fit Matters / Fitnessgram Assessment.

- Marching Band students are required to get a physical examination before participating in band class.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES: Schools should provide access to hand washing/hand sanitizing before and after students eat.

FOODS ON CAMPUS: Schools may not serve or provide access for students to low nutritional foods and all other forms of candy on school property until one hour after the end of the last lunch period. This includes vending machines, school stores and school fundraisers.

VENDING MACHINES: A minimum of 80% of the beverage items offered for sale to high school students outside of the school meals program during the regular and extended school day will meet or exceed the Alliance for a Healthier Generation's School Beverage Guidelines. Energy supplement beverages are prohibited.

MENUS AND CAFETERIA OPTIONS: French fries and other fried potato products must not exceed 4.5 ounces per serving, and students may only purchase one serving at a time. Food services menus meet or exceed regulatory nutrition requirements.

SNACKS AND SPECIAL EVENTS:

- Parents who would like to send class snacks should call the school office or teacher to make sure the items are within the guidelines. School-provided snacks must comply with the Pinellas County Schools Nutrition Standards and may not contain any Foods of Minimal Nutritional Value (candy, gum, soft drinks, etc.). Classroom snacks may not exceed the maximum portion size designated for that item. Please refer to the suggestions for healthy snacks.
- With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to two different school-approved events each year**. These food items may not be given while school meals are being served.

INSTRUCTIONAL USE OF FOOD IN CLASSROOM: As part of an instructional, prepared lesson, teachers may use low nutritional foods. Occasionally, students may consume food prepared in class for instructional purposes; however, food may not be provided or sold to other students or classes. Food provided for students as part of family and consumer sciences or culinary programs would be exempt from these guidelines. Low nutritional items may not be served during meal periods.

STUDENTS WITH SPECIAL NEEDS: Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

TESTING DAYS: Schools and parents may provide one additional snack per day for students taking tests. The school snack must comply with the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

FIELD TRIPS AND STUDENT COMPETITIONS: School approved field trips and athletic and band competitions are exempt from the nutrition guidelines.

HEALTHY SNACKS

FRESH FRUITS

Canned fruits in natural or light juices
Raisins
Other dried fruits

GRAINS (1.5 oz. or less)

Whole grain crackers
Unsweetened cereals
Unbuttered popcorn
Baked tortilla chips
Unsweetened cereal
Pretzel and nut mix
Pretzels
Graham/animal crackers
Goldfish crackers
Munchies Kids Mix
Baked chips



CEREAL BARS (2 oz. or less)

Multigrain bars
Quaker Oatmeal bars
Rice Krispies Treats

BAKERY ITEMS (3 oz. or less)

Whole grain breads
Bagels
English muffins
Mini muffins

MISCELLANEOUS

Fresh vegetables
Low-fat cheeses
Peanut butter
Salsa
Sugar-free gelatin
Yogurt (8 oz. or less)



BEVERAGES (12 oz. or less)

Bottled water
Flavored water (0-calorie)
Low-fat milk, flavored or unflavored
100% Fruit juices
100% Vegetable juices

Frequently Asked Questions

HOW OFTEN ARE THE GUIDELINES CHANGED?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. Each year the guidelines are reviewed and revised as necessary by the School Health Advisory Committee.

HOW DOES THIS AFFECT THE LUNCH THAT I SEND TO SCHOOL WITH MY CHILD?

These guidelines do not affect what you pack in your student's lunch. Parents may provide low nutritional or candy items for their own student but not for other students.

WHO DO I CALL IF I HAVE A QUESTION?

For more information, please contact the office at your student's school.

