



### Highlights

All components of the PCS Wellness Guidelines are in progress of being aligned to the guidelines from the Alliance for a Healthier Generation. [www.healthiergeneration.org](http://www.healthiergeneration.org)

**NUTRITION EDUCATION:** Instruction is required at all grade levels.

**PHYSICAL ACTIVITY:**

- Thirty (30) consecutive minutes of physical education is required. Students enrolled in PE in Grades 3 - 5 are required to complete the Being Fit Matters/Fitnessgram assessment, taught by a certified physical education teacher.
- On a daily basis, all elementary students shall have the opportunity of participating in a cumulative 20 minutes of physical activity beyond the physical education program.

**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 the end of the school day. This includes vending machines, school stores and school fundraisers.

**MENUS AND CAFETERIA OPTIONS:** Food services menus meet or exceed regulatory nutrition requirements. All beverages served will be milk, 0-calories flavored or unflavored water, 100% fruit and/or vegetable juice. Energy supplement beverages are prohibited.

**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. 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 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

### 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 child's lunch. Parents may provide low nutritional or candy items for their own child but not for other children.

**WHO DO I CALL IF I HAVE A QUESTION?**

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