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: Students in grades 6-8 will be required to take one semester of physical education unless the parent waives this requirement. Students enrolled in PE are required to complete the Being Fit Matters / Fitnessgram Assessment.

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 foods and 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.

MENUS AND CAFETERIA OPTIONS: Food services menus meet or exceed regulatory nutrition requirements. Energy supplement beverages are prohibited.

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.

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.

TESTING DAYS: Schools and parents may provide one additional snack per day for students during testing days. 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.

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.

HEALTHIER 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