

**Baltimore County Public Schools
Office of Food and Nutrition Services**

Wellness Policy Guidelines

Baltimore County Public Schools participates in the National School Lunch and the National School Breakfast Programs which must have in place a school wellness policy (guidelines) that address student nutrition and physical activity.

Board of Education (Board) Policy and Superintendent’s Rule 5470 – Wellness outlines all the components of student health including nutrition and physical activity.

The Office of Food and Nutrition Services (OFNS) must adhere to the United States Department of Agriculture (USDA) guidelines when developing and updating local school wellness policies.

In August 2017, Board Policy and Superintendents Rule 5470 was updated and approved. Guidelines were revised by the food and nutrition staff and can be found on the OFNS Web site at http://businessservices.bcps.org/departments/business_services_operations/food_and_nutrition_services/. Click on “Healthy School Environment – Wellness” on the left side.

Rule 5470 – D. Nutrition Environment and Services – Supports healthy eating by promoting and marketing healthy foods and beverages offered to students participating in the school meals program and beyond the cafeteria to include the classroom and school campus.

The OFNS developed guidelines to assist with wellness policy compliance.

How can the PTA and its members assist with compliance?

- A. Meet your school’s wellness liaison. Every school will be developing a wellness team to implement and support the wellness policy.
- B. Be informed! What are Smart Snacks in Schools? Smart Snacks in school regulations applies to food sold in the cafeteria, the school store, or vending machines to students during the “school day.”
 - The school day is defined as the period from midnight to 30 minutes after the end of the official school day.
 - This includes food fundraisers!!
 - The school cafeteria is stocked with products and beverages that meet these smart snack guidelines since 2014.
 - In 2017, the requirement extended to ALL foods served to students while attending school “during the day”—that includes classrooms.
- C. Will my school follow this policy? What can be served? How will I know?

- The school administrator together with the wellness team members will determine the number and frequency of classroom celebrations.
- Refreshments should complement the event or lesson and only serve foods that meet nutritional guidelines.
- Recommend using the UDSA's Smart Snacks Product Calculator found on the Parent University homepage at http://www.bcps.org/parentu/health_wellness/. Click on the link under "NUTRITION AND FITNESS." This tool will help determine if the foods/beverages meet these guidelines.
- Acceptable foods are those stable at room temperature, in the original packaging, commercially prepared and include product ingredients on the label.
- Consider sponsoring/providing non-food choices to reward students/teachers for a job well done.

Note: Baltimore County Department of Health prohibits food prepared in unlicensed facilities or by individuals, i.e., home-baked or cooked goods, to be sold or offered to the students or the public on school premises.

D. Is there any time these "nutrition standards" do not apply?

- Yes, foods and beverages sold 30 minutes after the end of the official school day (concerts, sporting events, school plays, weekend and off-campus events, etc.).
- Food fundraisers intended for home consumption that are sold 30 minutes after the end of the official school day.

Questions or concerns? Contact: Karen Levenstein, Director
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