



2025

FHSD WELLNESS POLICY

TRIENNIAL ASSESSMENT

School Wellness Policy

At minimum, school wellness policies are required to include specific goals for...

- Nutrition promotion
- Nutrition education
- Physical activity
- Other school-based activities that promote student wellness
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with federal regulations for school meals and smart snacks in the school nutrition standards
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives)
- Policies for food and beverages that meet the smart snacks in school nutrition standards
- Description of the evaluation plan
- Designated official in charge of wellness policy



FHSD Wellness Policy Includes

Wellness Coordinator:

- Is responsible for facilitating the wellness policy upkeep
- **Person Responsible:** John Eckert
- **Next Steps:** Meet annually with committee to evaluate wellness policy and action plan

Stakeholder Participation:

- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school board, school administrators, and the general public are encouraged to participate in the development, implementation, evaluation and update of the wellness policy
- **Next Steps:** Continue to encourage stakeholders to increase participation and implementation of the wellness policy activities

Requirements

USDA Requirements for School Meals

- All school meals meet the USDA requirements
- Next Steps: Continue menu optimization for upcoming nutritional guideline changes
- Sodium:
 - 27-28 SY: Reduce Sodium by 10% (BF) and 15% (L)
- Added Sugars:
 - 25-26 SY: Limits on specific high-sugar products
 - 27-28 SY: $\leq 10\%$ added sugars from calories weekly

Food and Beverage Marketing

- FHSD allows marketing on the school campus during the school day of only those foods and beverages that meet the competitive food/beverage requirements (Smart Snacks)
- Next Steps: Implementation of Health e-Pro for easy access to nutritional and allergy information
- Plan to promote the FS program offering new menu items, fruit and vegetables varieties

Added Sugar Restrictions

SY 2025-26

Product-based limits to be implemented by school year 2025-26 (July 1, 2025)

- **Breakfast cereals** may have no more than 6 grams of added sugars per dry ounce
- **Yogurt** may have no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce)
- **Flavored milk** may have no more than 10 grams of added sugars per 8 fluid ounces or, for flavored milk sold as a competitive food for middle and high schools, 15 grams of added sugars per 12 fluid ounces

SY 2027-28

Weekly dietary limits to be implemented by school year 2027-28 (July 1, 2027)

- In addition to product-based limits described in SY 2025-26, the final rule also establishes a dietary specification limiting added sugars to less than 10 percent of calories across the week in the school lunch and breakfast programs

Sodium Restrictions

School meals offered to each age/grade group must meet, on average over the school week, the sodium limits specified in the following tables within the established deadlines

National School Breakfast Program

Grade Group	Sodium Limit In place through June 30, 2027	Sodium Limit Must be implemented by July 1, 2027
Grades K-5	≤ 540 mg	≤ 485 mg
Grades 6-8	≤ 600 mg	≤ 535 mg
Grades 9-12	≤ 640 mg	≤ 570 mg

National School Lunch Program

Grade Group	Sodium Limit In place through June 30, 2027	Sodium Limit Must be implemented by July 1, 2027
Grades K-5	$\leq 1,110$ mg	≤ 935 mg
Grades 6-8	$\leq 1,225$ mg	$\leq 1,035$ mg
Grades 9-12	$\leq 1,280$ mg	$\leq 1,080$ mg

Nutritional Guidelines

Nutritional Guidelines for All Sold Foods and Beverages

- All nutritional guidelines are set by the USDA, Smart Snacks, and Alliance for a Healthier Generation
- Guidelines are implemented in the FHSD Food and Wellness Policies

Nutritional Guidelines for Non-sold Food and Beverages

- FHSD has set nutritional guidelines for foods and beverages not sold but made available on the school campus during the school day
- Next Steps: Educate and guide school staff about food and beverages not sold but available on the school campus during USDA designated school hours that should meet the smart snack and USDA approved guidelines

Goals

Nutrition Education

- Goal #1: Implement nutrition education into the district wellness curriculum
 - FHSD aims to create nutrition education materials and guidelines that can be inserted into the district wellness curriculum or presented at meal times
 - FHSD aims to implement nutrition tidbits in the morning announcements
- Goal #2: Increase fruit and vegetable education and offerings

Physical Activity & Other School Based Activities

- Goal #1: PE Classes
- Goal #2: District 5k
- Goal #3: PBIS Program
 - Encourage Non-food based incentives in the PBIS program
- Goal #4: Running Clubs
- Goal #5: Mental Health and Wellness

Evaluation

Every three years the local education agency evaluates the wellness policy with an evaluation tool and has notified the public of the results. The assessment will determine:

- To what extent the local education agency is following the school wellness policy
- The extent to which the local wellness policy compares to model school wellness policies
- The progress made in attaining the goals of the school wellness policy
- Person responsible for monitoring the policy: Madison Walker-Bingamon

Progress & Next Steps

- Policy committee will meet at least annually to assess progress and make recommendations
- Wellness committee will provide nutritional information and education
- Food service office will maintain the nutritional database and compliance to smart snacks and menus

Communication

- FHSD annually informs and updates parents, students, staff, and the community about the content and implementation of the wellness policy and provides activities for additional stakeholders to be able to participate
- Next Steps: Continue providing wellness information in schools, on district website, and emails

Wellness Policy Summary and Progress			
School Wellness Policies are to Include:	Meeting Goal	Meeting Goal Partially	Not Meeting Goal
Wellness Coordinator	X		
Allow Stakeholder Participation	X		
Meet USDA requirements for School Meals	X		
Set Nutritional Guidelines for all Foods and Beverages Sold	X		
Set Nutritional Guidelines for Non-sold Foods and Beverages	X		
USDA Compliant Food and Beverage Marketing	X		
Set Nutrition Education Goals	X		
Set Nutrition Promotion Goals	X		
Set Physical Activity Goals	X		
Set Mental Health and Wellness Goals	X		
LEA Conducts Triennial Evaluations	X		
Annual Communication on Implementation and Participation	X		
Record Keeping	X		
Notes:	Wellness Coordinator: John Eckert		
	LEA: Madison Walker-Bingamon		
	FHSD models school wellness policies after other successful districts and The Alliance for a Healthier Generation.		