

## **Questions and Answers of School Wellness for Washoe County School District**

The Nutrition Services Department of Washoe County School District has been receiving questions regarding the Nevada School Wellness Policy. Following are answers to the most frequently asked questions.

### **Can my school/student activity group sell food items during the school day?**

Organizations may sell food items that are compliant with the Nevada School Wellness Policy. Organizations are not to sell food/beverage items while breakfast or lunch is being served in the cafeteria due to the district contract regarding competitive foods.

### **Does the food prepared by a culinary class as part of the class curriculum have to follow this policy?**

Food items prepared by a culinary class as part of the curriculum do not have to meet the Nevada School Wellness Policy standards. The food prepared must be consumed only by the students in the class, and cannot be sold or given to anyone outside of the class.

### **Where can I find a copy of the Nevada School Wellness Policy?**

Find the Nevada School Wellness Policy here: <http://nutrition.nv.gov/Programs/Wellness/>

### **What foods and beverages are compliant with the Nevada School Wellness Policy?**

You can find the list of approved items here:

[http://nutrition.nv.gov/Programs/Nevada%E2%80%99s\\_Smart\\_Snacks/](http://nutrition.nv.gov/Programs/Nevada%E2%80%99s_Smart_Snacks/)

### **What if I have a food/beverage item I believe will comply, but it is not on the list?**

You can use the smart snack calculator found at the website listed below. The only exception to this calculator is carbonated beverages. The Nevada School Wellness Policy prohibits carbonated beverages of any kind.

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

### **What if my organization wishes to sell items that are not compliant with the State Wellness Policy?**

All food/beverages must comply with the Nevada School Wellness Policy during the school day, which is defined as midnight until 30 minutes after the end of the school day. You do not have to comply with this standard on non-school days such as holiday breaks and weekends. Sporting events taking place 30 minutes or more after school has ended, or on weekends, may sell food and beverages without having to comply with the nutritional standards.

### **May my organization sell non-food items?**

The wellness policy does not prohibit selling non-food items. Organizations may continue to sell pencils, school supplies or other non-food items. Please check with your campus administrator regarding these types of sales.

### **What about Vending Machines?**

Items in vending machines must comply with the Nevada School Wellness Policy during the school day (midnight to 30 minutes after school ends). Vending machines that are only on after the school day may sell non-compliant items. Vending machines must be turned off while breakfast or lunch is being served in the cafeteria due to the district contract regarding competitive foods.

Unflavored, non-carbonated water is allowable.

**Do these nutritional standards apply to birthday parties and holiday events held at school?**

These nutritional standards apply for all events during school hours. The Nevada School Wellness Policy allows for local Districts to choose special event days to allow for treats that do not meet the nutritional standards. A local wellness committee is currently working on the final version of the District Wellness Policy. Until the time that a Wellness Policy is officially adopted, the nutritional standards apply to all school day events.

**Does this apply to foods/beverages that are given away, rather than sold, such as candy or ice cream as treats for a class reward?**

These nutrition standards apply to all food and beverage items, whether given away or sold.

**Do these standards apply when students bring food from home for lunch or a snack?**

Food items brought by a student for snacks and lunches do not have to meet this criteria. These food items should be consumed only by the student bringing the items. Care should be taken that students do not provide food items to others with food allergies.

Any school or organization that would like help purchasing product or planning an event that meets these standards can call the Nutrition Services Department for assistance. You may contact us at 775-353-5930.