

Questions and Answers regarding School Wellness for Washoe County School District

Administrative Regulation 5600- STUDENT WELLNESS has been adopted and is now a Washoe County School District regulation. This Question and Answer document has been updated to reflect the regulations outlined in Administrative Regulation 5600.

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

Organizations may sell food items that are compliant with the District Wellness Policy/Administrative Regulation. The District requires that no competitive food items be sold during the time period when breakfast or lunch is being served in the cafeteria.

Where can I find a copy of the District Wellness Policy?

Find the District Wellness Policy/Administrative Regulation here:

http://www.washoeschools.net/cms/lib08/NV01912265/Centricity/Domain/69/5600_Reg-Student_Wellness-v1.pdf

What foods and beverages are compliant with District Wellness Policy/Administrative Regulation?

You can find the list of approved items by using the link below that are compliant with the Nevada School Wellness Policy. The District Wellness Policy/Administrative Regulation has adopted the minimum standards required by the State policy. This list is not all inclusive, but simply items that are known to meet the requirements. If you would like to serve an item at school that is not on the list, please refer to the next Question and Answer below.

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. The only item that will not work in the calculator is carbonated drinks. The District Wellness Policy/Administrative Regulation prohibits carbonated and sparkling drinks of any kind. :

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 District Wellness Policy/Administrative Regulation?

All food/beverages must comply with the District Wellness Policy/Administrative Regulation during the school day, which is defined as midnight until 30 minutes after the end of the school day, with the exception of 2 exemption days per month. During exemption days, food items do not have to meet the nutritional standards. 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 District Wellness Policy/Administrative Regulation 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 District Wellness Policy/Administrative Regulation 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. The District requires that vending machines must be turned off during breakfast and lunch. Unflavored, non-carbonated water is allowable.

At this time the District is not entering into any new vending contracts. The District is working in conjunction with the Wellness Advisory Committee to possibly procure a district wide vending contract.

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

District Wellness Policy/Administrative Regulation allows for exceptions to the wellness policy for special occasions or holidays, not to exceed twice per month. Please see "Special Occasions" Item number five on page two of the policy.

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 nutrient standards apply to foods produced by a culinary class as part of the curriculum?

Foods produced by a culinary class as part of instruction are exempt from these standards. The food produced may only be consumed by the students of the culinary class, and must be participating in an assignment. Foods produced by culinary students may not be sold or given away to any other students.

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

Student snacks and lunches do not have to meet this criteria. However, students may not bring food to share with other students. Sharing food among students may cause a food allergy incident.

What are the requirements for physical activity at each school?

Schools will provide an opportunity for 30 minutes of moderate to vigorous physical activity during each regular school day.

What are the goals for the student wellness program in the Washoe County School District?

The school district will provide goals in the areas of nutrition education, nutrition promotion and physical activity that will be posted on the Student Wellness Advisory Committee website by June 1st for the following school year.

For questions regarding the Nutritional Guidelines, call the Nutrition Services Department for assistance at 775-353-5930. For questions regarding the physical activity requirements, contact Brian Rothe, Student Activities Coordinator at 775-861-4419.