

**Carmel Central School District**  
**Wellness Policy**

Dear Parents,

The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each Local Education Authority (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. On May 23, 2006, the Board of Education adopted the Carmel Central School District Wellness Policy that became effective on July 1, 2006. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

The policy addresses the following areas:

1. Child Nutrition and Wellness Committee
2. Nutritional Quality of Foods & Beverages sold and served on campus
3. Nutrition & Physical Activity promotion and food marketing
4. Physical activity opportunities and physical education
5. Monitoring & Policy Review

The policy also addresses several “food” areas including food sold through food service, school store, vending, fundraising activities, snacks, rewards, celebrations/birthday parties and school-sponsored after school activities. Please view the entire policy on the CCSD website, (<http://www.carmelschools.org>), in the Food Service section. Additional nutrition, health and physical activity information and tips will be added to the food service section on the CCSD website throughout the year.

CCSD has adopted the USDA “Smart Snacks in School” nutrition standards approved by the New York State Education Department (NYSED). Any food sold in schools must be a “whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and/or vegetable. Foods must also meet several nutrient requirements. Calorie limits for snack items must be 200 calories or less and entrée items must be 350 calories or less. Sodium limits for snack items must be 200 mg or less and entrée items must be 480 mg or less. All foods must contain less than 35% calories from total fat, less than 10% calories from saturated fat, and zero grams of trans fat. The sugar limit must be 35% or less of weight from total sugars in foods. The sale of soda and candy is prohibited in all vending machines located on CCSD property. Please keep these guidelines in mind when planning for fundraising activities, snacks for your children, class parties and birthday parties.

Sincerely,

CCSD Child Nutrition & Wellness Committee