



Instituto del Progreso Latino Local Wellness Policy 2019-2020

Statement of Responsibility

Instituto del Progreso Latino recognizes that overall wellness is influenced by the food served in schools, physical activity and nutrition education. We also recognize the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We believe that it is our role, as part of the communities we serve, to model and actively practice healthy lifestyles: the promotion of wellness, good nutrition and physical activity as important parts of the total learning environment.

Goals for Nutrition Education

To ensure the Healthy Lifestyle of each student attending Instituto, and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service, we encourage teachers, principals and food service staff to recognize breakfast and lunch periods as integral parts of our educational program, and work to implement the goals of this policy. We will ensure that:

- All students have access to healthy foods to fight hunger and nutrient deficiencies.
- Students receive quality nutrition education that helps them develop lifelong healthy living habits.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- Nutrition guidelines are available for all food served on campus during the school day with the objectives of promoting student health.
- An economically sustainable meal program makes available a healthy and nutritious breakfast and lunch to every student at every Instituto school.
- Nutrition education is integrated into the core academic subjects.
- Meal periods shall be scheduled so that students do not have to eat unusually early or late.
- Presentation of meals should be consistent with a quality dining experience and reflect community and cultural diversity.
- Guidelines for reimbursable meals will not be less restrictive than federal regulations and guidance issues by the United States Department of Agriculture (USDA).
- We maintain an infrastructure for the management, oversight, implementation, communication and monitoring of the policy and its established goals and objectives.

Goals for Physical Activity

Instituto recognizes the positive benefits of physical activity for student health and academic achievement. We provide opportunities to ensure that students engage in healthful levels of physical activity to promote and develop the students' physical, mental, emotional and social well-being. In addition to promoting high levels of personal achievement, and a positive self-image, physical education should teach students how to cooperate in the achievement of common goals. We ensure that:

- Physical education teachers develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health.

- Schools shall enhance the quality of physical education curricula and increase training of physical education teachers through campus-based and school-wide staff development.
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during excessively hot weather or other inclement conditions.
- Students are encouraged to participate in afterschool extra-curricular activities.

Goals for School-Based Learning Experience

Instituto recognizes that experiential learning activities that assist students to make connections between diet, health and environment are critical to understanding personal wellness within a larger context of environmental health. Schools play a crucial role in educating students on environmental issues and preparing them to be the stewards of their natural resources. At all grade levels, we urge that environmental facts should be taught as they relate to each other, so that students will understand basic ecological principles and appreciate the interrelated nature of living processes. We will ensure that:

- We provide students with the knowledge and skills necessary to promote and protect their health.
- Teachers integrate nutrition education into core subjects.
- Food service and teaching staff work cooperatively to integrate experiences in the cafeterias and kitchens with the formal learning experience of all students.

Food Policy and Nutrition Guidelines

At Instituto we strive to create a lunchroom environment that provides students and teachers with a relaxed, enjoyable atmosphere. We will ensure that:

- Convenient access to hand-washing facilities before and after meals.
- Adequate space for students to comfortably enjoy their meals.
- A clean and pleasant eating environment.
- At least 20 minutes to eat from the time seated.

National School Lunch and Breakfast Programs

- USDA Healthier US School Challenge (HUSSC) Gold.
- Instituto offers free breakfast to all students.
- Instituto follows the breakfast after the bell program.
- The nutritional value of the food served will meet and exceed USDA Dietary Guidelines through provision of nutritious, fresh, tasty and age-appropriate food that reflects community and cultural diversity.
- Maximum participation in the school meal programs will be achieved through school procedures, outreach and promotion that encourage eating school meals.
- Food with high-quality nutritional content such as fresh fruits and vegetables, low-fat dairy products will be offered during the school day.
- No deep fryers will be used in food preparation.
- An electronic scanning card system will be used to eliminate the stigma of Free, Reduced or Paid meal status.
- Fresh drinking water will be made available at all times.

School Snacks

- An after school snack will be provided free of charge to students, under the age of 18, participating in after school activities.
- Snacks will follow the nutritional standards set forth by the USDA.

Fundraising

- Instituto encourages all school based organizations to use non-food items for fundraising.
- Any fundraisers including food must be approved by the school's health and wellness committee to ensure they meet the Healthy Snack and Beverage Policy nutrition requirements.

Government Regulations and Guidelines

The Instituto compliance team will review this policy and ensure that the guidelines are not less restrictive than those set by the Secretary of Agriculture or state law. To achieve this we will ensure:

- All students have a yearly lunch application on file, regardless of status.
- Compliance with applicable federal regulations regarding all aspects of the National School Lunch Program, School Breakfast Program, and all other federally funded food service programs.
- Compliance with applicable Illinois law that regulates the service or sale of foods and beverages made available in participating schools.
- Compliance with food safety, security and HACCP guidelines.
- Safe drinking water fountains are operational and readily available throughout school premises.
- Accommodation for dietary, cultural or religious preferences and needs of students.
- Coordination with our Food Service Management Company.
- Coordination with the nutrition program office at the Illinois State Board of Education, and the program audits its sponsors.
- All documentation is made available to the public and posted on the schools website.

Measurement and Implementation

Instituto has vested responsibility for implementing food and nutrition programs in the compliance department. These persons are responsible for:

- Food program compliance with USDA and ISBE standards.
- Food procurement and related contracts.
- Oversight of food service budget.
- Oversight of menus and nutritional guidelines, including implementation and enforcement of the Local Wellness Policy.
- Oversight and communication with office and food service staff at each school.

In conjunction with the adoption the Instituto Local Wellness Policy, the Instituto compliance team will remain actively engaged with food service in monitoring the implementation of the policy and in presenting recommendations to the organization. Reports by the compliance team will address:

- Onsite reviews of the food service program.
- Internal audits of policies and procedures.
- Finances pertaining to meal programs.
- Participation rates, as well as development and implementation of the outreach and promotion plan to encourage consumption of school meals.
- The performance of the Food Service Management Company.

Instituto will utilize its School Wellness Committee for the development and monitoring of this wellness policy. The committee shall be responsible for evaluating the policy biennially.