

DUNMORE SCHOOL DISTRICT CAFETERIAWELLNESS POLICY

For the past 25 years, Dunmore School District and ARAMARK have been partners in serving our students top quality, nutritious meals everyday.

We have now joined forces in the battle against child obesity by developing a wellness policy.

Our goals are to serve the same top quality, nutritious food combined with education on healthy eating and exercise. These goals will include monitoring the calories, percentage of fat per calories, and the percentage of saturated fat in all of our food products.

Starting this school year the following policy will be in effect in the district cafeterias:

- No soda will be offered during lunches or in our vending machines.
- Milk containing no fat or 1% fat will be served.
- Only plain bottled water, bottled flavored waters, 100% fruit juice, and electrolyte beverages containing less than 60 calories per serving will be served during lunches and in our vending machines.
- None of our food is deep-fried.
- Our products will contain no or little trans fatty acids.
- Fresh fruits and fresh vegetables will be offered daily at every lunch station.
- Snacks such as chips will be of the baked varieties only.
- Desserts will be reduced fat varieties.
- Snacks and desserts will follow a target of less than 200 calories per serving, less than 30% of fat from calories, and less than 10% saturated fat per calories.
- The elementary center will limit the sale of snacks and non milk items to one dry snack and one beverage.
- We will follow the required procedures stated in the National School Breakfast/Lunch program requirements.
- Our full lunch offerings will follow a target of less than 30% of fat from calories and less than 10% saturated fat per calories per serving.
- Education materials will be supplied to the classrooms with activity sheets and small gifts given out to the children to promote healthy eating and exercise.

For more information on our wellness policy please call
The Food Service Director at 558-1090.