



# d.c. healthyschools act

The Healthy Schools Act is a landmark law designed to improve health and wellness and reduce hunger among students attending D.C. public and public charter schools. Schools are required to implement this Act beginning in the 2010-2011 school year.

This brochure gives an overview of the Healthy Schools Act nutrition requirements and the funding available for schools that comply with them.



**D.C. Hunger Solutions**

Ending hunger in the nation's capital



# OVERVIEW OF REQUIREMENTS AND FUNDING FOR SCHOOL MEALS

The school meals requirements of the Healthy Schools Act and the funding to implement them apply to public and public charter schools in the District of Columbia. The Act takes effect August 1, 2010.

*Schools must comply with Parts 1, 2, 3, and 4, and Part 5 is encouraged whenever possible.*

## 1. ENHANCE NUTRITION OF SCHOOL MEALS

## 2. EXPAND ACCESS TO SCHOOL MEALS

## 3. PROMOTE HEALTHY EATING

### COMPLY WITH **1** + **2** + **3** = \$ FOR SCHOOL MEALS

For complying with all of Parts 1, 2, and 3, DCPS schools and public charter schools will receive:

- 10¢ extra for each breakfast served.
- 10¢ extra for each lunch served.
- 40¢ extra for each lunch served to students who qualify for reduced-price meals.

DCPS schools and public charter schools with more than 40% of students qualifying for free or reduced-price meals will receive:

- \$7 per student (only in 2010-11) to launch breakfast in the classroom and other alternative service models.

Public charter schools only will receive:

- 30¢ extra for each breakfast served to students who qualify for reduced-price meals.
- In severe-need schools (as defined by USDA), the difference between the paid and free rates for students who do not qualify for free or reduced-price meals.

## 4. PROVIDE INFORMATION ABOUT SCHOOL MEALS

## 5. SERVE FRESH, LOCALLY-GROWN FOODS

*Schools are not mandated to comply with Part 5 but should do so whenever possible.*

If DCPS schools and public charter schools comply with Parts 1, 2, and 3, they can receive:

- 5¢ extra for each lunch served that contains at least one locally-grown, unprocessed meal component.

For more information about the Healthy Schools Act, please visit [www.dchealthyschools.org](http://www.dchealthyschools.org).

# 1. ENHANCE NUTRITION OF SCHOOL MEALS

## REQUIREMENTS FOR SCHOOLS

All meals served in schools, including breakfast, lunch, afterschool supper, and summer meals must meet or exceed federal nutrition standards.

**Lunches must meet the serving requirements of the USDA's Healthier US Schools Challenge Gold Award Level:**

### FRUITS

- offered every day
- a different fruit each day of the week
- fresh fruits at least 2 days per week
- juice (100% juice only) counts as a fruit serving only 1 time per week

### VEGETABLES

- offered every day
- a different vegetable each day of the week, including dark green or orange vegetables 3 or more days/week and legumes 1 or more days/week

### MILK

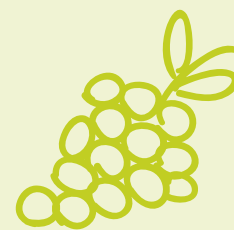
- offered every day
- only fat-free or low-fat milk

### WHOLE GRAINS

- at least 1 serving each day

### Breakfasts and lunches must contain:

- Limited saturated fat — fewer than 10% of calories
- NO trans fat
- Limited sodium — gradual reductions until 2020



# 2. EXPAND ACCESS TO SCHOOL MEALS

## REQUIREMENTS FOR SCHOOLS

### FOR SCHOOL BREAKFAST

- All schools must serve breakfast for FREE to all students.
- At schools where more than 40% of students qualify for free or reduced-price meals:
  - Elementary schools must offer breakfast in the classroom every day.
  - Middle and high schools must offer alternative serving models (in classroom, grab-and-go, etc.) every day.



**DCPS and public charter elementary schools with more than 40% of students qualifying for free or reduced-price meals will receive:** \$7 per student to set up in-class breakfast programs.

**To offset the costs of free breakfast, public charter schools only will receive:**

- 30¢ extra for each breakfast served to students who qualify for reduced-price meals
- In severe-need schools (as defined by USDA), the difference between the paid and free rates for students who do not qualify for free or reduced-price meals.

### FOR SCHOOL LUNCH

- All schools must eliminate charging children the reduced-price payment for lunches.
- All schools must provide at least 30 minutes for students to eat lunch.

**To offset the costs of eliminating the reduced-price payment, DCPS schools and public charter schools will receive:** 40¢ extra for each lunch served to students who qualify for reduced-price meals.

### FOR ALL SCHOOL MEALS

- All schools must provide meals that meet the dietary needs of children with diagnosed medical conditions, as specified by a physician.
- All schools must participate in federal nutrition and USDA commodity foods programs when possible.

## 3. PROMOTE HEALTHY EATING

### REQUIREMENTS FOR SCHOOLS

- Solicit input from students, faculty and parents regarding nutritious meals that appeal to students. Schools can use taste tests, comment boxes, surveys, student nutrition advisory council, or other means.
- Promote healthy eating to students, faculty, staff and parents.
- Serve a vegetarian option each week (encouraged).



**COMPLY WITH 1 + 2 + 3 = \$ FOR SCHOOL MEALS**

### FUNDING FOR SCHOOLS

**For complying with all of Parts 1, 2, and 3, DCPS schools and public charter schools will receive:**

- 10¢ extra for each breakfast served.
- 10¢ extra for each lunch served.
- 40¢ extra for each lunch served to students who qualify for reduced-price meals.

**DCPS schools and public charter schools with more than 40% of students qualifying for free or reduced-price meals will receive:**

- \$7 per student (only in 2010-11) to launch breakfast in the classroom and other alternative service models.

**Public charter schools only will receive:**

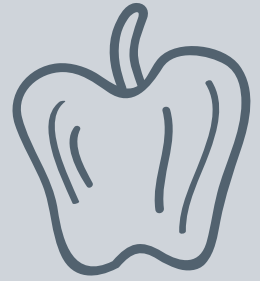
- 30¢ extra for each breakfast served to students who qualify for reduced-price meals.
- In severe-need schools (as defined by USDA), the difference between the paid and free rates for students who do not qualify for free or reduced-price meals.

# 4. PROVIDE INFORMATION ABOUT SCHOOL MEALS

## REQUIREMENTS FOR SCHOOLS

Food and/or nutrition services organizations contracted to provide meals for D.C. public and public charter schools must provide the schools with:

- Menu for each breakfast and lunch meal served.
- Nutritional content of each menu item.
- Full list of ingredients for each menu item.
- Location where unprocessed agricultural products served in school meals were grown.
- Whether growers are engaged in sustainable agriculture practices (if known).



Public schools and public charter schools must post the information above in the following locations:

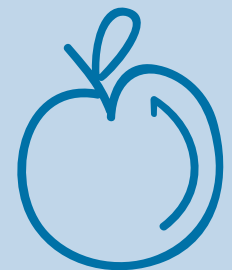
- In the school's office.
- On the school's website (if it has one).

Public and public charter schools must provide this information. After first issuing a warning, the Office of the State Superintendent of Education may impose a penalty, not to exceed \$500 per day paid to the Healthy Schools Fund, for not providing required information about school meals. Schools have the right to a hearing if that request is made within 10 days after the notice of imposition of penalty is sent.

# 5. SERVE FRESH, LOCALLY-GROWN FOODS

## REQUIREMENTS FOR SCHOOLS

- Serve fresh, locally-grown foods in school meals from farms engaged in sustainable practices whenever possible.
- Highlight farm to school program during at least one special celebration each year.



## DEFINITIONS

**Locally-grown** means grown in Washington, DC, Maryland, Virginia, Delaware, West Virginia, Pennsylvania, North Carolina, and New Jersey. Preference given to foods grown in Washington, DC, Maryland or Virginia.

**Unprocessed foods** are agricultural products such as fruits, vegetables, dairy products, etc. that retain their inherent character. Foods can be cooled, refrigerated, frozen, peeled, sliced, diced, cut, chopped, shucked, ground, dried, dehydrated, washed, subject to high water pressure or "cold pasteurized", packaged, vacuum packed, bagged, or pasteurized (in the case of milk) and still qualify as "unprocessed" according to the USDA definition.

## FUNDING FOR SCHOOLS

DCPS schools and public charter schools will receive:

- An extra 5¢ for each lunch served that meets the requirements in Parts 1, 2 and 3, and contains a meal component comprised entirely of locally-grown, unprocessed foods.\*

\* In order to receive the extra 5¢, schools must list the names and addresses of the farms where the fresh, local foods came from to the Office of the State Superintendent of Education.

## **ACKNOWLEDGEMENTS**

Thanks to the D.C. Farm to School Network for helping to create this brochure.

## **ABOUT D.C. HUNGER SOLUTIONS**

D.C. Hunger Solutions, founded in 2002 as an initiative of the Food Research and Action Center (FRAC), works to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income people in the District of Columbia.

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