

ARLINGTON INDEPENDENT SCHOOL DISTRICT
School Health Advisory Council (SHAC)

District Wellness Plan

2026–2027

Section I: Executive Summary & Introduction

Purpose and Vision: Arlington ISD is deeply committed to supporting the success, health, and total well-being of every student and staff member. Grounded in the CDC Whole School, Whole Community, Whole Child (WSCC) model, this Wellness Plan serves as a strategic roadmap for creating safe, nurturing, and health-promoting environments across all district campuses.

The Role of the SHAC: The School Health Advisory Council (SHAC) brings together parents, community leaders, medical professionals, students, district staff, and administrators to establish comprehensive goals that foster lifelong healthy behaviors.

Implementation and Accountability: The programmatic goals in Section III are organized to mirror the 2026–2027 Wellness Plan source workbook. Each goal keeps its objective(s), benchmark(s), action steps, assigned department(s), and method(s) for measuring implementation together to support direct verification and ongoing accountability.

Section II: SHAC Governance & Board Policy Framework

The implementation of this plan adheres to district board policies BDF and FFA.

Council Appointment and Composition

- **Board Appointment:** The Arlington ISD Board of Trustees officially appoints at least five members to serve on the School Health Advisory Council (SHAC).
- **Parent Representation:** A strict majority of SHAC members must be parents of students actively enrolled in the district and these parent members must not be employed by Arlington ISD.
- **Leadership:** One of the appointed parent members must serve as the chair or co-chair of the council.
- **Community Collaboration:** The SHAC coordinates participation from a diverse group of stakeholders, including parents, students, food service representatives, physical education teachers, school health professionals, board members, school administrators, and members of the public.

Operational Mandates & Accountability

- **Meeting Frequency:** The SHAC meets at least four times per year.
- **Triennial Assessment:** At least once every three years, the district conducts and publishes a formal triennial assessment measuring campus compliance, progress toward wellness goals, and comparison with state or federal model policies.

The following section outlines Arlington ISD's wellness priorities for the 2026–2027 school year. The plan is organized by wellness component, with each area identifying its goals and corresponding objectives, benchmarks, action steps, responsible departments, and methods for measuring implementation. This structure provides a clear framework for implementing, monitoring, and evaluating wellness efforts across the district throughout the school year.

Section III: 2026–2027 Wellness Goals & Implementation Plan

1. NUTRITION ENVIRONMENT & SERVICES

GOAL 1

Ensure all reimbursable school meals meet federal meal pattern and nutrition standards.

Rationale: All meals served through a USDA program must meet federal meal pattern requirements, dietary specifications, and required food components by age/grade group for federal reimbursement. The Food and Nutrition Services department is funded through federal reimbursement.

Legal requirement: Yes

OBJECTIVE 1	All reimbursable meals served through NSLP, SBP, CACFP, and SFSP will comply with applicable USDA meal pattern and dietary specifications.
Benchmark(s)	100% of menus planned and served meet all applicable USDA meal requirements.
Action Steps	Trained menu planners put together and review menus for required components, age/grade portions, calorie ranges, saturated fat, sodium, added sugar, milk, fruits, vegetables, grains, and meat/meat alternates.
Assigned To	Food and Nutrition Services
Measurement	Menu production records, nutrient analysis, site monitoring results, and TDA administrative review results.

GOAL 2

The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Rationale: Consistent nutrition messaging throughout the school environment supports student wellness and reinforces healthy food choices. Federal wellness policy regulations require districts to establish goals for nutrition promotion and education that encourage student participation in healthy meal programs and healthy eating behaviors.

Legal requirement: Yes

OBJECTIVE 1	The District will provide consistent, age-appropriate nutrition promotion through cafeteria signage and Fresh Fruit and Vegetable Program (FFVP) activities that encourage students to make healthy food choices.
Benchmark(s)	• Healthy nutrition promotion signage will be displayed in 100% of school cafeterias participating in the National School Lunch Program. • All campuses participating in the Fresh Fruit and Vegetable Program (FFVP) will provide nutrition education or promotional messaging connected to the fruit or vegetable being served during FFVP service.
Action Steps	• Food and Nutrition Services will develop and display student-friendly nutrition promotion signage in cafeterias that encourages selections following the Dietary Guidelines for Americans. • Campuses participating in FFVP will be provided nutrition education related to the featured fruit or vegetable served through the program.
Assigned To	Food and Nutrition Services
Measurement	• Campus reviews and cafeteria walkthroughs will document the presence of nutrition promotion signage in serving and dining areas. • FFVP participation records and education material will be reviewed annually to verify nutrition promotion activities connected to FFVP service.

GOAL 3

The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Rationale: Providing families and the community with accessible nutrition information strengthens the connection between school wellness efforts and healthy habits outside of school. Sharing consistent nutrition messaging supports the District's wellness goals and encourages participation in healthy school meal programs and wellness initiatives.

Legal requirement: Yes

OBJECTIVE 1	The District will provide nutrition education and wellness information to families and the community through the Food and Nutrition Services webpage and participation in District and community events.
Benchmark(s)	• The Food and Nutrition Services webpage will be maintained with current nutrition, wellness, meal program, and healthy eating information accessible to families and the public. • Nutrition education materials and wellness information will be shared at District and community events throughout the school year.
Action Steps	• Food and Nutrition Services will regularly update the department webpage with nutrition resources, meal program information, wellness materials, menus, and healthy eating guidance for families. • The District will provide nutrition education materials, wellness resources, and healthy eating information during appropriate District and community events such as enrollment events, wellness fairs, family engagement activities, and campus events.
Assigned To	• Food and Nutrition Services • Health Services • Human Resources • Family and Community Engagement
Measurement	• Periodic reviews of the Food and Nutrition Services webpage will be conducted to verify that nutrition and wellness information is current and publicly accessible. • Documentation of participation in District and community events, including event schedules, distributed materials, sign-in sheets, photographs, or outreach records, will be maintained annually.

GOAL 4

The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District.

Rationale: Participation in school meal and supplemental nutrition programs supports student health, wellness, and readiness to learn. Promoting participation in these programs helps ensure students have access to nutritious meals and reinforces the District's commitment to supporting student well-being through federally assisted child nutrition programs.

Legal requirement: Yes

OBJECTIVE 1	The District will implement nutrition promotion activities that increase awareness of and participation in available child nutrition programs.
Benchmark(s)	Nutrition promotion activities supporting the National School Lunch Program, School Breakfast Program, and supplemental nutrition programs will be conducted annually throughout the District.
Action Steps	• Food and Nutrition Services will utilize digital communications, social media, campus outreach, and promotional materials to increase awareness of available meal and nutrition programs. • The District will promote participation in supplemental nutrition programs, when available, such as Summer Meal Programs, Supper Programs, and other federally supported child nutrition initiatives.
Assigned To	• Food and Nutrition Services • Communications • Campuses
Measurement	Documentation of nutrition promotion activities, including promotional materials, website postings, social media communications, and campus outreach records.

2. PHYSICAL EDUCATION & PHYSICAL ACTIVITY

GOAL 1

The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Rationale: Ensuring safe and inclusive physical activity opportunities allows all students to engage in movement, build confidence, and develop lifelong healthy habits.

Legal requirement: Yes

OBJECTIVE 1	Campus master schedules will be checked each school year to ensure that all TEA regulations concerning physical education are met by the school district.
Benchmark(s)	Campus schedule to be checked each school year.
Action Steps	• Elementary campus schedules are checked to ensure the 135 minutes per week requirement. • Junior High (JH) campus schedules are checked to ensure the 30 minutes per day requirement is met. • Exposure to a wide variety of recreation/leisure sports as well as traditional physical education is being written into the curriculum. • Enhance the quality of the physical education curriculum and provide training to PE teachers at Districtwide and Embedded Learning days. • Integration of physical activity is integrated into the academic curriculum where appropriate.
Assigned To	Curriculum & Instruction
Measurement	• HPE Coordinator will verify campus schedules meet requirements. • Elementary curriculum writers will verify revisions meet curriculum requirements; TEKS-aligned curriculum will be adopted for JH PE teachers and students. • All physical education teachers, K-12, will attend training at the Districtwide Professional Learning Day and the four Embedded Learning Days taking place during the school year. • The use of breaks during academic classes will be encouraged when appropriate.

OBJECTIVE 2	Each campus will allow opportunities for participation in voluntary physical activities during the school day such as recess, breaks, and friendly competition.
Action Steps	Recess guidelines will be posted on the district website.
Assigned To	Curriculum & Instruction
Measurement	HPE Coordinator will verify campus schedules meet requirements.

GOAL 2

The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum when appropriate.

Rationale: Integrating physical activity into the school day supports student focus, engagement, and overall wellness by providing additional opportunities for movement beyond physical education.

Legal requirement: Yes

OBJECTIVE 1	Increase teacher awareness and access to classroom-based physical activity strategies to support integration into the school day.
Benchmark(s)	Ensure 100% of campuses receive access to physical activity resources.
Action Steps	• Create a one-page classroom physical activity guide. • Share with all campuses via email or district platform.
Assigned To	Curriculum & Instruction
Measurement	Collect feedback on awareness/use through a districtwide survey.

GOAL 3

The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

Rationale: Providing access to physical activity opportunities for employees helps promote a culture of wellness and supports lifelong healthy habits for both staff and students.

Legal requirement: Yes

OBJECTIVE 1	Implement aligned and updated physical education curriculum to support student engagement in enjoyable, lifelong physical activity.
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Benchmark(s)	• Implement updated elementary PE curriculum across campuses. • Adopt and begin implementation of aligned JH PE curriculum. • Provide access to curriculum resources for 100% of PE teachers.
Action Steps	• Refine pacing calendar and curriculum documents. • Incorporate teacher feedback. • Share updated resources with all Elementary PE teachers. • Introduce aligned and standards-based SPARK PE curriculum. • Provide access to JH PE teachers. • All curriculum resources for all levels will be posted on Curriculum Central for all teacher access. • Ensure all units emphasize skill development, enjoyment, participation and transferable physical activity skills.
Assigned To	Curriculum & Instruction
Measurement	• Documentation of updated pacing calendar and curriculum documents. • Updated curriculum will be available on Curriculum Central. • Confirmation that curriculum was adopted and shared with all JH teachers. • Materials will be shared with JH PE teachers on professional learning days and housed on Curriculum Central. • All District PE curriculum will be available on Curriculum Central. • Curriculum documents will be reviewed for a variety of activities focusing on participation, skills and enjoyment. • Gather yearly feedback from PE teachers at all levels.

3. HEALTH SERVICES

GOAL 1

All campuses will have a Cardiac Emergency Response Plan in place before the first day of school August of 2027.

Rationale: Rapid emergency response and defibrillation increases the chances of survival of a cardiac arrest event for victims of all ages.

Legal requirement: Yes

OBJECTIVE 1	All campuses will be Heartsafe Schools to meet the CERP requirement before 12/31/2026.
Benchmark(s)	80% of schools will be Heartsafe by 5/22/2026.
Action Steps	• All nurses trained in requirements for Heartsafe Schools. • All campus principals notified of the requirement to be a Heartsafe School.
Assigned To	• Health Services • Health Services, Principal Update
Measurement	Campus nurses will turn in completed packets for Heartsafe Schools annually to Cook Children's Project Adam Coordinator. Banner will be received on initial completion and renewal stickers received each year thereafter.
Report Out	Forty of 74 campuses are Heartsafe Schools as of 4/22/2026; more schools are scheduling the drill to complete the process between now and the end of school 2026.

4. COUNSELING, PSYCHOLOGICAL, & SOCIAL SERVICES

GOAL 1

By May 2027, the district will implement initiatives to promote mental health safety for all students, increasing access to counseling and support services by 20%.

Rationale: Prioritizing mental health safety helps create school environments where students feel emotionally and psychologically safe and supports students overall well-being and academic success.

Legal requirement: No

OBJECTIVE 1	Campus school counselors deliver guidance, individual planning, responsive services and system support.
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Benchmark(s)	• Fall: 10% increase in student use of counseling support from 2025. • Spring: 10% increase in student use of counseling support from 2026.
Action Steps	Comprehensive School Counseling Program.
Assigned To	Guidance & Counseling
Measurement	G&C secondary & elementary specialists will monitor six weeks data surveys of implementation of Comprehensive School Counseling programs and identify components with deficiency and provide support.

OBJECTIVE 2	In-person and virtual therapeutic counseling options.
Benchmark(s)	—
Action Steps	• Texas Child Health Access Through Telemedicine (TCHAT). • Care Clinic.
Assigned To	Guidance & Counseling
Measurement	• Guidance & Counseling Coordinator will track weekly data of TCHAT and Care Clinic student referrals. • Progress Monitoring - Completion of monthly progress reports.

5. PHYSICAL ENVIRONMENT

GOAL 1

The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Rationale: Providing students with adequate time and a positive dining environment supports healthy eating behaviors, student wellness, and participation in school meal programs. Clean, safe, and comfortable cafeteria facilities contribute to a positive meal experience and support the District's commitment to student health and well-being.

Legal requirement: Yes

OBJECTIVE 1	The District will provide students with reasonable time to consume meals in cafeteria facilities that are maintained in a clean, safe, orderly, and comfortable manner.		
Benchmark(s)	Campuses will maintain cafeteria environments and meal schedules that support students having adequate opportunity to receive and consume school meals.		
Action Steps	• Campuses will coordinate meal schedules to support efficient meal service and maximize student seated eating time. • The District will maintain cafeteria facilities that are clean, safe, and functional through established cleaning procedures, safety practices, and facility maintenance processes.		
Assigned To	• Campuses • Office of School Leadership (OSL)	• Food and Nutrition Services • Facility Services	• Security
Measurement	• Review of campus meal schedules and service operations during operational evaluations.	• Documentation of cafeteria inspections, cleaning schedules, maintenance requests, safety reviews, and corrective actions, as applicable.	

GOAL 2

Adopt & implement guidance / recommendations for device & screentime breaks during the school day (by May 2027). Adopt & implement guidance / recommendations for proper posture & positioning for device use (by May 2027).

Rationale: This helps ensure that wellness at school includes important considerations related to eye strain, body strain, and other negative physical harms related to excessive and improper use of digital devices.

Legal requirement: Yes

OBJECTIVE 1	Ensure SHAC's review and approval of recommendations for device & screentime breaks.
Benchmark(s)	Distribution of classroom posters with screentime break and posture/position guidance.
Action Steps	• Take TEA Guidance and design classroom posters. • Seek review and approval from SHAC. • Distribute posters to campuses.
Assigned To	Technology Integration & Innovation (TI2)
Measurement	Campus technology administrators will verify posters in every instructional space with student technology.

OBJECTIVE 2	Ensure SHAC's review and approval of recommendations for proper posture & positioning guidance.
Benchmark(s)	Distribution of classroom posters with screentime break and posture/position guidance.
Action Steps	• Take TEA Guidance and design classroom posters. • Seek review and approval from SHAC. • Distribute posters to campuses.
Assigned To	Technology Integration & Innovation (TI2)
Measurement	Campus technology administrators will verify posters in every instructional space with student technology.

GOAL 3

Permit marketing on the school campus during the school day of only those foods and beverages that meet the nutrition standards under 7 C.F.R. § 210.11.

Rationale: Federal wellness policy regulations require school districts participating in the National School Lunch Program to permit the marketing of only those foods and beverages that meet Smart Snacks nutrition standards during the school day. Limiting marketing of non-compliant foods and beverages supports healthy nutrition choices and reinforces the District's wellness goals.

Legal requirement: Yes

OBJECTIVE 1	The District will ensure that foods and beverages marketed to students on campus during the school day meet Smart Snacks nutrition standards established under 7 C.F.R. § 210.11.
Benchmark(s)	All reviewed food and beverage marketing visible to students during the school day will comply with Smart Snacks nutrition standards.
Action Steps	• The District will review food and beverage advertisements, signage, vending machine graphics, scoreboards, posters, digital displays, fundraising promotions, and other marketing materials visible to students during the school day for compliance with Smart Snacks standards. • District departments, campuses, student organizations, booster organizations, and vendors will be informed of the District's requirements regarding food and beverage marketing on campus during the school day.
Assigned To	• Campuses • Office of School Leadership • Athletics • Food and Nutrition Services • Curriculum & Instruction
Measurement	• Campus walkthroughs and periodic reviews of marketing materials visible to students during the school day. • Documentation of compliance reviews, corrective actions, communications, and approved marketing materials maintained by the District or campus administration.

6. EMPLOYEE WELLNESS

GOAL 1

The district shall promote employee wellness and provide a coordinated wellness program that supports physical activity, mental and social wellbeing and financial education.

Rationale: Building a culture of employee health and wellness positively impacts the overall success of the district.

Legal requirement: No

OBJECTIVE 1	Wellness champions assigned to all campuses/locations.	
Benchmark(s)	Wellness Champions assigned for new benefit plan year.	
Action Steps	- Assign all Champions Jun-Aug. - Create information toolkit for Champions.	Monthly meeting scheduled.
Assigned To	Human Resources	
Measurement	- Wellness Champion assignments completed. - Wellness program enrollment participation count.	

OBJECTIVE 2	Grow participation in district-wide wellness program.	
Benchmark(s)	Communicate wellness initiatives and activities and participation reminders.	
Action Steps	Communication campaign - monthly.	Newsletter and email campaign.
Assigned To	Human Resources	
Measurement	Wellness plan monthly employee engagement reporting, compare YOY.	

GOAL 2

Support and promote appropriate district-wide wellness activities.

Rationale: Supporting physical activity, mental and social wellbeing and financial education leads to a healthier and more engaged workforce.

Legal requirement: No

OBJECTIVE 1	Increase employee engagement in wellness activities.	
Benchmark(s)	Measure wellness program level progress - employee participation level, Bronze, Silver, Gold status.	
Action Steps	- Wellness registration contest 9/1-11/1 - trophy for top 5 campuses. - Communicate wellness discount.	
Assigned To	Human Resources	
Measurement	- Total registrations - wellness program. - Health assessments completed. - Monthly analysis of participation status level.	

OBJECTIVE 2	Promote monthly district-wide walking challenges and activities.	
Benchmark(s)	Communicate walking challenges and wellness activities monthly.	
Action Steps	- District-wide walking challenge. 5Ks, wellness challenges. - Campus-level activities.	
Assigned To	Human Resources	

Measurement	• Participation count per wellness challenge completion. • Comparison reports.
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GOAL 3

Promote health plan literacy and access to employee health screenings. Encourage preventative care and communicate health plan cost-savings features and benefits.

Rationale: Strengthens informed healthcare decision making. Increased access to preventative screenings supports health awareness and early detection and overall employee wellbeing.

Legal requirement: No

OBJECTIVE 1	Improve employee understanding of health plan options, benefits and resources.
Benchmark(s)	Provide clear communication and promote cost-saving healthcare plan features.
Action Steps	• Marketing campaign - health plan info. • Host onsite biometric screenings. • Financial and retirement seminars.
Assigned To	Human Resources
Measurement	Biometric Screening and Health Assessment completion rate YOY comparison.

OBJECTIVE 2	Promote participation in health screenings, health assessments.
Benchmark(s)	Launch an employee healthcare communication campaign including plan options and resources.
Action Steps	• Communication campaign, open enrollment, posters, emails. • Onsite presentations - w/Aux.
Assigned To	Human Resources
Measurement	• Monthly communications sent. • Benefit enrollment participation. • Wellness incentive count.

7. FAMILY ENGAGEMENT

GOAL 1

The Family and Community Engagement Department will continue to make health and wellness a core tenet of the department's parent empowerment programming.

Rationale: Strengthening parents' capacity with effective health and wellness strategies, along with meaningful connections to community resources, reinforces the family foundation that supports student well-being and success.

Legal requirement: No

OBJECTIVE 1	Develop and implement at least three parent-focused workshops or resources on health and wellness within a twelve month cycle while collecting feedback from parent attendees.
Benchmark(s)	Schedule and design the workshop or resource fair opportunities.
Action Steps	• Host Arlington ISD Back to School Kickoff featuring a community resource system fair. • Host Shatter the Silence: Human Trafficking Awareness. • Host Arlington ISD Family Expo featuring community resource systems that provide health and wellness related services.
Assigned To	Family & Community Engagement
Measurement	Verify completion of activities

8. COMMUNITY INVOLVEMENT

GOAL 1

The Family and Community Engagement Department will assess current community-based health and wellness supports and increase partnerships that provide students with access to physical, mental, nutritional, and social-emotional wellness opportunities.

Rationale: By assessing existing supports and identifying gaps in services, the district can ensure that partnerships are purposeful, equitable, and responsive to the diverse needs of students and families. Strengthening community engagement also encourages shared responsibility, increases family trust and involvement, and builds sustainable networks of support that enhance both student outcomes and overall school climate.

Legal requirement: No

OBJECTIVE 1	Conduct a districtwide assessment of current health and wellness community based partnerships and opportunities, identify gaps and areas of need, and develop collaborative initiatives that increase student access to wellness-related supports and experiences.
Benchmark(s)	• Develop an internal community engagement survey by July 1, 2026. • Attain feedback by October 1, 2026. • By the second semester, the Family and Community Engagement Department will analyze current wellness-related partnerships, collect stakeholder feedback from students, families, and staff, and develop an action plan addressing at least three identified areas of need within physical, mental, nutritional, or social-emotional wellness supports.
Action Steps	• Collaborate with the Research and Accountability Dept. to develop an internal survey of assessment. • Distribute the survey to all campuses and departments and assess the results. • Use assessment data to guide the creation of meaningful partnerships and programs that address unmet student health and wellness needs.
Assigned To	Family & Community Engagement
Measurement	• District survey completed. • Sharing of results. • Coordinated response.

Section IV: Nutrition Guidelines & Standards

Arlington ISD maintains comprehensive Nutrition Guidelines governing foods and beverages sold, provided, and marketed to students during the school day. The guidelines address USDA child nutrition programs, Smart Snacks standards, campus exemption days, wellness fundraisers, foods and beverages provided at no cost, delivered meals, and methods for measuring compliance.

The complete Arlington ISD Nutrition Guidelines are incorporated into this Wellness Plan as Appendix A.

Section V: Public Notification, Triennial Assessment, & Community Feedback

Arlington ISD's Wellness Plan is published on the district website for parental reference and community accountability.

To support continuous improvement, the SHAC executes a districtwide triennial assessment to monitor compliance across all campuses, evaluate implementation metrics, and update plan parameters based on public input and evolving state models.

Appendix A: Arlington ISD Nutrition Guidelines

2026-2027

Nutrition Guidelines

From the Arlington ISD Wellness Plan

The local school health advisory council (SHAC), on behalf of the District, shall review and consider evidence-based strategies and techniques and shall develop nutrition guidelines and wellness goals as required by law.

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program and the School Breakfast Program. Some but not all campuses participate in the After-School Snack Program, Supper Program and Summer Food Service Program. As required by federal law, the District has established nutrition guidelines for foods made available on each campus.

The District's nutrition guidelines are established to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity, and shall be at least as restrictive as federal regulations and guidance, except when the District allows an exemption for fundraising activities as authorized by state and federal rules.

The District's nutrition promotion activities shall encourage participation in the National School Lunch Program, the School Breakfast Program, and any other supplemental food and nutrition programs offered by the District. Meals served under the National School Lunch Program, the School Breakfast Program, the Child and Adult Care Food Program (Supper Program), and the Summer Food Service Program are the official meals of the District. The meal programs, where implemented, will be available to students every day that school is in session, including District-scheduled early dismissal days, and campuses or outside parties may not cancel meal programs or provide alternate meals that limit student access to the meal programs, in whole or in part.

Definitions:

School Day: "School Day" means the period of time from the midnight before to 30 minutes after the end of the official school day.

School Campus: "School Campus" means all areas of the property under the jurisdiction of the district that are accessible to students during the school day.

Competitive Foods and Beverages: "Competitive foods and beverages" are not part of the National School Lunch Program, the School Breakfast Program, the After-School Snack Program, the Supper Program or the Summer Food Service Program. Competitive foods and beverages occur through sales such as, but not limited to, vending machines, fundraisers, Booster and PTA food sales and school stores.

Transactions that Constitute a Sale: Sale of a food and/or beverage includes all direct or indirect sales such as (1) cash or credit transactions; (2) tokens, tickets, coupons, or other representations of value in exchange for cash or credit that a student may use to purchase food and/or beverages; or (3) food and/or beverages given to students in exchange for donations, whether those donations occur by cash or credit. If a student receives a food and/or beverage as a result of any form of payment, donation, or other exchange, the food and/or beverage item must meet Smart Snack requirements.

FOODS AND BEVERAGES SOLD

The District will comply with federal requirements for all reimbursable meals sold through a USDA federal program. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements and the District's wellness goals for competitive foods. For purposes of this plan, the federal requirements for food other than reimbursable meals will be referred to as "Smart Snacks" standards or requirements.

Nutrition Guidelines

From the Arlington ISD Wellness Plan

The following website has information regarding meal and Smart Snacks requirements:

- [A Guide to Smart Snacks in School](#)

All foods and beverages sold during the school day will comply with federal requirements and the District's wellness goals for reimbursable meals and Smart Snacks.

Federal regulations prohibit the sale of foods or beverages in competition with school meals in the food service area during the meal service.

The campus must keep on file the list of ingredients for all foods or beverages sold on campus.

The campus must keep on file the nutrition information evidencing Smart Snack compliance for all items sold on campus, including through student-accessible vending machines.

All food and beverages sold on campus must be commercially prepared.

EXEMPTIONS TO SMART SNACK STANDARDS/ WELLNESS GOALS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six (6) days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow each campus to select six (6) exemption days per school year. All Booster Clubs, PTAs and other organizations (including non-Smart Snack compliant vending machine sales) share the same six (6) exemption days per campus. Campus Administration has the authority to approve or not approve an organization from selling items on an Exempt Day. The Smart Snacks Exemption Days Form must be filled out in advance of the first exemption day and no later than September 30 of each year by each campus and forwarded to the Food and Nutrition Department. These records are subject to audit by the Texas Department of Agriculture.

Exemption Days:

Elementary Campuses	No entrée-like items (such as pizza, hotdogs, nachos) may be sold before a students' scheduled school lunch period. No foods or beverages can be sold in competition with school meals in the food service area during the meal service.
Secondary Campuses	No foods or beverages can be sold in competition with school meals in the food service area during the meal service.

To assist in maintaining compliance with federal Smart Snack regulations, if a campus is observed selling non-Smart Snack compliant items on a non-scheduled exemption day, that day will be entered as an exemption day replacing a scheduled exemption day.

WELLNESS FUNDRAISERS

Be a Healthy School Fundraiser Champion! Make it a priority to plan "Wellness" fundraisers. Wellness fundraisers include activities such as Fun Runs, Read-a-Thons, student art/craft fairs and healthy foods such as fruit baskets during fall holidays.

There is no limit on the amount of non-food related fundraisers a campus may have.

Nutrition Guidelines

From the Arlington ISD Wellness Plan

FOODS AND BEVERAGES GIVEN AWAY

There are currently no federal or state restrictions for foods or beverages given to students at no cost (no form of payment, donation, or other contribution of value exchanged for the item) during the school day. However, the District must set standards for foods and beverages given away.

The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)] School designated activities are activities such as Valentine's Day, winter break or other holiday parties.

The following regulations apply to foods and beverages being given to classes or grade levels and are not intended to apply to a parent (or guardian or another authorized adult) giving meals to their own child(ren).

Elementary Campuses	• No entrée-like items (such as pizza, hotdogs, nachos) may be given before a students' scheduled school lunch period. • The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals canceling or limiting student access to the programs in whole or in part. • No foods or beverages can be given in competition with school meals in the food service area during the meal service. • All food and beverages given away must be commercially prepared. • The campus must keep on file the list of ingredients for all foods or beverages given away on campus.
Secondary Campuses	• The school meal programs will be available to students every day that school is in session and outside parties may not provide these meals canceling or limiting student access to the programs in whole or in part. • No foods or beverages can be given in competition with school meals in the food service area during the meal service. • All food and beverages given away must be commercially prepared. • The campus must keep on file the list of ingredients for all foods or beverages given away on campus.

DELIVERED MEALS

For the security of our students, no outside foods or beverages shall be delivered to a student during the school day by anyone other than the student's own parent or guardian or another authorized adult.

MEASURING COMPLIANCE WITH NUTRITION GUIDELINES

The District will measure compliance with the nutrition guidelines by reviewing foods and beverages that are sold in competition with regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.