



State of Hawai'i Wellness Guidelines

What's New?

Building upon, an eight-year partnership between the Department of Health (DOH) and the Department of Education (DOE), the DOE is implementing Wellness Guidelines including opportunities for physical activity, more nutritious meal options, and standards based education.

The Wellness Guidelines are based upon the following principles:

- Healthy students are better able to learn;
- Eating habits and active lifestyles that are developed in childhood will affect health throughout life;
- All children deserve nutritious and safely prepared food;
- Standards-based health education, including a focus on skills and knowledge relating to nutrition: and
- Standards-based physical education, as well as, daily physical activity are critical elements of a well rounded curriculum.

The Wellness Guidelines establish much of what the DOE and DOH have worked on through the Coordinated School Health partnership as the official policy of the public school system in Hawai'i. In addition, some new policies will be implemented through the Wellness Guidelines. The following is a list of the new elements and current practices that will be implemented via the Wellness Guidelines.

Each school will have a designated school committee or council that regularly addresses school health issues. This committee along with the school administration shall be responsible for ensuring that the Hawai'i Wellness Guidelines are implemented at the school.

NUTRITION STANDARDS

Nutrition Guidelines for All Foods on Campus

- Nutrition information for products offered in snack bars, ala carte, vending, etc. is readily available near the point of purchase.
- Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.
- All snack and beverage items sold or served anywhere on school property, including items sold in ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After School Snack Program, must meet the following standards:
 1. Based on manufacturer's nutritional data or nutrient facts labels:
 - a. No more than 8 grams of total fat per serving.
 - b. No more than 2 grams of saturated fat per serving.

- c. Zero grams of trans fat per serving.
- d. No more than 200 calories per serving.
- e. No more than 200 milligrams of sodium per serving.
- f. No more than 8 grams of sugar per serving.
- g. More than 2 grams of dietary fiber per serving.

These standards do not apply to fresh fruits and vegetables, nuts and seeds.

2. All beverages do not exceed 12 ounces, with the following exceptions:
 - a. Water
 - b. Milk containing 1% or less fat.
3. Products containing 2% milk fat or more do not exceed 8 ounces.
4. Limit sugar.

NUTRITION & HEALTH EDUCATION

Schools will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program.

Schools will promote the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program and After School Snack Program (if applicable).

PHYSICAL ACTIVITY

Practices, laws, and collective bargaining agreements already in existence support and ensure that:

- State certified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes.
- All students have at least 20 minutes a day of supervised recess, during which schools must encourage moderate to vigorous physical activity.
- Schools do not use physical activity as punishment.
- Schools do not withhold opportunities for physical activity as punishment.

PROFESSIONAL DEVELOPMENT

Enable all applicable role groups including School Food Service Staff to attend professional development opportunities relating to providing healthy school meals, environments, and curriculum, and to be active participants in providing healthy school meals within a comprehensive nutrition environment.