



**Welcome**  
**Fayette County Schools**  
**Wellness Committee Meeting**

**March 19, 2025**

*Kokeeta Wilder, School Nutrition Director*



# **Recess in Our Schools - Update Changes to the Law**

**Heidi Pfannenstiel, Director of Elementary  
Education  
Office of Student Achievement**

# Elementary Schools and Recess and Unstructured Breaks

## Instant benefits of being active:



Improved  
mood



Better quality  
sleep



Reduced  
stress



Higher  
self-esteem

## Long-term benefits of being active:

- Lower risk of obesity, Type 2 diabetes and heart disease

- Improved academic performance

- Increased bone and muscular strength

- Increased confidence and social health

- Healthy growth and development

- Reduced risk for depression and symptoms of anxiety

# Elementary Schools and Recess and Unstructured Breaks

State Law: Georgia Code Title 20. Education § 20-2-323

- Beginning SY 22-23: The Georgia state policy requires recess for all K-5 students daily but allows exceptions for specific circumstances (e.g., physical education, inclement weather, field trips, emergencies). It also delegates authority to local boards to establish policies determining the scheduling, timing, and conditions for unstructured break time.

[Board Policy IEDA: Recess/Unstructured Break Time](#)

Importance for alignment of Fayette County Wellness Policy and board policy per state law



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# Smart Snacks - Ice Cream Fundraisers in our Schools

**James Marino, Atlanta Area Sales Manager - Hershey Creamery Co.**  
**Chuck Shaw, Atlanta Area Account Manager - Hershey Creamery Co.**



**JAMES MARINO**  
**AREA SALES MGR**  
**ATLANTA BRANCH**



**CHUCK SHAW**  
**ACCOUNT MANAGER**  
**ATLANTA BRANCH**

**“Hershey’s® Ice Cream is sold in over 15,000 schools across the United States. We are proud to be the company with the largest selection of Smart Snack Approved dessert items in the country.**

**Our health-conscious yet delicious tasting school items are available in retail and as a la carte line tray items! Due to their perfectly sized portions and long shelf life, they are also helping reduce waste in schools across America.”**



**Real Ingredients. Real Ice Cream. Real Smiles.®**

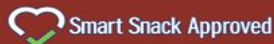


Meeting Smart Snacks guidelines with delicious products!

Great for your tray line or a la carte!



In an effort to keep pace with what will be a record sales year for Hershey's Ice Cream's Smart Snacks product line, we will be focusing on production of our top items for the 2024-2025 school year.



	SKU	ITEM	FL OZ	SERVING (g)	CASE COUNT	CALORIES	FAT CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	CARBS (g)	SUGAR (g)	ADDED SUGAR (g)	NO HIGH FRUCTOSE CORN SYRUP	NO ARTIFICIAL COLOR	NO ARTIFICIAL FLAVOR
Sticks	24682-31000	Fruit Punch Freeze Polar Blast Bar †	2.25	68	36	80	0	0	0	10	21	18	16	✓		
	24682-31150	Chocolate Scooter Bar	2.75	68	36	170	50	6	1.5	85	26	13	11			
	24682-31151	Strawberry Scooter Bar	2.75	68	36	160	50	6	1.5	75	25	13	12			
	24682-31152	Fudge-O Bar	2.00	68	36	90	0	0	0	40	20	14	8			
Cones	24682-31306	Low Fat Cookies & Cream Cone	4.00	62	24	140	20	2.5	1.5	80	24	14	10	✓		
	24682-31303	Low Fat Crazy Cone	4.00	73	24	140	20	2.5	1.5	95	26	16	11	✓		
	24682-31307	Low Fat Vanilla Chocolate Twist Cone	4.00	64	24	140	20	2	1.5	60	23	14	10			
Sandwiches	24682-31319	Low Fat Vanilla Ice Cream Sandwich	4.00	65	24	140	20	2.5	1.5	140	27	15	11			
	24682-31355	Low Fat Cookies & Cream Ice Cream Sandwich	4.00	65	24	140	20	2.5	1.5	150	27	15	10			
	24682-31352	Vanilla Mighty Mini Ice Cream Sandwich	2.50	44	48	100	20	2	1	100	19	10	7			
	24682-31357	Low Fat Party Panda Ice Cream Sandwich	4.00	65	24	190	35	4	2	140	31	16	13		✓	✓
Dessert Cups	24682-31669	Low Fat Vanilla Ice Cream Cup †	3.00	52	48	100	15	1.5	1	35	16	12	7	✓	✓	✓
	24682-31677	Low Fat Chocolate Sundae Cup †	3.00	52	48	100	15	1.5	1	35	18	13	8	✓	✓	✓
	24682-31676	Low Fat Strawberry Sundae Cup †	3.00	52	48	100	15	1.5	1	35	18	14	8	✓	✓	✓
Silly Tubes	24682-40001	SillyTubes Push-Up Pop	2.75	60	24	60	0	0	0	0	16	14	7	✓	✓	✓
Twister Cups	24682-50245	Fat Free Cotton Candy Twister Cup †	3.75	66	18	90	0	0	0	40	19	14	12	✓		
Fruit Bars	24682-31234	Strawberry Tropi-Kool Fruit Bar †	4.00	115	24	110	0	0	0	10	28	24	21	✓	✓	✓
	24682-31232	Mango Tropi-Kool Fruit Bar †	4.00	115	24	110	0	0	0	0	27	23	16	✓	✓	✓
Juice Rush®	24682-31700	Cherry Blue Raspberry Juice Rush Cup †	4.40	140	80	50	0	0	0	0	12	12	0	✓		✓
	24682-31702	Strawberry Mango Juice Rush Cup †	4.40	140	80	50	0	0	0	0	12	12	0	✓	✓	✓
Fruit Cups	24682-31570	Fat Free Vanilla Yogurt Cup †	4.00	71	24	90	0	0	0	45	20	15	13	✓	✓	
	24682-31480	Lemon Sherbet Cup †	4.00	96	24	140	15	1.5	1	35	30	23	21			✓
	24682-31490	Orange Sherbet Cup †	4.00	96	24	140	15	1.5	1	35	30	23	20			✓
	24682-31500	Raspberry Sherbet Cup †	4.00	96	24	140	15	1.5	1	30	32	26	23			✓
Cookies	49578-33724	Whole Grain Chocolate Brownie Cookie	1.0Z	28	360	100	30	3.5	1	90	17	8	8	✓	✓	✓
	49578-33723	Whole Grain Sugar Cookie	1.0Z	28	360	110	30	3.5	1	90	18	8	8	✓	✓	✓
	49578-33721	Whole Grain Chocolate Chip Cookie	1.0Z	28	360	100	30	3.5	1	85	18	9	9	✓	✓	✓
	49578-33725	Whole Grain Rainbow Candy Cookie	1.0Z	28	360	100	30	3	1	85	18	9	8	✓		



## Facts about smart snack ice creams:

- The USDA “Smart Snacks in School” program sets guidelines for what can be sold as healthy snacks in schools
- Nutrient Focus: must contain 10% of the daily value for nutrients like potassium, calcium, vitamin D or fiber or dairy or fruit as the first ingredient
- It is recommended to limit added sugars to under 10% of your daily calories
- In general, ice cream is to be considered as a treat, however many nutrients are included in each smart snack item
- Mindful Portion Sizes: all of the smart snack ice cream items that Hershey provides are small portions and should be paired with a balanced diet

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# Smart Snack Approved

## The tasiest way to increase school lunch participation!

Hershey's® has a wide variety of Smart Snack approved products that can help increase school lunch participation when included on the menu.

### Exciting Products For Retail & Menu!

- Great Tasting
- Calcium
- Good For You
- Protein
- Low Calorie




Contact your sales representative for more information or visit our website:

[www.hersheyicecream.com/smart-snacks-in-schools](http://www.hersheyicecream.com/smart-snacks-in-schools)

## Worried our products won't fit on your menu?

### Check out our Sample Menus and see for yourself!

Follow Us Online!

[hersheyicecream.com/smart-snacks-in-schools](http://hersheyicecream.com/smart-snacks-in-schools)   



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# Smart Snacks - Vending Machine Beverages in Schools

**Chris Milewski, Coca-Cola Bottling Co.  
Don Osborne, Coca-Cola Bottling Co.**

# Coca-Cola & USDA Beverage Guideline

## **Brief History**

- Pre-ABA Guidelines (American Beverage Association)
- ABA Guidelines - 2006
- USDA Guidelines - 2014

# Coca-Cola & USDA Beverage Guideline

## How We Operate in Schools

- **Vending Machines**
- **Concessions**
- **Cafeterias**
- **School Stores**
- **Coca-Cola Fundraiser**



# Coca-Cola & USDA Beverage Guideline

## Smart Snack Beverage Guidelines (USDA)

- School Day Guidelines
- Coca-Cola Beverages that meet these Guidelines
- After School and Athletic Guidelines

**Questions?**



# USDA Smart Snack Beverage Guidelines

CATEGORY	ELEMENTARY	MIDDLE	HIGH SCHOOL	NOTES
<b>WATER</b>	Plain, unflavored water including carbonation No portion size cap	Plain, unflavored water including carbonation No portion size cap	Plain, unflavored water including carbonation No portion size cap	All sizes of unflavored Dasani and smartwater are compliant
<b>JUICES</b>	ONLY 100% juice with no added sweeteners 8 fl oz portion cap	ONLY 100% juice with no added sweeteners 12 fl oz portion cap	ONLY 100% juice with no added sweeteners 12 fl oz portion cap	USDA removes previous ABA micronutrient requirements for juice
<b>DIET BEVERAGES</b>	Not compliant	Not compliant	Portion cap at 20 fl oz Less than 5 calories 8 fl oz 12 calorie max cap at 20 fl oz	This category includes zero and low calorie sparkling and still products including flavored water.
<b>MID-CALORIE BEVERAGES</b>	Not compliant	Not compliant	Portion cap at 12oz 40 calorie cap max at 8 fl oz 60 calorie cap max at 12 fl oz	This is for compliant products with calories outside of 100% juice

# Coca-Cola Beverages that meet USDA Guidelines

## Water



## Tea



## Fruit Drinks



## SPORTS DRINKS

### BODYARMOR

12oz



### POWERADE



## Sparkling Water



## Sparkling



## Enhanced Water



## Fruit Drinks 10.1oz



## Juices 10oz





# Wellness Survey Goals and Initiatives

*Kokeeta Wilder, School Nutrition Director*





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# Wellness Goals for SY 2024-2025

- Encourage water consumption for staff and students.
- Encourage extracurricular physical activities for students.
- Limit sugary snacks offered to the students in the classroom as rewards.

How did we do?



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# Encourage Water Consumption

- Water bottle refilling stations were purchased for staff and students.
- Students were encouraged to bring refillable water bottles to school each day.



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# Extracurricular Physical Activities for Students

- Kids Night Out Programs to encourage physical activity
- Newsletters were sent to parents that featured extracurricular physical activities for parents and students.



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# Limit Sugary Snacks Offered as Rewards

- Alternative reward systems were put in place.
- Smart Snack compliant rewards are being offered.
- Periodic reminders were sent to Principals for teachers





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# Responses from Wellness Survey

## 7 Options - Choose Top 3

- Encourage employee safety & wellness by hosting trainings such as CPR
- Encourage staff fitness and wellness initiatives, such as discounted gym memberships.
- Advertise the benefits of water consumption with students and staff.



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# Thank you for Attending our Wellness Meeting

- Thank you!
- Email summary and SNP Website
- Reminder: Share the goals for the upcoming year
- Questions or feedback - [schoolmeals@fcboe.org](mailto:schoolmeals@fcboe.org)