



Model Local School Wellness Policy



Florida Department of Agriculture and Consumer Services

DT PREPARATORY ACADEMY

Local School Wellness Policy

School Year 2026-2027

Effective Date: July 1, 2026

Last Reviewed: June 2026

Policy Designee: Shaunda Young, Administrator

School: DT Preparatory Academy (K-8)

Programs: National School Lunch Program, School Breakfast Program, Community Eligibility Provision

Purpose

This document is rebuilt from the Florida Department of Agriculture and Consumer Services / USDA Model Local School Wellness Policy format and customized for DT Preparatory Academy. It retains the model sections while adding current compliance language, including updated fluid milk options, added sugar limits, Smart Snacks, public notification, triennial assessment, and the current USDA nondiscrimination statement.

Preamble

DT Preparatory Academy recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his or her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

DT Preparatory Academy is committed to creating a school environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Compliance Basis

This policy is established in accordance with Section 204 of the Healthy, Hunger-Free Kids Act of 2010, USDA Local School Wellness Policy final rule requirements, Florida Statute 1003.453, Florida Administrative Code 5P-2.002, 7 CFR 210.11, and applicable NSLP/SBP requirements.

1. Local School Wellness Policy Leadership

School level

DT Preparatory Academy is a single-site K-8 school. DT Preparatory Academy will establish and maintain an ongoing Healthy School Team that will meet at least twice annually to ensure compliance and to facilitate the implementation of the DT Preparatory Academy Local School Wellness Policy.

- The Administrator and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the DT Preparatory Academy wellness policy.
- Shaunda Young, Administrator, shall serve as the Wellness Policy Designee and shall ensure overall compliance with this local school wellness policy.
- The Administrator will be responsible for establishing the Healthy School Team and ensuring that the team assists with implementation, review, public notification, and documentation of the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers, teachers, and the public.

Healthy School Team Responsibilities

- Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus, including 7 CFR 210.11 and FAC 5P-2.002;
- Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in FAC 5P-2.002;
- Reporting the school's compliance with the aforementioned regulations to the Administrator, who is responsible for ensuring overall compliance with the wellness policy;
- Reviewing wellness goals annually and assisting with the triennial assessment;
- Encouraging participation from families, students, school staff, and community partners; and
- Maintaining documentation that demonstrates wellness policy implementation for Administrative Review purposes.

DT Preparatory Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The school will consider USDA Team Nutrition resources, Smarter Lunchroom tools and techniques, Fresh From Florida resources, and other evidence-based strategies appropriate for the school community.

Healthy School Team Role	Name / Position	Documentation Maintained
Wellness Policy Designee	Shaunda Young, Administrator	Policy, updates, annual notices, triennial assessment
School Food Service Representative	Food Service Manager or designee	Menus, Smart Snacks, meal pattern documentation
Teacher Representative	Teacher selected by Administrator	Wellness activities, classroom supports
Parent Representative	Parent/guardian volunteer	Public input and communication
Student Representative	Student representative when appropriate	Student feedback
Community Representative	Community member or health partner	Community involvement

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

Goals

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase opportunities for students to access useful nutrition information through cafeteria signage, classroom materials, handouts, newsletters, parent communication, and digital content.
- Promote student participation in the School Breakfast Program and National School Lunch Program by communicating the value of school meals and encouraging students to select complete reimbursable meals.

- Promote fruits, vegetables, whole grains, and milk options through cafeteria displays, verbal encouragement, and menu communication.
- Use Fresh From Florida and Team Nutrition resources when available to support nutrition promotion and student awareness.
- Provide parents and staff with healthy snack ideas, healthy celebration ideas, and physical activity suggestions.
- Ensure that food and beverage marketing at school is consistent with Smart Snacks standards and the goals of this policy.

Nutrition Promotion Graphic Focus

Healthy choices will be promoted where students make decisions: serving lines, classrooms, newsletters, parent notices, and school events.

3. Nutrition Education

Academic performance and quality of life are affected by the choice and availability of nutritious foods in schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

Goals

- The nutrition benchmarks included in Florida standards will be taught as part of structured instruction and integrated into other subject areas where there is a natural fit.
- Students will receive nutrition education that is interactive, age-appropriate, and behavior-focused.
- Nutrition education will teach students about balanced meals, mindful eating, hydration, food groups, and interpreting Nutrition Facts labels.
- Classroom activities, school meal program activities, and wellness initiatives will support student understanding of healthy eating behaviors.
- Nutrition education will be incorporated within the larger school community through parent communication, wellness updates, and school-based activities.
- The staff responsible for nutrition education will be adequately prepared and encouraged to participate in professional development activities that support accurate nutrition education.

4. Physical Activity

DT Preparatory Academy shall ensure that physical activity is an essential element of the school's instructional program. The program shall provide the opportunity for students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

Goals

- All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education.
- For middle school physical education in grades 6-8, students shall receive physical education consistent with Florida requirements.
- Elementary school students will have at least 20 minutes of daily recess when feasible and consistent with school safety and scheduling needs.
- The school will provide space, equipment, and an environment conducive to safe and enjoyable play.
- Students will have opportunities to be involved in physical activity through physical education programs, before and after school activities, recess, classroom activities, and other activity programs.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- Teachers and other school personnel will not deny or require physical activity as a means of punishment except when necessary to address immediate safety concerns.

5. Other School-Based Activities

DT Preparatory Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work toward the same set of goals and objectives used to promote student well-being, optimal development, and strong educational outcomes.

General Guidelines

- DT Preparatory Academy shall consider the components of the Centers for Disease Control and Prevention's Whole School, Whole Community, Whole Child model in establishing other school-based activities that promote wellness.
- The goals outlined by the wellness policy will be considered in planning school-based activities, including school events, field trips, assemblies, family activities, and celebrations.
- Afterschool programs and activities will encourage healthy snacking and physical activity where applicable.
- DT Preparatory Academy shall actively develop and support engagement of students, families, and staff in community health-enhancing activities and events at the school or throughout the community.
- DT Preparatory Academy shall be in compliance with drug, alcohol, and tobacco-free policies.

Whole School, Whole Community, Whole Child Components

Health Education	Physical Education and Physical Activity
Nutrition Environment and Services	Health Services
Counseling, Psychological, and Social Services	Social and Emotional Climate
Physical Environment	Employee Wellness
Family Engagement	Community Involvement

Eating Environment

- Students will be provided an adequate amount of time to consume their meal, with a goal of at least 20 minutes after receiving food from the service line.
- The school will provide nutritious foods that support USDA meal pattern requirements and reflect Florida's agricultural resources whenever feasible.
- Convenient access to hand washing facilities will be available during meal periods.
- Free, potable water will be made available to students during meal service and throughout the school day.

Employee Wellness

- DT Preparatory Academy encourages staff wellness through access to wellness information, healthy eating resources, and physical activity opportunities as appropriate.
- Staff will be encouraged to model healthy behaviors that support the goals of this policy.

Health Services

A coordinated program of accessible health services may be provided to students and staff and may include, but is not limited to, violence prevention, school safety, communicable disease prevention, health screenings, community health referrals, immunization awareness, parenting skills, food allergy awareness, and first aid/CPR training.

Food Allergy and Special Dietary Needs

- DT Preparatory Academy will make reasonable meal modifications for students with disabilities when supported by an appropriate medical statement.
- The school will maintain procedures for responding to food allergies and special dietary needs.
- Staff will be informed of relevant food allergy procedures and student safety needs consistent with confidentiality requirements.

Use of School Facilities Outside of School Hours

DT Preparatory Academy may promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for school community use when appropriate and approved by school administration.

Behavior Management

- DT Preparatory Academy is committed to prohibiting the use of food as punishment.
- Food rewards are discouraged unless incorporated into an activity that promotes positive nutrition messages.
- Teachers and other school personnel will not deny or require physical activity as a means of punishment except when necessary for safety.

6. Guidelines for All Foods and Beverages Available During the School Day

DT Preparatory Academy shall operate and provide food service in accordance with USDA National School Lunch Program standards, School Breakfast Program standards, and applicable laws and regulations of the State of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating approved special dietary needs and cultural food preferences when feasible.
- DT Preparatory Academy participates in the National School Lunch Program, School Breakfast Program, and Community Eligibility Provision. Under CEP, all enrolled students may receive reimbursable meals at no charge.
- Free, potable water will be made available to all children during each meal service and throughout the school day.
- DT Preparatory Academy will follow current USDA meal pattern requirements, including any future updates to fluid milk, added sugars, sodium, whole grains, and other meal pattern standards.

Competitive Foods

All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered competitive foods and must comply with nutrition standards for competitive foods as defined and required in 7 CFR 210.11 and FAC 5P-2.002.

- School campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School day means the period from midnight before to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers.
- Unless being sold by the food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 7 CFR 210.11 and applicable Florida requirements.
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General Nutrition Requirements for Competitive Foods

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy, or protein foods; or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; and
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient Standards for Competitive Foods

Nutrient Standard	Snack Items and Side Dishes	Entree Items
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans Fat	0 g of trans fat as served	0 g of trans fat as served
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions

- Any entree item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients except water are exempt.
- Canned fruits with no added ingredients except water, packed in 100 percent juice, extra light syrup, or light syrup are exempt.
- Low sodium or no salt added canned vegetables with no added fats are exempt.
- Reduced fat cheese, nuts, seeds, nut/seed butters, seafood, and whole eggs with no added fat are exempt from the total fat and saturated fat standards as allowed by regulation.
- Refer to 7 CFR 210.11 for additional exemptions.

Nutrition Standards for Beverages

Portion sizes listed are the maximum that can be offered. DT Preparatory Academy serves grades K-8; therefore elementary and middle school standards apply. The high school column is retained for consistency with the USDA/FDACS model policy and for reference only.

Beverages	Elementary	Middle	High (Reference Only)
Plain water	Unlimited	Unlimited	Unlimited
Unflavored whole milk, reduced-fat (2%) milk, low-fat (1%) milk, or fat-free milk, as permitted by current federal regulations	8 fl. oz.	12 fl. oz.	12 fl. oz.
Flavored milk meeting USDA added sugar limits, including allowable fat levels under current federal regulations	8 fl. oz.	12 fl. oz.	12 fl. oz.
Lactose-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Approved non-dairy milk substitutions that meet USDA nutritional standards for fluid milk substitutes	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water and no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz. or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	12 fl. oz.

Updated Fluid Milk Requirement

Effective under current USDA guidance, schools participating in NSLP may offer whole, reduced-fat (2%), low-fat (1%), and fat-free fluid milk, including lactose-free milk, and nutritionally equivalent non-dairy beverages that meet USDA standards. USDA also finalized expanded fluid milk options across Child Nutrition Programs effective June 8, 2026. Flavored milk must meet USDA added sugar limits, including no more than 10 grams of added sugars per 8 fluid ounces for reimbursable meals beginning SY 2025-2026.

For elementary and middle school students, foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine where allowed by regulation.

Standards for Foods and Beverages Available During the School Day That Are Not Sold to Students

- The school will provide parents and teachers a list of ideas for healthy celebrations, parties, rewards, and fundraising activities.
- Class parties or celebrations should be held after the lunch period when feasible, and foods served should support the goals of this policy.

- The school will limit celebrations that involve food during the school day to no more than one party per class per month when feasible.
- This policy does not regulate foods brought from home for individual consumption; however, families are encouraged to support healthy choices and allergy-safe practices.

Fundraising

- Fundraising efforts will support healthy eating by complying with applicable regulations and nutrition standards for competitive foods while emphasizing non-food items when feasible.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school may grant special exemptions from competitive food standards for infrequent school-sponsored fundraisers as permitted by Florida Administrative Code.
- DT Preparatory Academy is a combination school serving K-8 students. The maximum number of school days for exempted fundraisers shall not exceed the allowance for combination schools under FAC 5P-2.002 unless state requirements change.
- The Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur.

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. Food and beverage marketing restrictions establish minimum standards. This section does not apply to personal clothing or items, packaging of products brought from home, or classroom materials used for educational purposes.

- Schools will only market and advertise foods and beverages that meet or exceed USDA Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples include water promotion, healthy option pricing, fruit sales for fundraisers, and physical activity campaigns.
- DT Preparatory Academy purchasing decisions will reflect the marketing guidelines stated in this policy.
- Marketing of foods and beverages that do not meet Smart Snacks standards is not permitted during the school day.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The DT Preparatory Academy Healthy School Team will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges, and new federal or state guidance or standards are issued. The wellness policy will be assessed at least every three years following the triennial assessment requirements.

Annual Review

- Review the content and implementation of the wellness policy.
- Review compliance with nutrition promotion, nutrition education, physical activity, Smart Snacks, fundraising, marketing, and public notification requirements.
- Document wellness activities and progress toward goals.
- Recommend revisions when required by law, state guidance, school needs, or Administrative Review findings.

Triennial Progress Assessments

DT Preparatory Academy will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy and include:

- The extent to which DT Preparatory Academy is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Review Item	Frequency	Responsible Person / Team
Wellness Policy Review	Annually	Healthy School Team / Administrator
Public Notification	Annually	Administrator / Designee
Triennial Assessment	At least every 3 years	Healthy School Team / Administrator
Policy Updates	As needed	Administrator / Healthy School Team

9. Informing the Public

DT Preparatory Academy will ensure that the wellness policy and the most recent triennial assessment are always available to the public. DT Preparatory Academy will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

Goals

- DT Preparatory Academy will ensure the most updated version of the wellness policy and triennial assessments are available to the public through the school website or other appropriate public communication methods.
- DT Preparatory Academy will present wellness policy updates, as applicable, during meetings with parents, the school community, school board or governing body, health and wellness stakeholders, and other interested groups.
- Wellness updates will be provided to students, parents, and staff, as applicable, in the form of handouts, website posts, newsletters, emails, parent communications, or other school communications.
- Parents will be informed annually of the availability of the Local School Wellness Policy.
- The public will be informed about opportunities to participate in the development, implementation, review, and update of the wellness policy.

10. Community Involvement

DT Preparatory Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. DT Preparatory Academy will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means.

Goals

- DT Preparatory Academy will consider student needs in planning for a healthy nutrition environment. Students may be asked for input and feedback using surveys, discussions, or other age-appropriate methods.
- DT Preparatory Academy will use electronic mechanisms, such as email or website notices, as well as non-electronic mechanisms, such as newsletters, presentations to parents, and information sent home to parents, to ensure that families are notified of wellness policy updates and opportunities to participate.
- The Local School Wellness Policy will be discussed at least annually, and stakeholders will be encouraged to provide feedback. Comments and recommendations will be reviewed and considered by the Healthy School Team and Administrator.
- Community partners may be invited to support wellness activities, nutrition education, physical activity, and health promotion efforts.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or

Fax: (833) 256-1665 or (202) 690-7442; or

Email: Program.Intake@usda.gov

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