



Focus Learning Academy of Northern Columbus

1900 E. Dublin Granville Rd., Columbus Ohio 43229

(614) 547-0920 (office) • (614) 547-0924 (fax)

Abdirizak Farah, Superintendent

Renee Jefferson and Alissa Khuloud, Principals

Focus Learning Academy of Northern Columbus Ohio Nutritional Standards ODE Report November 30, 2022

Focus has two policies that focus on nutritional and wellness standards adopted by the state and enforced by the district are the wellness policy and the food service policy. The district only purchases food from vendors who ensure that all products meet nutritional standards and adhere to the Buy American federal guidelines.

All menus meet USDA guidelines which are available in the school and at the school website at <https://www.focusacademynorth.org/>. Select the School Nutrition tab.

See samples of the menus below. Our district takes pride in making sure that all of our students receive a healthy breakfast and lunch. We also offer meals for our after-school, weekend and summer programs whenever in session.

LUNCH

FOCUS LEARNING ACADEMY OF NORTHERN COLUMBUS

OCTOBER 2021 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
BRK Blueberry Muffin 1/2 c Applesauce & 1/2 c Raisins	BRK Cinnamon Os Cereal 1/2 c Fruit & Apple Juice	BRK Apple Cinnamon Loaf 1 Apple & Orange Juice	BRK Bagel & Cream Cheese 1 Banana & 1/2 c Applesauce	BRK Cin Os. or Choice of Var Grains 1/2 c Raisins, 1 apple &/or 1 Banana
LUN BBQ Chicken Drumstick 1/2 c Broccoli 1/2 c Fruit Cocktail	LUN Chicken Alfredo 1/2 c Peas 1/2 c Pineapples	LUN Beef Burger/Bun 1/2 c Baked Beans 1/2 c Peaches	LUN Chicken and Waffles 1/2 c Carrots 1/2 c Applesauce	LUN Cheese Pizza 1/2 c Carrots 1/2 c Mixed Fruit

MEAL NOTES

FALL BREAK October 11-15

BREAKFAST MEAL INFORMATION: (calories 450-500)
(Breakfast Components = 3-4 separate items)

- GRAIN/M/MA = 1 oz. 100% whole grain or
- Veg/Fruit = 1/2 cup of vegetables, 1/2 cup of fruit/ 1 piece of fruit or 4 oz. 100% fruit juice to total full 1 cup serving
- Milk (Skim/1% White/FF Vanilla, Straw or Choc Milk)

18	19	20	21	22
NO SCHOOL STAFF PROFESSIONAL	BRK Cinnamon Os Cereal 1/2 c Fruit & 1/2 O. Juice LUN Spag & Meatballs/Roll 1/2 c Green Beans 1/2 c Apples	BRK Cornbread Muffin 1 Banana & 1/2 c App Juice LUN Turkey & Cheese Sand 1/2 c Baked Beans 1/2 c Pineapples	BRK Banana Muffin 1/2 c Raisins & 1/2 c O Juice LUN Chicken Tikka Masala/Rice 1/2 c Broccoli 1/2 c Fruit Cocktail	BRK Cin Os. or Choice of Var Grains 1 Banana & 1/2 c Grape Juice LUN Cheese Pizza 1/2 c Carrots 1/2 c Peaches
25	26	27	28	29
BRK Bagel & Jelly 1/2 c Applesauce & Grape Juice LUN Chicken & Noodle w/Bread 1/2 c Green Peas 1/2 c Peaches	BRK Blueberry Muffin 1/2 c Raisins & Rasp Juice LUN Beef Tacos 1/2 c Broccoli 1/2 c Fruit Cocktail	BRK Orange Muffin 1 Banana & 1 App Juice LUN Beef Bean Burrito 1/2 c Green Beans 1/2 c Apple Slices	BRK Yogurt w/Granola 1 c Fruit Sauce & OJ LUN Chicken Alfredo w/Roll 1/2 c Carrots 1/2 c Mandarin Oranges	BRK Cin Os. or Choice of Var Grains 1/2 c Raisins, 1 App, 1/2 Ban, 1/2 c OJ LUN Cheese Pizza 1/2 c Sweet Corn 1/2 c Peaches

LUNCH MEAL INFORMATION: (600-650 calories)
(Lunch Components = 5 separate items)

- Grain/M/MA = 2 oz of Meat or 6 oz of Main Entree
- Vegetables = 1/2 cup of vegetables
- Fruit = 1/2 cup of fruit/ or 100% (4 oz)
- Grain: At least 1 oz of 50% whole grain
- Milk = 1 Milk (Skim/1% White/FF Vanilla, Straw or Choc Milk)
- No pork/by products are ever served for any meals
- Tuna sandwich is prepared on site by PMIC
- Substitutions can happen at any time based on supply and demand
- Variety Friday Grains are grains that have been served throughout the week or week preceding
- Assorted juice can be apple, grape, fruit punch, orange, and/or raspberry

ALL MEALS COME WITH 8 oz. of MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER FLANC MENU - REV. 10/14/2021

Child nutrition programs give children an understanding of the relationship between proper eating habits and good health. Schools must follow the meal pattern which involves planned menus meeting at least minimum daily quantities of milk, meat, vegetables, fruits and grains.

The USDA requires meal service employees and vendor staff to take part in required program trainings through federal, state and city regulatory bodies. This training includes not only nutrition but also food safety. All nutritional information is readily available within our schools. Special dietary needs are also met and overseen by our cafeteria personnel along with our school nurses.

District or School Information	
Each district or school will provide copies of the report available to the public upon request.	
State law in Ohio requires each school district board of education and each chartered nonpublic school board or governing authority to adopt and enforce nutrition standards governing the types of food and beverages available for sale on the premises of its schools. Additionally, the board or governing authority must specify the time and place each type of food or beverage is available for sale. The standards specified for beverages and food are minimum standards. Local districts and schools may adopt higher standards.	
Each board or governing authority assigns staff to make sure that the district or school meets the nutrition standards in state law. The staff prepares an annual report regarding the district's or school's compliance with the standards. Completion of this survey fulfills the district or school's requirement to report to the Ohio Department of Education its compliance with state law. The board or governing authority must schedule an annual presentation on the report at one of its regular meetings and include the date of the annual presentation in this survey.	
* 1. IRN:	<div>142943</div>
* 2. Organization Name:	<div>Focus Learning Academy of Northern Columbus</div>
* 3. By checking this option I attest that...	
<input checked="" type="checkbox"/>	The district or school named above has adopted and is enforcing a nutrition standards policy that considers the requirements of Ohio Revised Code 3313.814 and governs the types of food and beverages that may be sold on the premises of its school(s).
<input type="checkbox"/>	The district or school named above has not adopted and/or is not enforcing a nutrition standards policy that considers the requirements of Ohio Revised Code 3313.814 and governs the types of food and beverages that may be sold on the premises of its school(s).

Board or Governing Authority Meeting Presentation

* 4. Date of board or governing authority meeting presentation:

Date MM DD YYYY

Date

9 / 24 / 2022

1/28/2022

Wellness Policy

Adoption of Food Services Policy

* 5. Name of district or school staff person responsible for ensuring that the school district or school meets the nutrition standards as required by law:

Name:

Abdi Farah

Title:

Superintendent

Phone Number:

(614) 547-0920

Email Address:

afarah@focusacademynorth.org



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Abdirizak Farah, Superintendent

Jessee McKown, Principal

Book	Food Policy Manual
Section	Operations
Title	Wellness Policy
ORC	Section 3313.814
Status	Active
Adopted	10/ 2019
Reviewed	09/24/2021

Focus Learning Academy Wellness Policy:

FLANC Wellness Policy FLANC is committed to the optimal development of every student. FLANC believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines FLANC's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

FLANC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within FLANC participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within FLANC are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students.
- FLANC offers reimbursable school meals that meet USDA nutrition standards
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they receive their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the [USDA professional standards for child nutrition professionals](#).

Other food available at school:

The foods and beverages sold outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.

- FLANC will provide a list of healthy party ideas and snacks to parents and teachers, including non-food celebration ideas ([Healthy Party Ideas](#));

- FLANC will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
- FLANC will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. FLANC will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.
- Each school will implement at least one of the following four Farm to School Activities:
 - Local and/or regional products are incorporated into the school meal program;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:
 - Displays, such as on vending machine exteriors.
 - Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.

- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

Nutrition Education

FLANC aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Ohio Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.
- FLANC teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. FLANC will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food Safety
 - Social influences on healthy eating including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting and advocating for others' healthy dietary behavior

Physical Education

FLANC will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts:

- All students will be provided equal opportunity to participate in physical education classes.
- All district students will participate in physical education that meets or exceeds state standards.
- All District **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.
- All District **middle school students** are required to take physical education in one grade level.
- All District **high school students** are required to take the equivalent of one academic year of physical education.
- Students will be moderately to vigorously active for at least 50% of the class time during most or all physical education class sessions
- All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.
- Waivers, exemptions, or substations for physical education classes are not granted.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education:

- Physical activity during the school day(including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
- Outdoor recess will be offered when weather is feasible for outdoor play.

- Active recess programming will be utilized to create universal participation by offering multiple activities as recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
- In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- FLANC recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. Activity break ideas are available through Active Schools link
<http://education.ohio.gov/Topics/Learning-in-Ohio/Physical-Education>
- FLANC offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports whenever possible) for students to participate in physical activity before and/or after the school day.
- FLANC will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

FLANC will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. FLANC will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- FLANC will continue relationships with its community partners including healthcare organizations such as hospitals in support of this wellness policy's implementation.
- FLANC will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.

- FLANC promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, FLANC will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- FLANC will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.
- FLANC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within FLANC in meeting wellness goals.
- FLANC will actively notify households/families of the availability of the annual report through FLANC newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**



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Section	Operations
Title	Food Services
ORC	Section 3313.814
Status	Active
Adopted	Scheduled 1/28/2022
Drafted	11/18/2021

Food Services Policy:

The Board of Education shall provide cafeteria facilities in all school facilities where space and facilities permit, and will provide food service for the purchase and consumption of meals for all students. The Board shall also provide a breakfast program in accordance with procedures established by the Department of Education. The Board shall annually encumber the funds needed to operate the program.

The food service program shall comply with federal, state and city regulations pertaining to the selection, preparation, consumption and disposal of food and beverages, including but not limited to the current USDA's school meal pattern

requirements and the USDA Smart Snacks in School nutrition standards, as well as the fiscal management of the program.

The board does not discriminate on the basis of race, color, national origin, sex (including sexual orientation or gender identity), disability, age (except as authorized by law), religion, military status, ancestry, or genetic information (collectively, "Protected Classes") in its education programs or activities. Students and all other members of the School District community and third parties are encouraged to promptly report incidents of unlawful discrimination and/or retaliation to a teacher, administrator, supervisor, or other District official so that the Board may address the conduct.

The Board shall approve and implement nutrition standards governing the types of food and beverages that may be sold on the premises of its schools and shall specify the time and place each type of food or beverage may be sold. In adopting such standards, the Board shall:

- A. Consider the nutrition value of each food and beverage by using the <https://foodplanner.healthiergeneration.org/calculator/>
- B. Consult and incorporate the USDA Smart Snacks in School nutrition guidelines;
- C. Consult with a food nutrition specialist credentialed by ServSafe and the Ohio Department of Health; and
- D. Consult and incorporate to the maximum extent possible the dietary guidelines for Americans jointly developed by the USDA.

No food or beverage may be sold on any school premises except in accordance with the standards approved by the Board.

In addition, as required by law, a food safety program that is based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system shall be implemented with the intent of preventing food-borne illnesses. For added safety and security, access to the facility and the food stored and prepared therein shall be limited to food service program staff and other authorized persons.

The Board shall provide a federal food service program for students during summer intervention programs. If the Board determines that it is unable to provide a federal food service program during the summer, for financial reasons, the Board will communicate that decision to its residents in a manner it determines to be appropriate.

During all times while the food service program is operating and students are being service food, at least one (1) employee shall be present in the area in which the food is being consumed who has instruction in methods to prevent choking and demonstrated an ability to perform the Heimlich maneuver.

Substitutions

If determined appropriate by a student's Section 504 team, substitutions to the standard meal requirements shall be made, at no additional charge, for students for whom a health care provider who has prescriptive authority in the State of Ohio has provided medical certification that the student has a disability that restricts his/her diet in accordance with the criteria set forth in 7 CFR Part 15 b. to qualify for such substitutions the medical certification must identify:

- A. The student's disability and the major life activity affected by the disability;
- B. An explanation of why the disability affects the student's diet; and
- C. The food(s) to be omitted from the student's diet and the food or choice of foods that must be substituted (e.g. caloric modifications or use of liquid nutritive formula)

If determined appropriate by a team of qualified individual including, but not limited to, the Principal, school nurse, parent, Director of Food Services, substitutions to the standard meal requirements may be made at no additional charge, for a student who is not a "disabled person," but has a signed statement from a qualified medical authority that the student cannot consume certain food items due to medical or other special dietary needs. To qualify for such consideration and substitutions the medical statement must identify:

- A. The medical or dietary need that restricts the student's diet; and

- B. The food(s) to be omitted from the student's diet and the foods(s) or choice of foods that may be substituted.

For non-disabled students who need nutritionally equivalent milk substitute, only a signed request by a parent or guardian is required.

Meals sold by the school may be purchased by students and staff members and community residents in accordance with administrative guidelines established by the Superintendent. Meals may be made available, free of charge, to senior citizens who are serving as volunteers to the District.

The operation and supervision of the food-service program shall be the responsibility of the food service director/treasurer. In accordance with federal law, the food service director/treasurer shall take such actions as are necessary to obtain a minimum of two (2) food safety inspections per school year, which are conducted by the state or local governmental agency responsible for food safety inspections namely the Ohio Department of Health. The report of the most recent inspection will be posted in a publicly visible location, a copy of the report will be available upon request.

A periodic review of the food service accounts shall be made by the Treasurer. Any surplus funds from the National School Lunch Program, or the Healthy, Hunger-Free Kids Act of 2010 shall be used in to reduce the cost of the service to students or the purchase cafeteria equipment. Surplus funds from a-la carte foods may accrue to the food service program.

Bad debt occurred through the inability to collect meal payment from students is not an allowable cost chargeable to any federal program. Any related collection cost, including legal cost arising from such bad debt after they have been determined to be uncollectable are also unallowable.

The Superintendent is authorized to develop and implement an administrative guideline regarding meal charge procedures. This guideline will provide consistent directions for students who are eligible for reduced price or paid meals but do not have funds in their account or in hand to cover the cost of their meal at the time of service.

This guideline shall be provided in writing to all households at the start of each school year and to household transferring to the school School District during the school year.

With regard to the operation of the school food service program, the Superintendent shall require:

- A. The maintenance of sanitary, neat premises free from fire and health hazards;
- B. The preparation of food that complies with federal food safety requirements;
- C. The planning and execution of menus in compliance with USDA requirements;
- D. The purchase of food and supplies in accordance with federal/state law and the USDA guidelines;
- E. Complying with food holds and recalls in accordance with USDA regulations;
- F. The administration, accounting, and disposition of food service funds pursuant to federal, state and USDA regulations;
- G. The safekeeping and storage of food and food equipment pursuant to federal, state and USDA regulations;
- H. The regular maintenance and replacement of equipment;

In accordance with the nutritional standards adopted by the Board, the placement of vending machines in any classroom where students are provided instruction, unless the classroom is also used to serve meals to students, is prohibited.

The District shall serve only nutritious food in accordance with the nutritional standards adopted by the Board in compliance with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition guidelines. Foods and beverages in competition with the District's food service program must comply with the current USDA Dietary Guidelines for Americans

and the USDA Smart Snacks in School nutrition guidelines, and may only be sold in accordance with the Board Wellness Policy.

The Superintendent will require that the food service program serve foods in the schools of the District that are wholesome and nutritious and reinforce the concepts taught in the classroom.

The Superintendent is responsible for implementing the food service program in accordance with the adopted nutrition standards and shall provide a report regarding the District's compliance with the standards at one of its regular meetings annually.

Revised 11/30/2022