Progress Village Christian Academy

Announces its policy for Free and Reduced-Price Meals for students under the

NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS

Any interested person may review a copy of the policy by contacting

Dr. Rickey L. Houston – 8722 Progress Blvd, Tampa, FL 33619 – (813)677-1948, ext. 204

Household size and income criteria will be used to determine eligibility. An application can not be approved unless it contains complete eligibility information. Once approved, meal benefits are good for an entire year. You need not notify the organization of changes in income and household size.

Application forms are being sent to all homes with a letter to parents or guardians. To apply for Free or Reduced-Price Meals, households must complete the application and return it to the school. Additional copies are available at the principal's office in each school. The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year. Applications may be submitted at any time during the year.

Households that receive SNAP (Supplemental Nutrition Assistance Program) or TANF (Temporary Assistance for Needy Families) are required to list on the application only the child's name, SNAP/TANF case number, and signature of adult household member.

Foster children will receive free benefits regardless of the child's personal income or the income of the household.

Households with children who are considered migrants, homeless, or runaway should contact the district liaison **[Pastor Roddrick Siplin]** at (813-677-1948, ext. 206.

For the purpose of determining household size, deployed service members are considered a part of the household. Families should include the names of the deployed service members on their application. Report only that portion of the deployed service member's income made available to them or on their behalf to the family. Additionally, a housing allowance that is part of the Military Housing Privatization Initiative is not to be included as income.

All other households must provide the following information listed on the application:

- Total household income listed by gross amount received, type of income (e.g., wages, child support, etc.) and how often the income is received by each household member;
- Names of all household members – check the "no income" box if applicable; if household member is a child, list school name for each;
- Signature of an adult household member certifying the information provided is correct; and
- Social security number of the adult signing the application or the word "NONE" for this household member if he or she does not have a social security number.

If a household member becomes unemployed or if the household size changes, the school should be contacted. Children of parents or guardians who become unemployed should also contact the school.

Under the provisions of the Free and Reduced-Price meal policy

Rickey L. Houston – Approving Official

will review applications and determine eligibility. If a parent or guardian is dissatisfied with the ruling of the official, he or she may wish to discuss the decision with the determining official on an informal basis. If the parent wishes to make a formal appeal, he or she may make a request either orally or in writing to

Todd Hammond - 8722 Progress Blvd, Tampa, FL 33619 – (813)677-1948, ext. 203

Unless indicated otherwise on the application, the information on the Free and Reduced-Price Meal application may be used by the school system in determining eligibility for other educational programs.

*Meals served at this school are available at no cost regardless of the eligibility determination. *

FLORIDA INCOME ELIGIBILITY GUIDELINES
FOR FREE AND REDUCED-PRICE MEALS

Effective from July 1, 2026, to June 30, 2027

FREE MEAL SCALE					
Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	20,748	1,729	865	798	399
2	28,132	2,345	1,173	1,082	541
3	35,516	2,960	1,480	1,366	683
4	42,900	3,575	1,788	1,650	825
5	50,284	4,191	2,096	1,934	967
6	57,668	4,806	2,403	2,218	1,109
7	65,052	5,421	2,711	2,502	1,251
8	72,436	6,037	3,019	2,786	1,393
For each additional family member, add	+7,384	+616	+308	+284	+142
REDUCED-PRICE MEAL SCALE					
Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	29,526	2,461	1,231	1,136	568
2	40,034	3,337	1,669	1,540	770
3	50,542	4,212	2,106	1,944	972
4	61,050	5,088	2,544	2,349	1,175
5	71,558	5,964	2,982	2,753	1,377
6	82,066	6,839	3,420	3,157	1,579
7	92,574	7,715	3,858	3,561	1,781
8	103,082	8,591	4,296	3,965	1,983
For each additional family member, add	+10,508	+876	+438	+405	+203

To determine annual income:

- If you receive the income every week, multiply the total gross income by 52.
- If you receive the income every two weeks, multiply the total gross income by 26.
- If you receive the income twice a month, multiply the total gross income by 24.
- If you receive the income monthly, multiply the total gross income by 12.

Remember: The total income before taxes, social security, health benefits, union dues, or other deductions must be reported.

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, audiotape, 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 at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, 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

This institution is an equal opportunity provider.

Local School Wellness Policy

Progress Village Christian Academy (PVCA)

Preamble

PVCA 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/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 schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

PVCA is committed to creating school environments that promote and protect 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.

1. Local School Wellness Policy Leadership

School level

PVCA will establish an ongoing Healthy School Team that will meet **bi-annually** to ensure compliance and to facilitate the implementation of PVCA's wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to PVCA's wellness policy.
- In each school, the Wellness Official will be responsible for establishing the Healthy School Team that will ensure compliance with 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 and the public.
- The Healthy School Team is responsible for:
    - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (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 paragraph (c) of FAC 5P-2.002.
    - And reporting its school's compliance of the regulations to the Wellness Official, the person responsible for ensuring overall compliance with PVCA's wellness policy.

PVCA 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 to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

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.

- At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 10%
- Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 10%
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.
- Organizations operating concessions at school functions will promote healthy food choices by introducing several healthier items at a lower profit margin to encourage student selection.
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally grown food whenever possible within the school meals programs as well as in a la carte sales, including vending machines.

3. Nutrition Education

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

- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition. (Example topics include mindful eating, balanced meals, how to read nutrition facts labels)
- Students will understand how food reaches the table and the implications that has for their health and future. Staff and school food service in partnership with

community organizations will integrate hands-on experiences at least twice a year such as:
    - Farmer's market tours and visits to community gardens integrating core curriculum whenever possible.
    - Hosting farmers in the classroom and cafeteria for interactive discussions and presentations.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

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

- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly as appropriate.

5. Other School-Based Activities

PVCA 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 towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- PVCA shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.

- PVCA shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- PVCA shall be in compliance with drug, alcohol and tobacco-free polies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Employee Wellness

- PVCA wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Behavior Management

- PVCA is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

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

PVCA shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) 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 special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, PVCA will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.
- Schools are encouraged to offer fresh, seasonal, locally grown food at every location on the school site where food is sold and at all school-sponsored events and activities.

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 the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
    - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
    - *School day means, for the purpose of competitive food standards implementation, the period from the 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 PVCA 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 210.11. (FAC 5P-2.002)
- 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 (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1⁄4 cup of fruit and/or vegetable.
- 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 *(including any added accompaniments)*	Entrée Items *(including any added accompaniments)*
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 (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- Any entrée 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.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	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 but 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 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

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.

Standards for food 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 shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- 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 board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

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

- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-2.002)

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- PVCA will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- PVCA nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

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

PVCA wellness committee 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 as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

PVCA 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 PVCA 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.

9. Informing the Public

PVCA will ensure that the wellness policy and most recent triennial assessment are always available to the public. PVCA 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.

- PVCA will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- PVCA will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, PVCA website, articles and each school's newsletter, to ensure that the community is informed, and that public input is encouraged.
- Each school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

10. Community Involvement

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

- PVCA will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- PVCA will use electronic mechanisms, such as email or displaying notices on PVCA's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- A team of district and community representatives will be established to support the food service director and teachers in implementing local purchasing and other farm to school activities on an ongoing basis.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

This institution is an equal opportunity provider.

Progress Village Christian Academy

Non-Discrimination 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, audiotape, 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 at Program Discrimination Complaint Form English [409.6 kB] , Program Discrimination Complaint Form Spanish [389.3 kB] and, Program Discrimination Complaint Form Haitian Creole [185.2 kB] e , 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

12/09/2022