

## **Components of the Nutrition and Physical Activity Policy**

- **Goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness in a manner that the local school determines is appropriate**
- **Nutrition guidelines set for all foods available on each school campus during the school day with the objectives of promotion of student health and reducing childhood obesity**
- **Assurances that guidelines for reimbursable school meals (school breakfast/lunch programs) are not less restrictive than those issued by the USDA**
- **Ways of measuring how well the policy is being implemented with designation of person or persons responsible for assuring policy is being followed**
- **Show involvement of parents, students, school nutrition program, school board, administration and public in development of the policy**

### **Four areas of review:**

**Nutrition I** – school meals, celebrations, and rewards

**Nutrition II** – fundraising and nutrition education of students

**Marketing and Promotion of Policy** – school staff, community members, students

**Physical Activity** – Physical Education scheduling and curriculum, recess, before and after school programs, additional opportunities to increase student activities

## **Nutrition and Physical Activity Policy Working Document**

### **School Meals**

To increase fresh fruit/vegetable offerings:

- Offer a greater variety of fresh fruit and vegetables at least two days per week – utilize prepackaged when available – cut apples, mandarin oranges, raisins, yogurt raisins, carrots w/ dip,
- Continue with salads available a minimum of 2 days per week and possible increase to every day – utilize leftovers from previous day meal to offer a variety of salads – chef salad w/ meat/cheese/eggs, salad w/ chicken, taco salad, fruit salad, oriental chicken salad, chicken nugget salad, spinach salad, broccoli salad
- Create soups that feature leftover produce – broccoli soup, potato soup, chicken and rice w/veggies soup, and vegetable soup.

To increase amount of whole grains:

- Offer more whole grain products such as whole wheat bread products (including English muffins, bagels, sandwich wraps, whole grain cereals and muffins, brown rice, pizza crust, pastas.

To provide low fat /fat free dairy products:

- Only low fat/fat free milk on service line and milk machine
- Provide low fat/fat free dairy products as alternate choices – cottage cheese, yogurt, string cheese, sour cream, cheese, salad dressing, and cream cheese

To make school meals more appealing and attractive:

- Marketing of Smart Choices – posters in cafeteria area highlighting smart choices, provide a visible and attractive menu choice, information on school web site and menu highlight nutritional info and new offerings, smart choice stickers on prepackaged food items
- Provide more variety of foods that are healthy, nutritious and popular – sandwich wraps, deli sandwiches, yogurt/fruit parfait, low fat muffins, broccoli/cheese baked potato, create packaged “lunchables” (ie: veggies w/ dip, cottage cheese, crackers, cheese, trail mix, raisins, ham, bologna, turkey, hard boiled eggs)
- Utilize disposable packaging that will make food easily recognizable by students (similar to fast food restaurants) – yogurt parfaits, shaker salads, lunchables

To improving the cafeteria environment:

- More detailed attention given to the sanitary environment of the cafeteria – washing tables, cleaning up food on floor between each lunch set
- Discuss with students the expected conduct and voice level when in cafeteria
- Personal supervising cafeteria model and monitor proper conduct and appropriate voice level

- Schedule meal times to allow students adequate time to eat
- Provide furniture and seating arrangements that will help reduce noise level

**Classroom celebrations/snacks:**

- Provide monthly birthday celebrations rather than several birthday celebrations per month
- Create class/holiday celebrations that center around physical activities
- Provide teachers with list of healthy class celebrations
- Provide teachers and parents information on food safety guidelines for classroom celebrations
- Provide teachers and parents with list of smart choice snacks

**Food Rewards:**

- Encourage physical activity as a reward (class dance, nature walk)
- Provide teachers with a list of alternate rewards that can be utilized

**Fundraising/Vending Machines:**

- Prohibit the sale of candy during school hours
- Provide a list of non-food fundraising activities
- Encourage fundraising that encourages physical activity
- Ensure that all vending machines available to staff during school hours are not available to students

**Nutrition Education:**

- Nutritional education will be integrated into the core curriculum (math, social studies, language arts, etc.) whenever possible.
- Professional development activities will be provided to all staff to gain the basic knowledge and importance of good nutrition as well as instructional techniques, activities, and strategies designed to promote healthy eating habits
- The school cafeteria will serve as a learning resource to link the lessons learned in the classroom with the practice of making healthy eating choices.
- The school district will build awareness among parents and community members about the importance of good nutrition and healthy eating habits through flyers, media, newsletters, open house, parent nights, etc.
- Conduct an assessment of current nutrition education programs in each of the buildings

**Physical Activity:**

- Strive for students in K-6 to receive a minimum of 120 minutes of physical education per week and in grades 7-12 to maintain a 3day/2day per week schedule.

- Provide physical education classes taught by certified physical education teachers that have a student/teacher ratio comparable to other classes within the district
- Not allow other courses or activities to be substituted for physical education
- Provide equipment and activities that encourage physical activity during recess
- Strive to develop additional activity based opportunities for the students during the school day
- Provide educational information to parents and community members about the importance of physical activity and fitness
- Encourage parents to become partners with the school by providing family based activities that promote physical activity
- Physical Education lessons should:
  - Be designed to be activity based and will include a warm up and cool down period
  - Be designed to utilize space and equipment to encourage maximum student participation
  - Emphasis the importance of physical activity and personal fitness
  - Provide instruction and activities that will enable students to create a personalized fitness program
- Classroom teachers will be encouraged to:
  - Design lessons that encourage student movement and activity
  - Provide short activity breaks, which are grade level appropriate, when extended periods of inactivity have occurred
  - Provide student or class “rewards” that are activity based

**Marketing and Promotion of Policy:**

- Wellness Committee will meet 4 times per year to establish goals and review implementation
- Provide community, parents, staff and students of yearly goals and their role for implementation
- Create ways to encourage family activity times both at home and at school.
- Make pool and fitness room available to community, parents, staff and students after school and evening hours