

## WELLNESS POLICY INFORMATION

**Daily Lunches:** Kitchen Staff will handle the appropriate requirements for lunches.

**Snacks offered in the classroom:** Emphasis should be on fruits and veggies. Other snacks should be low calorie and low fat. Watch for too much Sodium. Water should be the primary beverage offered. (See attached Snack Ideas and Nutrition Standards). Be aware of any peanut allergies.

**Rewards/discipline in the classroom:** Food or beverages should never be withheld from a child for punishment. (This includes school meals). Any food being used for a reward that does not meet the standard requires special mention of this in the child's IEP. (See attached Snack Ideas and Nutrition Standards).

**Classroom Celebrations:** Limit parties to 2 per month. Each party should include no more than 1 food or beverage that does not meet nutrition standards. (See attached Snack Ideas and Nutrition Standards).

**Classroom Curriculum Produced Foods:** When based on an education lesson the teacher needs to incorporate opportunities to teach about nutrition. The lesson should not include any more than 1 food or beverage that does not meet the nutrition standards.

**Physical Activity:** At least 15 minutes of "Recess" will be available to students daily, preferably outdoors. During recess time moderate to vigorous activity should be encouraged. Indoor physical activity should be used when outdoors is inappropriate. Staff should be discouraged from creating more than 2 hours of inactivity. Physical activity will never be used as discipline or withheld for discipline.

### Classroom Nutrition Education and Physical Activity Promotion:

- Education and Nutrition promotion is offered at each grade level.
- Nutrition Education is a part of classroom instruction.
- Includes developmentally appropriate activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, and low fat dairy products.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity).
- Teaches media literacy with emphasis on food marketing/advertising.
- Nutrition activities that involve students, parents, and community.
- Physical Activity opportunities for students to voluntarily participate in physical activities outside of physical education class such as walking.

**CLASSROOM IDEAS**

- Daily/weekly review of school menu
- Tally foods into food groups
- "Eating the Alphabet"
- 5-10 minute stretches daily
- Classroom/school garden
- Potted Vegetables
- Contests
- "Pizza Parade"
- Nutrition Web games

Nutrition is for everyone.....

**PARENT and Community IDEAS:**

- Nutrition News Letter
- Healthy Snack List
- Invite a grocery store owner or farmer to speak
- Field trip to local farm or grocery

Students must be healthy to learn.....but they also need to learn to be healthy.

## **HEALTHY SNACK IDEAS**

### **Dairy:**

**String Cheese and Fruit**

**Low fat or nonfat Milk or Yogurt Smoothies**

**Cottage Cheese**

**Yogurt**

**Low fat pudding**

**Fruit and Vegetables: (Veggies may be dipped in low-fat yogurt dip or humus) Make sure they are cut up in safe, bite-sized pieces.**

**Baby carrots**

**Sliced bell peppers**

**Cucumber slices**

**Blueberries**

**Strawberries**

**Melons**

**Raspberries/Blackberries**

**Frozen fruit bars**

**Trail mix**

### **Grain Snacks:**

**Whole-grain crackers with cheese or peanut butter**

**Whole-grain cereal with milk**

**Flavored rice cakes**

**Granola Bars**

**100 Calorie Microwave Popcorn**

## Nutrition Standards for Foods

### Foods should:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium vitamin D, or dietary fiber)

### Foods must meet several nutrient requirements:

#### Calorie limits:

- Snack items: <200 calories
- Entrée Items: <350 calories

#### Sodium limits:

- Snack items: <230mg
- Entrée items: <480mg

#### Fat limits:

- Total fat: <35% of calories
- Saturated fat: < 10% calories
- Trans fat: zero grams

Sugar limit <35% of weight from total sugars in foods

## Nutrient Standards for Beverages

- Plain water
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice, and 100% fruit or vegetable juice, no added sweeteners.

