

Wellness Policy

The purpose of this policy is to develop healthy learners through a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating and physical activity.

A. DAILY SCHOOL MEAL SERVICE

1. The school will provide healthy and safe school breakfast and lunch programs that comply with all federal, state, and local statutes and regulations.
2. The school will accommodate the changing special nutrition needs of students and the cultural, ethnic, and religious diversity of our community.
3. Budget constraints will not take precedence over the nutritional needs of students.
4. Sufficient time will be allotted for breakfast and lunch periods to allow students to complete their meals.
5. Meals served through the National School Lunch and Breakfast program will:
 - Offer a variety of fruits and vegetables, with an emphasis on including a variety of fruits and vegetables on the monthly menu.
 - Serve primarily low fat (1%) and fat free milk.
 - Offer lactose reduced milk when requested by student and/or parent/guardian.
 - Work towards ensuring that at least half of served grains are whole grains.
 - Exclude deep fried foods and strive to replace higher fat items with lower fat alternatives as appropriate.
 - Be served in portion sizes that meet National School Lunch Program and Breakfast Program requirements.
 - Meet current USDA nutrition requirements.

This institution is an equal opportunity provider.

B. NUTRITIONAL GUIDELINES FOR OTHER FOODS AVAILABLE DURING THE SCHOOL DAY

1. Consideration will be given to both healthy alternatives and portion control when food is provided outside of the regular meal programs. Such foods will be prepackaged or prepared on-site using appropriate school kitchen facilities.
2. Snacks served after school will make a positive contribution to children's diets and health. The school will work towards serving whole grains, fruits, vegetables and low-fat dairy as the primary snack items.
3. Any vending or sales of food by the school must include healthy choices.
4. School personnel may not withhold foods or beverages as punishment.

C. NUTRITION EDUCATION

1. The school will provide nutrition education as a part of comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health for a lifetime.
2. The school will promote students' self-awareness and provide sufficient information to enable students to make healthier choices.
3. This program will be linked with school meal programs and other nutrition-related community services.