

## Nutrition Education and Promotion Goals

1. Provide age-appropriate nutrition education that: is offered as part of a comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.	
2. Provide age-appropriate nutrition education that: promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products.	
3. Provide age-appropriate nutrition education that promotes healthy food preparation methods and health enhancing nutrition practices.	
4. Provide age-appropriate nutrition education that emphasizes caloric balance between food intake and physical activity.	
5. Provide age-appropriate nutrition education that links with meal programs and other foods and nutrition-related community services.	

## Physical Activity Goals

1. Provide physical activity that is based upon state/federal guidelines.	
2. Provide physical activity that includes at least 30 minutes daily at the elementary level.  Provide physical activity that is preferably through outdoor recess that encourages physical activity.	
3. Discourages extended periods of inactivity.	
4. Provide physical activity that encourages classroom teachers to provide short physical activity breaks between lessons or classes as appropriate.	
5. Provide physical activity that includes at least 120 minutes of physical activity during a 5-day week at the secondary level.	
6. Provide physical education that: is designed for all students in grades K -12 for the entire school year.	
7. Provide physical education that utilizes a wellness approach to the physical education curriculum.	
8. Provide physical education that is consistent with National Physical Education Standards	
9. Provide physical education that focuses on health-related fitness.	
10. Provide physical education that reinforces knowledge and self-management skills needed to maintain a physically active lifestyle.	
11. Provide physical education that reduces time spent on sedentary activities.	
12. Provide physical education that employs technology to monitor physical activity.	
13. Provide physical education that encourages appropriate use of waivers to physical education at the secondary level.	

Green = >80% buildings report having the policy Fully in Place; 

Yellow = 50-80% buildings report having the policy Fully in Place; 

Red = <50% buildings report having the policy Fully in Place 

14. Employees will not use physical activity as a punishment (e.g., running laps, pushups) or repeatedly withhold opportunities for physical activity (e.g., recess, physical education) as a punishment.	
15. Physical activity should not have to be earned and opportunities for physical activity for all students should be encouraged.	
16. Before and after school programs, should provide and encourage periods of moderate to vigorous physical activity for all participants (e.g., child care programs, intramurals, clubs, etc.).	

## Other School Based Activities that Promote Student Wellness Goals

1. Provide a healthy eating environment that: allows students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.	
2. Provide a healthy eating environment that: encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities.	
3. Provide a healthy eating environment that: encourages scheduling lunch periods to follow recess periods (in elementary schools).	
4. Provide a healthy eating environment that: provides students access to hand washing or hand sanitizing before they eat meals or snacks.	
5. Provide a healthy eating environment that: recommends that children not be forced to eat or drink against their wishes.	
6. Provide a healthy eating environment that discourages students from sharing their foods or beverages with one another during meal or snack times, given-concerns about sanitation, health related issues, and food allergies.	
7. Provide a health and wellness curriculum for students in grades K-12 and encourage students to take a health and wellness course in grades 6, 7, and 8 and one trimester health and wellness course in high school.	
8. Encourage fundraising activities that use foods that meet District's Recommended Nutritional Guidelines and promote physical activity.	
9. Discourage the use of foods or beverages as rewards for academic performance, compliance, or good behavior. District employees will not withhold food or beverage (including food served through meals) as a punishment.	
10. Encourage schools to use only foods and beverages that meet the District Recommended Nutritional Guidelines for snacks and celebrations.	
11. Encourage groups in the school community, who offer foods and beverages for sale at school sponsored events, to use only foods and beverages that meet District Recommended Nutritional Guidelines.	

## Nutrition Guidelines for All Foods Available to Students

1. Foods and beverages sold individually outside the reimbursable meal program (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day meet nutrition standards as required by state or federal law.



## Communication with Parents

1. Post nutrition tips on school web sites
3. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's Recommended Nutritional Guidelines
4. Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties and fundraising activities.
5. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
6. Support parents' efforts to provide their children with opportunities to be physically active outside of school.



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## Food Marketing in Schools

1. Limit food and beverage marketing to the promotion of foods and beverages that meet the District's Recommended Nutritional Guidelines
2. Promote healthy foods including fruits, vegetables, whole grains, and low-fat dairy products.
3. Work with all suppliers of snacks and beverages not directly associated with the district's Food and Nutrition Program to restrict school-based marketing of brands promoting predominantly low-nutrition foods and beverages.
4. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.



## Staff Wellness

1. Promote staff behaviors that encourage healthy eating, physical activity and other elements of a healthy lifestyle.

