

# Nutrition and Wellness Plan 2020-2021

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity. To this end, the Board supports school efforts to implement the following:

- To the maximum extent practicable, schools will participate in available federal school meal programs.
- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education, school meal programs, and related community services.

## **Food and Nutrition:**

**The Child Nutrition Program will aim to improve the diet and health of school children, to support the development of lifelong healthy eating patterns and support healthy choices by:**

- Serving healthy meals, with a variety of fruits, vegetables, whole grains, and fat-free/low-fat milk. All a' la carte items and vending machines will meet the USDA Smart Snack nutritional standards.
- Participating in USDA Child Nutrition Programs, including the National School Lunch Program, the School Breakfast Program, Fresh Fruit & Vegetable Program, Summer Food Service Program and Child and Adult Care Food Program. These programs are available to all students, meet current nutrition requirements established by local, state, and Federal guidelines.
- Posting all menus with nutritional information on the District website.
- Accommodating students with special dietary needs per Board Policy.

## **Nutrition Education and Promotion:**

**Each school is encouraged to provide nutrition education and engage in nutrition promotion that:**

- Is offered at each grade level and part of health education classes as well as integrated across content areas when appropriate.
- Includes enjoyable, age-appropriate activities, such as contests and promotions.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products.
- Links with school meal programs, other school foods, and nutrition-related community services.
- Includes taste testing opportunities throughout the year.

## **Child Nutrition Operations:**

**The District Child Nutrition Program is encouraged to provide operations that:**

- Aims to be financially self-supporting. However, budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- Increase participation in the available federal Child Nutrition Programs and participation in the Community Eligibility Provision Program.
- Ensures all Child Nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA professional standards.
- Encouraged students to start each day with a healthy breakfast, therefore the district will provide opportunities beyond the National School Breakfast Program such as Grab N Go Breakfast and Second Chance Breakfast Programs.

**Food Safety/Food Security:**

**Each school is encouraged to provide food safety and food security that:**

- Ensures state and local food safety and sanitation regulations are followed. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- Limits access to the food and equipment in the cafeteria to the Child Nutrition staff and authorized personnel.

**Eating Environment:**

**Each school is encouraged to provide an eating environment that:**

- Allows adequate time to eat meals. The National Association of State Boards recommends at least 10 minutes to eat breakfast and at least 20 to eat lunch.
- Schedules lunch as near the middle of the school day as possible.
- Maximizes the serving area to reduce student wait time in line.
- Ensures dining areas are inviting, clean and can accommodate seating for all students.

**Physical Activity:**

**Each school is encouraged to provide physical activity and engage in physical activity promotion that:**

- Are integrated across curricula and throughout the school day.
- Provides physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in these classes. The program will promote student physical fitness through individualized fitness, competitive and non-competitive team sports to encourage life-long physical activity, and incorporate activity assessments where appropriate.
- Provides a daily recess for elementary school students.

**Other Student Wellness Activities:**

**The District will promote:**

- Integration of wellness activities across the school setting, not just in the cafeteria. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary.
- Development of relationships with community partners in support of the wellness plan and policy implementation and promote to parents/caregivers, families, and the general community the benefits of healthy eating and physical activity.
- Implementation of strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.