

## **School District of Haverford Township School Wellness Policy**

### **Frequently Asked Questions**

1. When is the School Wellness Policy in effect?
  - The School Wellness Policy is in effect during each instructional day of the school year.
2. Does it apply to food bought from home for individual students?
  - No. The policy pertains to meals and snacks that are purchased or sold during the school day, fundraisers and food served at school celebrations.
3. How does the policy apply to school food services?
  - All school meals, snacks and vending must meet USDA standards for meals and Smart Snack guidelines.
4. How does the policy apply to classroom snacks?
  - Snacks provided by a teacher must meet smart snack guidelines.
  - Individual snacks from home may be of parent choice.
  - Additional restrictions may apply to designated allergen-free classrooms.
5. How does the policy apply to fundraisers?
  - Food fundraisers sold during the school day must meet Smart Snack guidelines.
  - A limited number of single fundraising events may be excluded by the Principal.
  - The policy does not apply to fundraising outside of the school day, at extracurricular events or school sponsored activities.
6. How can teachers promote wellness in the classroom?
  - Model healthy snacks and beverages in the classroom.
  - Include evidence-based wellness practices in lessons, transition time and classroom activities.
  - Include wellness examples in classroom lessons and discussions.
7. How does the policy apply to classroom parties?
  - Snacks for classroom celebrations must meet the Smart Snack guidelines.
  - Parents have also requested the district provide a single of recommended snacks that list also include the safer foods that help keep our students with severe allergies safe in school.
  - The District will annually review the Safer Foods/Smart Snacks Recommended Food List for current allergens and requested additions to the list.
8. What is the role of the Wellness Committee?
  - Report annually on building based physical activity and wellness activities.
  - Consider evidenced-based strategies to promote wellness and nutrition.
  - Review the School Wellness Policy every three years and make recommendation for revisions as needed.