



Boulder Valley School District
File: EFA
Adopted: June 8, 2004

Associated Regulation: [EFA-R](#)

HEALTHY FOOD CHOICES

The Board of Education supports a school environment that encourages and models nutritious eating habits and physical activity, which promote academic success and lifelong health.

We shall foster in our students an understanding of healthy foods and the acquisition of skills that promote lifelong healthy eating habits and physical activity through a coordinated effort that involves BVSD staff, students, parents, and community members. The following components will be incorporated as appropriate: food services, family and community involvement, health education program, physical education program, health services, staff wellness, counseling psychological and social services and other efforts to promote a healthy school environment. This coordinated effort will contribute to students' knowledge of nutrition and physical activity in the following ways:

Students will:

1. learn to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity;
2. practice making healthy food and physical activity selections as an integral part of the school day through: school meals, vending machines, special events, school stores, fundraisers, physical education classes and extracurricular activities;
3. create and maintain personal nutrition and physical activity plans through setting goals and activities that recognize the connection between healthy eating and physical activity; and
4. recognize the various influences (ie.: family, community, culture, marketing and advertising, peers) on nutrition and physical activity choices.

CROSS REF.: [IGAE](#), Health Education

LEGAL REF.: 42 U.S.C. § 1751, *et seq.* (*National School Lunch Act*)

End of File: EFA