

Henry County Public Schools

Local Wellness Policy

School Year 2023-2024

Local Wellness Policy Compliance Contact Information

Food Service Director: Anna Lusk

District Health Coordinator: Melissa Jeffries

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I. Policy Preamble

In accordance with the LWP Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, the Sponsor establishes the following policy for implementation. This policy applies to all students and staff. Specific measurable goals and outcomes are identified within each section below.

- The Sponsor will coordinate the wellness policy with other aspects of school management, including the Sponsor's School Improvement Plan, when appropriate.
- The Sponsor will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

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II. Local Wellness Policy Leadership & Sponsor Wellness Group

Sponsor Wellness Group (SWG)

The sponsor wellness group shall work to encourage and support all students to be physically active on a regular basis as provided by Sponsor/council policy. Each SWG shall review and consider evidence-based strategies to set measurable goals in providing nutrition education and engaging in nutrition promotion to positively influence lifelong eating behaviors.

The Superintendent or designee(s) will convene the SWG and facilitate development of and updates to the wellness policy and will ensure each agency’s compliance with the policy. The following individuals are contacts for the wellness group:

| Name | Title / Relationship to Sponsor | Email Address | Roles & Responsibilities |
|------------------|---------------------------------|-------------------------------------|---|
| Dr. Jim Masters | Superintendent | Jim.masters@henry.kyschools.us | Submit summary and findings to KDE by May 1st. Work with FSD to oversee district wide wellness policy. |
| Zach Woods | DPP/Student Services | Zach.woods@henry.kyschools.us | Work with FSD to oversee district wide wellness policy. |
| Melissa Jeffries | District Health Coordinator | Melissa.jeffries@henry.kyschools.us | Work with FSD to oversee district wide wellness policy. |
| Anna Lusk | School Nutrition Director | Anna.lusk@henry.kyschools.us | Oversee district wide wellness policy. Complete district wide triennial assessment annually. Report findings to the public and board. |
| Amy Treece | Campbellsburg Elem. Principal | Amy.treece@henry.kyschools.us | Oversee individual school policy. Complete |

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| | | | the triennial assessment annually. |
| Angela Denny | Eastern Elem. Principal | Angela.denny@henry.kyschools.us | Oversee individual school policy. Complete the triennial assessment annually. |
| Rick Lumpkins | New Castle Elem. Principal | Rick.lumpkins@henry.kyschools.us | Oversee individual school policy. Complete the triennial assessment annually. |
| Emily Edwards | Henry Co. Middle School Principal | Emily.edwards@henry.kyschools.us | Oversee individual school policy. Complete the triennial assessment annually. |
| Shannon Sageser | Henry Co, High School Principal | Shannon.sageser@henry.kyschools.us | Oversee individual school policy. Complete the triennial assessment annually. |

III. Local Wellness Policy Implementation, Monitoring, Accountability & Community Engagement

Implementation Plan

The Sponsor will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the Sponsor at each educational level; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a Sponsor-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report which can be accessed by contacting the School Wellness Policy Coordinator.

Recordkeeping

The Sponsor will retain records to document compliance with the requirements of the wellness policy on the Sponsor's website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the Sponsor uses to make stakeholders aware of their ability to participate on the SWG;

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- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

The Superintendent or specific designee listed of the LEA shall:

- Per KRS 158.856, completion of assessment of the nutrition program be submitted by the food service director and issue a report at least sixty days prior to the public forum (required by KRS 158.856(5)).
- Per KRS 158.856(6), submit the wellness plan that includes a summary of the findings and recommendations of the nutrition and physical activity report as required by May 1 of each year to the Kentucky Department of Education (KDE).

The Sponsor will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the Sponsor is in compliance with the wellness policy.
- The extent to which the Sponsor's LWP compares to model LWPs.
- A description of the progress made in attaining the goals of the Sponsor's wellness policy.

Annual Notification of Policy

The Sponsor must hold a public forum regarding the nutrition and physical activity environment as it pertains to the contents of their policy by January 31st of each year. The Sponsor will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The Sponsor will make this information available via the Sponsor website and/or Sponsor-wide communications. The Sponsor will provide as much information as possible about the instructional nutrition environment. This will include a summary of the Sponsor's events or

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activities related to wellness policy implementation. Annually, the Sponsor will also publicize the name and contact information of the Sponsor and school officials leading and coordinating the committee, as well as information on how the public can get involved with the Sponsor's wellness committee.

Triennial Progress Assessments

The Sponsor will champion the monitoring and evaluation of the wellness policy by conducting an evaluation every three years and reporting the findings of their evaluations.

- The Sponsor will notify staff, students, and households/families of the availability of the wellness report via electronic and non-electronic media channels such as: posting on the district wide website and allowing community members to provide feedback at the monthly board meeting.
- The Sponsor wellness policy will be updated as needed based on evaluation results, Sponsor changes, emergence of new health science information/technology, and/or new federal or state guidance are issued.

Each principal is responsible for completing the triennial progress assessment for their assigned school. The SWG will monitor their compliance with this wellness policy. The Sponsor will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWG will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Sponsor priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

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Community Involvement, Outreach and Communications

The Sponsor is committed to being responsive to community input, which begins with awareness of the wellness policy. The Sponsor will actively communicate ways in which representatives of SWG and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that Sponsor. The Sponsor will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The Sponsor will use electronic mechanisms, such as email or displaying notices on the Sponsor's website. The Sponsor will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the Sponsor is communicating important agency information with parents. The Sponsor will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The Sponsor will also use these mechanisms to inform the community about the availability of the annual and triennial reports. The Sponsor will notify the community of these reports via the electronic and non-electronic media channels of: posting to the district website and allowing community members to give feedback and the monthly board meeting.

IV. Nutrition Standards

School Meals Programs

Our agency is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of children within their calorie requirements. The school meal programs aim to improve the diet and health of school-aged children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Sponsor will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The Sponsor also operates additional nutrition-related programs and activities including: After-school snack program and the Summer Food Service Program.

All school meals will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (The Sponsor offers reimbursable school meals that meet [USDA nutrition standards](#).)

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

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Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the instructional day and throughout the Sponsor's campus(es). The Sponsor will make drinking water available where school meals are served during mealtimes, as well as throughout the duration of the instructional day via multiple water stations throughout. This should be coordinated in conjunction with LEA leadership and school nutrition staff.

Competitive Foods and Beverages

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are offered and/or provided to students on the Sponsor's campus during the instructional day (and ideally, the extended instructional day) will meet or exceed the USDA Smart Snacks and/or State nutrition standards. No homemade food products will be brought in, all snacks must be pre packaged and labeled due to food allergies. Labels will be checked for by a designated school employee.

These nutrition standards do not restrict the sales of caffeinated beverages to high school students. With this, it is still recommended that the Sponsor be cautious in the selection of items that are sold to these students containing caffeine. At this grade level, students can be offered other alternatives like low-calorie and calorie-free beverage options. Elementary and middle school students are asked to not bring caffeinated beverages, such as sodas (Coke, Mountain Dew, etc.) and energy drinks (Red Bull, Monster, etc.) on the Sponsor's campus.

Celebrations and Rewards

All foods offered on the Sponsor's campus will meet or exceed the USDA Smart Snacks in School and/or State nutrition standards, including through:

1. Celebrations and parties- The Sponsor will provide a list of healthy party ideas upon request to parents and teachers, including non-food celebration ideas. Healthy party ideas are

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available from the [Alliance for a Healthier Generation](#) and from the USDA.

2. Classroom snacks brought by parents-The Sponsor will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards. No homemade food products will be brought in, all snacks must be pre packaged and labeled due to food allergies. Labels will be checked for by a designated school employee.
3. Rewards and incentives- Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Education & Promotion Guidelines

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout Sponsor location(s), classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by Sponsor staff, teachers, parents, students and the community. Marketing specifically includes:

- Brand names, trademarks, logos, or tags except when placed on food or beverage product/container
- Displays, such as vending machine exteriors
- Corporate/brand equipment
- Sponsor equipment, such as message boards, scoreboards, uniforms
- Advertisements in Sponsor publications/ mailing
- Sponsorship of school activities, fundraisers, or sports teams
- Educational incentive programs such as contests or programs
- Free samples or coupons displaying advertising of a product

The Sponsor will promote healthy food and beverage choices for all students (K-12) throughout the campus, as well as encourage participation in school meal programs. This

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promotion will occur through at least ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the Sponsor and individual schools may use are available at

<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>.

The Sponsor will teach, model, encourage and support healthy eating by all students. They will provide nutrition education and engage in nutrition promotion. Our Practical Living curriculum shall address the full Kentucky Core Academic Standards, including health, consumerism, and physical activity.

The Sponsor has set forth goals related to nutrition promotion, requiring compliance with the following goals:

- Promote healthy meals inside and outside of the cafeteria.
- Incorporate more locally grown food into school menus.

Food and Beverage Marketing in Schools

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.^{xv} This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, Sponsors will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing

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policy.)

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the Sponsor.
- Advertisements in Sponsor publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the Sponsor and school nutrition services reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement), decisions should reflect the applicable marketing guidelines established by the Sponsor wellness policy.

Physical Activity

Children and adolescents may participate in no more than 30 minutes per day, or 150 minutes per week of physical activity integrated into the instructional day. This is in compliance with the school calendar regulation, 702 KAR 007:140. All high school aged students are required to take the equivalent of a half credit of physical education but should still encourage a Sponsor-specific requirement for elementary and middle school aged students. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

To the extent practicable, the Sponsor will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The Sponsor will conduct necessary inspections and repairs. The Sponsor will work to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

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Physical Education

The Sponsor will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The Sponsor will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

The Sponsor’s physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

- All physical education teachers will be required to participate in at least a once a year professional development in education.
- All physical education classes offered by the Sponsor are taught by licensed teachers who are certified or endorsed to teach physical education.

Recess (Elementary)

All elementary schools will offer at least 20 minutes per week during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, Sponsor will have appropriate hand-washing facilities and/or hand-sanitizing prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play, according to Sponsor guidelines. In the event that the

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Sponsor must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible. Recess may not be used as a form of punishment at any time. It cannot be assigned consequently for poor behavior for any reason. For example, a student may not be singled out to run additional laps or perform other physical activities that the entire class is not also engaged in, as behavioral consequences. Recess may be utilized as a reward mechanism for all grade levels. This is heavily recommended as feasible.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

Before and After School Activities

The Sponsor offers opportunities for students to participate in physical activity either before and/or after the instructional day (or both) through a variety of methods. The Sponsor will encourage students to be physically active before and after the instructional day. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports. The Sponsor currently offers extracurricular activities to students’ after the instructional day during applicable seasons.

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V. Other Activities That Promote Student & Staff Wellness

The Sponsor will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Sponsor will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Sponsor is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by the Sponsor's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy. All sponsored events will adhere to the wellness policy guidelines. All sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Engagement & Partnerships

The Sponsor will develop relationships with community partners such as the local health department and local businesses in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

The Sponsor will also promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities as offered and will receive information about any health promotion efforts.

The Sponsor will use electronic mechanisms (e.g., email or displaying notices on the

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Sponsor's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness & Professional Learning Opportunities

The Sponsor promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

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VI. Policy Resources

Kentucky Administrative Regulations

702 KAR 7:140 School calendar.

702 KAR 6:090 Minimum nutritional standards for foods and beverages available on public school campuses during the school day; required nutrition and physical activity reports.

Kentucky Revised Statutes

KRS 158.850 Limitation on sale of retail fast foods in school cafeteria.

KRS 158.854 Administrative regulation specifying minimum nutritional standards for foods sold outside school lunch programs -- Restrictions upon sale of certain foods and beverages -- Waiver -- Definitions -- Exceptions.

KRS 160.345 Definitions -- Required adoption of school councils for school-based decision making -- Composition -- Responsibilities -- Personnel decisions -- Professional development -- Exemption -- Formula for allocation of school Sponsor funds -- Intentionally engaging in conduct detrimental to school-based decision making by board member, superintendent, Sponsor employee, or school council member -- Complaint procedure -- Disciplinary action -- Rescission of right to establish and powers of council -- Wellness policy.

KRS 160.290 General powers and duties of board.

Kentucky School Boards Association (KSBA) Policies *(if applicable)*

BP 02.4241 School Council Policies (SBDM)

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BP 08.1346 Physical Education

BP 07.1 Food/School Nutrition Services

BP 07.12 Vending Machines

BP 07.111 Competitive Foods

Public Law

111-296 Healthy, Hunger-Free Kids Act of 2010

7 CFR Part 210

7 CFR Part 220

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- ⁱⁱⁱ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.
- ^{iv} Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.
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- ^{vi} Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.
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- ^{xii} Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
- ^{xiii} Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
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- ¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>