

Foods brought from home for lunch

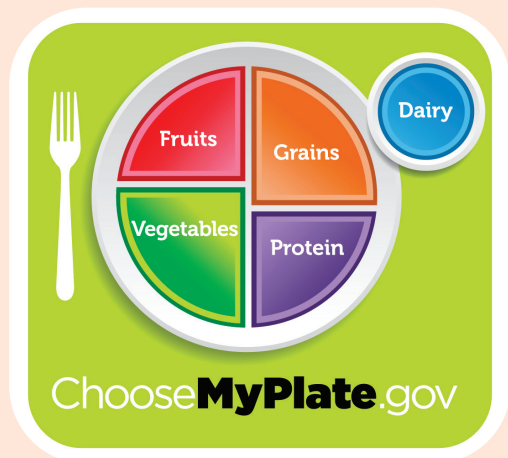
Individual lunches may include whatever parents would like to pack, but parents are encouraged to send food items that will make positive contributions to the child's diet and health. No sharing of food will be permitted.

Celebrations

Parents can find potential non-food ideas for celebrations, including birthdays, Halloween, and Valentine's Day, on the district website.

Snacks within the school day

In the event that it becomes necessary for a classroom to schedule a "healthy snack" time on a daily basis, snacks high in fiber such as fresh fruits and vegetables and/or low in fat (less than 5 grams) are recommended. Avoid pre-packaged processed foods that are generally high in calories, sugar, sodium, and fat and have little nutritional value. Limited portion sizes are also recommended so that the snack/beverage does not become a substitute for a nutritious meal and can be eaten within a limited time period.



Teacher-to-student incentives

Teachers will be provided with a list of zero cost alternatives to using food as a reward.

Monitoring of the Wellness Plan

The local wellness policy committee will be responsible for ensuring that each school meets the local wellness policy and will implement a plan for measuring the effectiveness of the wellness plan. Parent, faculty, and staff input will be included when conducting annual compliance reviews of the district policy.

One size doesn't fit all

ChooseMyPlate.gov offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Stay within your daily calorie needs.

Producing

HEALTHY

world-class

learners by

building a

connected

learning

community.

Community Consolidated School District 15

Wellness Policy Guidelines



Community Consolidated School District 15

580 N. 1st Bank Dr.
Palatine IL 60067
847-963-3000
www.ccsd15.net



The Healthy-Hunger Free Kids Act 2010 and the Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 requires school districts to develop a local wellness policy. Juvenile diabetes, food allergies, and childhood overweight/obesity rates among children are on the rise, with serious health consequences. By encouraging an atmosphere supportive of nutritious food choices and physical activity, schools can positively influence children's eating habits.



School District 15 Board of Education Policy 6:50 includes:

Goals for nutrition education

- Schools will support and promote good nutrition for students.
- Schools will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be part of the district's comprehensive health curriculum.

Goals for physical activity

- Schools will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include a developmentally planned and sequential curriculum that fosters the development of movement skills, enhances health-related fitness, increases students knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.



Nutrition Guidelines for foods available in schools during the school day

Students will be offered and the school will promote nutritious food and beverage choices consistent with the current dietary guidelines for Americans and Good Guidance system published jointly by the US Department of Health and Human Services and the Department of Agriculture.

Benefits of nutritious food choices:

- Promotes a healthy school environment.
- Creates excitement about nutrition.
- Protects children with food allergies.

Consequences of poor food choices:

- Compromises classroom learning.
- Contributes to poor health.
- Encourages over consumption of unhealthy foods.
- Contributes to poor eating habits.



Nutrition and Fitness Initiatives



www.traytalk.org—School Nutrition Association

www.actionforhealthykids.org—Action for Healthy Kids

www.bcm.edu/cnrc—Children's Nutrition Research Center

www.nutritionexplorations.org—National Dairy Council

www.kidseatright.org—Academy of Nutrition and Dietetics (formerly the American Dietetic Assoc.)

www.choosemyplate.gov—United States Dept. of Agriculture

www.kidshealth.org

