



Policy Component: Nutrition Guidelines

District Goals and Activities

Goal # 1 **School meal programs are consistent with State and U.S. Department of Agriculture (USDA) requirements and HealthierUS Schools criteria.**

Activities:

- 1.1 Inform appropriate constituencies (parents, teachers, school administrators, community, etc.) about this key element of the Wellness Policy.
- 1.2 Plan and prepare menus to comply with established nutrition standards.
- 1.3 Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.
- 1.4 Share nutrition information about foods and beverages with school constituencies to the extent possible.

Goal # 2 **Increase meal participation rates by offering quality, accessible, and appealing meals.**

Activities:

- 2.1 Provide students an opportunity for input on school menu items.
- 2.2 Feature menus with healthy choices that are flavorful and attractively presented.
- 2.3 Upgrade eating and serving areas to improve function and image of the cafeteria.
- 2.4 Promote the school meal programs to all constituencies.
- 2.5 Provide food safety training to all nutrition staff.
- 2.6 Conduct regular food tasting activities with students to introduce healthy menu items.

Goal # 3 **Vending and à la carte nutrition standards will meet the USDA's Smart Snacks guidelines.**

Activities:

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Ensure à la carte foods and beverages meet nutrition standards and support healthy eating.

Goal # 4 Food and beverage items offered at school parties, celebrations, and other events occurring at school during the school day will meet the USDA’s Smart Snacks guidelines.

Activities:

- 5.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 5.2 Provide the school system with alternatives to food for celebrations.
- 5.3 Provide schools with the food nutrition standards and tools to help determine if food/beverage items meet the Smart Snack guidelines.

Goal # 5 Use non-food rewards for school accomplishments.

Activities:

- 6.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 6.2 Provide the school system and Parent Teacher Association/Organization (PTA/PTO) with alternatives for food rewards.
- 6.3 Provide training to teachers on non-food related incentives.

Goal # 6 School-based organizations should raise funds with non-food options.

Activities:

- 7.1 Inform appropriate constituencies about this key element of the Wellness Policies.
- 7.2 Provide the school system and PTA/PTO with alternatives to food fundraisers.

Goal # 7 Students will have adequate space and time to eat in a pleasant dining environment.

Activities:

- 8.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 8.2 Provide facilities that are easy to access and adequate to meet demand.
- 8.3 Provide meal schedules that support healthy meal patterns.
- 8.4 Provide recess before lunch whenever possible.