

# Holtville Unified School District Wellness Committee 2018-19



## Why Do We Have a Wellness Policy?

Our kids deserve the best! HUSD believes in promoting & protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish wellness policy.



## How do we cultivate wellness?

By implementing the policy in 4 key areas:

- School Environment
- Nutrition & Nutrition Education
- Physical Education/Activity
- Community/Staff Involvement

Eat Well



Live Well

Be Well



## Wellness Policy in Action . . .



- Smart Lunch Rooms
- Nutrition Presentations
- Open House Cafeteria Samples
- Field Day
- Harvest of the Month
- ASES Garden Produce to Plate

- First 5 Family Wellness Fair
- Bike/Walk to School Week
- Weekly Update of Healthy Posters
- nutrition education lessons
- Summer Meal Program
- Transparent annual survey and assessment to the community



Play



Eat



Succeed

Food Service Director  
Lucy Chabolla

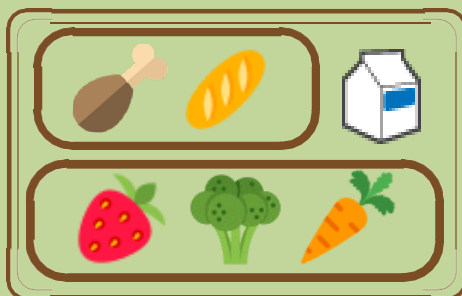
Phone  
(760) 356-4266

## "Smart Snack in Schools"

Please join us to support a healthy school environment by . . .



All foods and beverages **served or sold** on campus during the school day must meet strict federal & state standards.



School lunch provides lean protein, whole grains, fruits, vegetables and milk.

- Modeling healthy behavior!
- Celebrating with healthy treats!
- Eating plenty of fruits and veggies!



Think Positively!



Exercise Daily!



Dance More!

Eat Healthy!

Stay Strong!

[www.husd.net/departments/food-services](http://www.husd.net/departments/food-services)