

Local Wellness Committee

In accordance with new Federal Regulations, Kingsway Regional School District has a wellness committee comprised of school administrator, school nurses, physical education teachers, parents and students. Meetings are held several times a school year to ensure our compliance with the policy. Discussions include school wellness goals regarding nutrition and physical activity.



Smart Snacks in Schools

As of July 1, 2014, School Sites are required to follow the USDA nutrition standards for snack foods and beverages that are sold to students during the school day. These standards, required by the Healthy Hunger-Free Kids Act of 2010, allow schools to offer healthier snack foods to students, while limiting junk food. Smart Snacks in School is another step toward improving the health of our students and school environments. This supports the efforts already being made by school food service staff, school administrators, teachers, parents and the school community to instill healthy eating habits in students. All snacks sold in Kingsway are Smart Snack Compliant!

Menus and other information related to nutrition are available to students and parents on our district website under District Information → Cafeteria Information:
www.krsd.org

Lunch Prices
Middle/High- \$4.00

Healthy Hunger-Free Kids Act

The Healthy, Hunger-Free Kids Act of 2010 contains many provisions that help improve child nutrition programs and make meals and offerings more nutritious. Kingsway Regional School District is 100% compliant in serving school meals that meet these challenging Federal Nutrition Standards, ensuring that meals are healthy and well-balanced, and providing students with all of the nutrition they need to succeed in school.

School meals offer students milk, fruits, vegetables, proteins/meats and bread/grains and meet strict limits for saturated fat and portion size. School lunches meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits
- A wider variety of vegetables (including dark green, red/orange vegetables and legumes)
- Fat-free or 1% milk
- More whole grains
- Less sodium

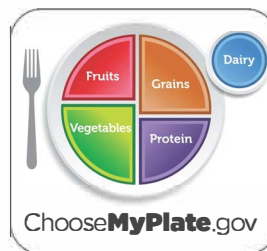
The Child Nutrition Program utilizes the USDA's MyPlate to aid in education about healthy eating habits by teaching what should go on our plate at every meal.

Balancing Calories:

- Make $\frac{1}{2}$ of your plate fruits and vegetables
- Make at least $\frac{1}{2}$ of your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to reduce:

- Reduce sodium in foods
- Drink water instead of sugary drinks



Healthy Heart Choices in our Schools

- | | |
|------------------------|-----------------------|
| ♥ Walking/Running Laps | ♥ Basketball |
| ♥ Weight Room | ♥ Kickball/Dodgeball |
| ♥ Yoga | ♥ Volleyball |
| ♥ Playgrounds/Gaga Pit | ♥ Baseball/Softball |
| ♥ Aerobic Exercise | ♥ Track/Cross Country |

Kingsway Regional School District

Wellness Update

Nutrition & Physical Activity

National School Lunch Program

Federal Regulations require that we offer certain portion sizes of meat, fruit, vegetable, grains/breads and milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children, and as a rule, we increase the portion sizes as the children grow older. We offer a variety of fresh fruits and vegetables every day. The menu provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fruits. We offer 1% and fat-free milk as well as 100% fruit juice.

KINGSWAY WELLNESS



becoming healthier, one Dragon at a time