

IMPORTANT COMPONENTS OF A HEALTHY SCHOOL ENVIRONMENT

NUTRITION EDUCATION

PHYSICAL EDUCATION

FOODS AND BEVERAGES SOLD TO STUDENTS

NUTRITION PROMOTION

FOOD AND BEVERAGES, NOT SOLD, BUT PROVIDED TO STUDENTS

FOOD AND BEVERAGE MARKETING

COMMUNICATING THE WELLNESS POLICY TO ALL



ABOUT THE WELLNESS POLICY

The Kenmore-Town of Tonawanda School District is committed to providing a school environment that promotes and protects children's health, well-being and the ability to learn by fostering healthy eating habits and physical activity. The District has established a Wellness Committee to develop a local wellness policy and make recommendations for review and adoption by the Board of Education. The Kenmore-Town of Tonawanda Union Free School District Wellness Committee includes, but is not limited to, representatives from the following groups:

Wellness Committee members:

- School Staff
- Parents
- Administrators
- Food and Nutrition Services
- School Nurses
- Mental Health Team
- School Board
- Students
- Community Partners



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[HTTPS://WWW.KTUFSD.ORG/WELLNESS](https://www.ktufsd.org/wellness)

DISTRICT WELLNESS POLICY HIGHLIGHTS





RECESS

Elementary students have a 20 minute recess block built into their daily schedules.

Recess will not be withheld for disciplinary reasons.

PHYSICAL ACTIVITY

Students have opportunities to be physically active at school through PE classes, movement breaks and recess.

Recommended physical activity for children and adolescents is 60 minutes or more each day.



KEEPING FUNDRAISERS HEALTHY

All food items served or offered (for sale) to students during the school day will meet all federal, state, and local standards and comply with the competitive food guidelines for Smart Snacks in Schools.



CLASS CELEBRATIONS

Class parties and celebrations are limited to purchased items which follow the Smart Snack Standards to ensure all ingredients are known for allergies and dietary restrictions

Non-food celebrations are encouraged

- Please check the district Wellness website for suggestions



REWARDS

Teachers will use non-food rewards in the classroom and are encouraged to use physical activity breaks as class rewards.



MEALS SERVED IN SCHOOL

- All school meals adhere to the USDA Guidelines for the National School Lunch Program and School Breakfast Program.
- Our district is approved for Community Eligibility Provision (CEP) and all schools are designated as CEP schools. All students attending our schools in grades K-12 will receive FREE breakfast and lunch daily!
- Although students are automatically eligible to receive free meals for the entire school year, families are encouraged to complete the Household Income Form annually. Submitting this form helps establish individual eligibility for various state assistance programs and additional school funding.
- Food Service Highlights include: Harvest of the Month with taste testing, hydroponic gardens in cafeterias, and a smoothie bike available for classroom instruction.



GET IN TOUCH WITH FOOD SERVICE

[TTPS://WWW.SCHOOLNUTRITIONANDFITNESS.COM/INDEX.PHP?](https://www.schoolnutritionandfitness.com/index.php?sid=1491498415271)
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Each year in March, Ken-Ton celebrates "District Wellness Week" highlighting healthy choices at school, home and in our community.

