the Bellingham good food Promise

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Real food, made with love

The Bellingham Promise commits our community to caring for all children and to developing healthy and active individuals.

Food made with love and enjoyed with family and friends sustains our bodies and relationships.

Throughout the school day, in the cafeteria and the classroom, Bellingham Public Schools encourage eating habits that are good for our bodies, hearts, and minds.

Our Vision

In Bellingham, we encourage a lifetime of healthy eating by serving students nourishing, delicious, whole foods in a welcoming environment.

These simple food values guide us to make healthy choices in our schools:

EAT PLENTY of minimally processed "whole" foods, especially fruits and vegetables.

LIMIT salt and sugar. **CHOOSE** healthy fats.

AVOID artificial colors, flavors, and additives.

What is "healthy food"?

Healthy food can mean different things to different people, but we use these food values as guidelines to inform our decisions at school.

Bellingham Public Schools has a **Wellness Policy** that guides food and food education choices: **Policy and Procedure 3440**

The **Wellness webpage** describes alternative ways to celebrate without food, and suggests food choices that work well at school. The webpage links to **resources** for ideas and inspiration. Go to **bellinghamschools.org/wellness**.

Bellingham Public Schools
a collective commitment

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Updated 9/14/17

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These three **food values** apply to all food served in Bellingham Public Schools.

Wellness Policy 3440 and Procedure 3440P guide how we serve food in school and how we teach about food. The policy and procedure help us align our daily practices with The Good Food Promise.

FOOD SERVICES	"Every student has access to healthy and nutritious breakfast and lunch. All foods and beverages served in the school meal program meet or exceed the requirements of the National School Lunch Program and the School Breakfast Program."
CLASSROOM	"Food should not routinely be used as a reward, and is only an acceptable reward when offered as an instructional device as a result of careful thought in collaboration with a school administrator."
CELEBRATIONS	"When classroom celebrations involve food, we approach this as an opportunity to teach and model healthy food choices, using our food values to prioritize food offered. We do not celebrate individual birthdays with food."
FOOD EDUCATION	"Students learn where food comes from and how it is grown, as well as how to make healthy choices and how nutrition impacts their bodies and growth and development."
EXTENDED SCHOOL DAY	"Food and beverages sold to students during the extended school day must meet or exceed the USDA Smart Snacks in School nutrition standards. This includes but is not limited to vending machines, school stores, snack or food carts.""
FUNDRAISERS	"Fundraising efforts during school hours may sell only non-food items or only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards."

Reference: **bellinghamschools.org/policies/3440-policy**

For tools and tips on how to put the The Good Food Promise into practice, go to **bellinghamschools.org/wellness**

What we feed our kids matters.

Thank you to the Whatcom Farm-to-School Support Team and the Whatcom Community Foundation for supporting our work on wellness and food.