

## WELLNESS POLICY

### **Nutrition Education and Promotion**

The District should strive to promote the following nutrition goals (consistent with the *Dietary Guidelines for Americans*) in grades K-12 through the curriculum and through other promotional methods:

1. Provide a health education curriculum that is aligned with state standards and requirements; is taught by well-prepared and well-supported staff; that is age appropriate; and that is aimed at influencing students' knowledge, attitudes, and eating habits.
2. Provide an overall school environment that encourages students to make healthy food choices, specifically:
  - a. Balancing calories with physical activity to manage weight
  - b. Consumption of more healthy foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
  - c. Consumption of fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains

Nutrition promotion will be implemented through use of evidence-based healthy food promotion techniques (e.g., Smarter Lunchroom techniques<sup>1</sup>) and promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

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<sup>1</sup> See <http://smarterlunchrooms.org/ideas>