

WELLNESS PLAN GUIDELINES

The Waterford Graded J1 School District strongly encourages the sales or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverage, and candy on school grounds.

Food:

- Any given food item for sale prior to the start of the school day and throughout the instructional day will minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans, which can be found at the following links: <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>, and other links of interest are: www.eatright.org or www.nih.gov, <http://www.fns.usda.gov/cnd/lunch/AboutLunch/NSLPFactSheet.htm>

Beverages:

School lunches will provide low fat milk. If a child has dairy allergies, student with a medical excuse will be provided with juice instead of milk.

The district encourages increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather.

- Water bottles must be clear and have secure caps.
- Water bottles may not be used in computer labs, science labs and the library.

Students are not permitted to bring carbonated or caffeinated beverages to school.

WATERFORD GRADED SCHOOL DISTRICT JOINT NO. 1

GUIDELINES FOR FOOD AND BEVERAGES OFFERED TO STUDENTS AT SCHOOL FUNCTIONS

The Waterford Graded J1 School District encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) healthy food choice options should be available. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, pretzels, etc.)
- Low-sodium crackers
- Baked chips, pretzels and low sugar cereals
- Low-fat muffins and granola bars
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Plain water
- Popcorn

Policy #341.35 Guidelines
Adopted: June 19, 2006