

Eisenhower Cooperative Nutrition Wellness Plan

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

Students should possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Our staff is encouraged to model healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Nutrition

- Students in grades pre-K through 8 will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Teachers shall make an effort to integrate nutrition education across the curriculum.
- Schools conduct nutrition education activities
- Students will participate in enjoyable interactive activities, such as contests and field trips, which foster nutrition education.
- Physical education teachers will be encouraged to incorporate nutrition education into their daily lessons.

Physical Activity

- Students will be given opportunities for physical activity during the school day through physical education classes, walking programs and the integration of physical activity into the academic curriculum.
- Walking programs will be encouraged.
- Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools provide monthly activity recommendations to promote lifetime activity.

Nutrition Standards for All Foods Available on School Grounds during the School Day

- There will be no vending machines available to students.
- The Cooperative will discourage foods/refreshments with high sugar/fat content be served during parties and celebrations.
- The Cooperative will discourage the sale of foods and beverages with little/no nutritional value.
- The school will encourage a healthy snack to be eaten during the school day.
- Low nutritional value food used as a reward will be discouraged. The withholding of food as punishment for students is prohibited

Other School-Based Activities

- Schools will provide a clean, safe and enjoyable meal environment for students.
- Students will eat as close to the middle of the day as possible.
- School district will allow use of the school gymnasiums for after school activities that foster and promote good health/nutrition habits and lifetime activity.
- Drinking fountains will be available for students to get water at meals and throughout the day.
- Adequate time for students to eat their lunches will be provided – no less than 20 minutes.

- It is recommended that food providers share information about the nutritional content of school meals with students, family and school staff.
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals.
- Food providers shall take every measure to ensure that students' access to foods and beverages on school campuses meet federal, state and local laws and guidelines.
- School-based organizations shall be encouraged to raise funds through the sale of items other than food.
- Food safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel.
- Smoking in and on all school grounds will be prohibited.

Plan will be evaluated on an annual basis to ensure all guidelines are being implemented. Additions or deletions to the plan will be made as needed.