

NUTRITION EDUCATION

Goal: The school district will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skill necessary to promote and protect their health.

- The school district will examine, identify and implement a standards-based curriculum.
- The school district will identify and provide training for teachers and staff annually as new guidelines emerge.
- The school district will ensure nutrition education is part of our K-12 curriculum.

Goal: The school district will use a variety of promotion strategies to reinforce classroom nutrition education.

- The school district's meals served through the National School Lunch and Breakfast Programs will offer a variety of whole-grain products, fruits, vegetables, low-fat/nonfat dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- The school district will encourage nutrition promotions that include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens.
- The school district will engage in nutrition promotion that links with other wellness-related community services.

Approved: April 11, 2016

Reviewed: May 8, 2017