

Meeting Nutrition Guidelines & Ensuring Healthy Eating Goals

Students will be provided access to a variety of age-appropriate, appealing food and beverage choices that are consistent with the current Dietary Guidelines for Americans.

A. B. C. D.

1. In the school cafeteria, the school will:

- 1.1. offer a variety of fruits and vegetables.
- 1.2. serve low-fat (1%) and fat free milk.
- 1.2. ensure whole grain products are served.
- 1.4 ensure meals, at a minimum, meet the nutrition requirements and regulations of the National School Lunch Program and/or School Breakfast Program.

2. For food and beverages sold or provided individually (vending machines, snack bars, school stores and school-sponsored fundraisers, etc.), the school will:

- 2.1 closely monitor and regulate the items sold, ensuring they are consistent with the nutritional goals of the wellness policy.
- 2.2 closely monitor and regulate the frequency and nature of school-sponsored fundraisers.
- 2.3 make every effort to provide nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products whenever and wherever food is sold or otherwise offered at school.

Students will be served in a clean, safe, and pleasant environment and will be provided with an adequate amount of time to eat.

3. The school will:

- 3.1 schedule meal periods at appropriate times with adequate time for students to eat.
- 3.2 ensure all food and beverages provided by the school comply with federal, state, and local food safety and sanitation regulations.
- 3.3 encourage food providers to share information about the nutritional content of school meals and/or individually sold food with students, family and school staff.
- 3.4 ensure food service personnel have adequate pre-service training.
- 3.5 will not withhold food or beverages as a punishment.
- 3.6 restrict access to food preparation and service areas to authorized personnel.

Meeting Physical Activity Goals

Students in grades Kindergarten through 12 will have opportunities, support, and encouragement to be physically active on a regular basis while in the school setting.

A. B. C. D.

4. The school will:

- 4.1 make sure that each student participates in regularly scheduled formal and informal physical activity programs.
- 4.2 provide all elementary students with daily, supervised recess periods.
- 4.3 offer some extracurricular activity programs (intramural sports, interscholastic sports, physical activity clubs or other like activities).
- 4.4 not withhold participation in recess or physical education class as punishment.
- 4.5 provide reasonable accommodations for students with disabilities and/or other limitations.
- 4.6 ensure all school physical activity facilities and equipment are safe.
- 4.7 work with the community to create a safe and supportive environment for students walking or biking to school.

Meeting Nutrition Education Goals

Students will be provided with nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Schools will also establish linkages between health education and school meal programs, and with related community services.

A. B. C. D.

5. The school will:

- 5.1 offer students sequential and interdisciplinary nutrition education.
- 5.2 include interactive activities such as contests, promotions, taste testing, field trips, school gardens, or other like activities in nutrition education programs.
- 5.3 work with parents to assist in providing a healthy diet and daily physical activity for their children, which may include information to help the incorporate healthy eating and physical activity and disseminating a list of healthy party food ideas to parents and teachers.

Provide an explanation for each step checked with a “C” or “D”. When “C” was the indicator checked, also provide an indication of when this step will be implemented.

<u>Step</u>	<u>Explanation</u>	<u>Timeline</u>
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Describe any other additional efforts being undertaken for the 2017-2018 as part of the school’s Wellness Program:

Please ensure a team including parents, students, representatives of the school food authority, the school board (if applicable), school administrators and the public implement and continue development of the wellness policy by reviewing this checklist and offering comment. List the team members below.

Team Members: Bonnie Fleming

Beth Brotherton

Amy Reeter

Cathy Robertson

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A copy of the Individual School Wellness Plan should be signed by the principal and sent to the Office for Catholic Schools (1615 West Washington Street, Springfield, Illinois 62702) or bborries@dio.org to the attention of Brandi Borries.

Signature of Principal/Administrator

Date