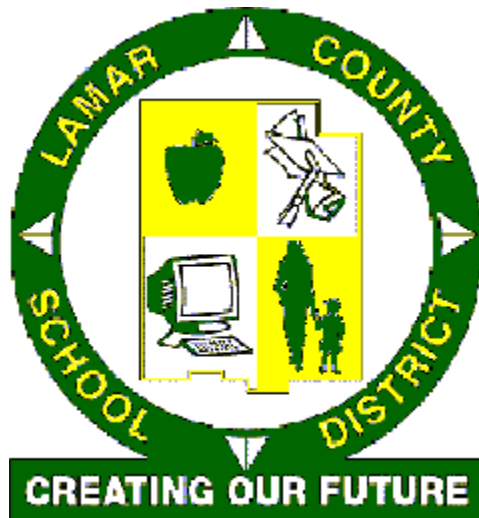


# LAMAR COUNTY SCHOOL DISTRICT WELLNESS POLICY



## MISSION OF THE DISTRICT

The mission of the Lamar County School District is to empower all students with the knowledge and skills to create their own futures; to become passionate, lifelong learners; and to contribute cooperatively to a diverse and changing world.

Updated July, 2009

The Lamar County Wellness Policy was designed by a cross-section of administrators, teachers, nurses, staff, community leaders, and parents. Thank you to the following Core Group for their efforts in preparing this Wellness Policy:

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## **Rationale:**

Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. The link between nutrition, physical activity, and learning has been well documented.

One of the most integral parts of a healthy school environment is staff wellness. The school staff should be daily role models for healthy behaviors.

Healthy eating and activity patterns are essential for students to achieve their full academic potential, physical and mental growth, establish lifelong health and well being – thus reducing the risk of many chronic diseases.

## **Goal:**

All students in the Lamar County School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. The staff in the Lamar County School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Lamar County School District adopts this school wellness policy to be implemented in a safe and drug free school environment with the following commitments to: nutrition, physical activity, comprehensive health education (with emphasis on mental and social well-being), marketing, and implementation. This policy is designed to effectively utilize school/community resources and to equitably serve the needs/interests of all students and staff while taking into consideration differences in culture.



## Commitment to Nutrition

The Lamar County School District will:

1. A crucial relationship exists between nutrition and health and nutrition and learning. Therefore, we offer a school breakfast, lunch, and snack program with menus that meet or exceed the meal patterns and nutrition standards established by the U.S. Department of Agriculture. Healthier U. S. School Challenge which provide nutritional guidance for school meals, the 2005 Dietary Guidelines for Americans, and USDA's My Pyramid ([www.mypyramid.gov](http://www.mypyramid.gov)). We will offer equal access to all meals, or items, served or sold under the National School Lunch & Breakfast Programs.
2. Strongly encourage school staff and families to participate in school meal programs.
3. Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
4. Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
5. Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E)
6. Follow established guidelines provided by the State School Board for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
7. Provide adequate time for students to eat and enjoy school meals by allowing for a minimum of 18-25 minutes seated time at lunch by 2009. Since school breakfast is not factored into the regular school day, schools should take into consideration the recommended time of 10 minutes for a child to eat school breakfast after they have received the meal. Consider, where applicable, moving recess before lunch.
8. Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried) foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products. When offering healthy foods and beverages, it does not guarantee students will choose them. Therefore, aggressive marketing techniques must be adopted to inform students, teachers, administrative staff and most importantly, the public.
9. By the academic school year 2009 fryers will be removed at all Elementary sites and at Middle/High schools by 2012.
10. Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

11. Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternative eating sites.

12. **Nutritious and appealing options will be the only choices allowed** whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, parties, and concession stands during the school day. We strongly encourage our concession stands at sporting and academic events and other school functions to follow these guidelines for all after school activities. Resources, pp. 7 – 14.

13. In strict accordance with State School Food/Beverage guidelines, only the use of healthy foods, or ‘nutrient dense’ foods (foods high in nutrient content) as rewards for student accomplishment in the classroom is acceptable. Resources, pp. 11 - 12

14. **All** school-based organizations are to use services, contests, non-food items, and/or healthy foods for fundraising programs. *Cookie dough and pizza dough may not be sold as fundraisers during school hours (7:00 A.M.- 4:00 P.M.), but these raw products may be sold after hours since students would not be tempted to choose a non-nutritious item.* The sale of candy **will not be acceptable.** Resources, p. 13

15. Provide nutritional information for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home. Example: Feature menus, healthy snacks, and nutrition resources on the school district website. **Family education will be the key to allow families to embrace nutrition and wellness through an ongoing family nutrition education program.**

**THE LAMAR COUNTY SCHOOL DISTRICT CHILD NUTRITION DEPARTMENT INCORPORATES THE FOLLOWING IN DAILY PRODUCTION.**

**A. Healthy Food and Beverage Choices:**

1. We shall increase fresh fruits and vegetables offered with a minimum of one fresh fruit or vegetable choice daily.
2. We shall offer a minimum of three fruits and five vegetables daily.
3. We shall offer milk choices with a maximum milk fat of 2%.  
Flavored nonfat, low-fat, or reduced-fat milk shall contain no more than 160 calories per an eight ounce serving.
4. We shall only offer 100% fruit and vegetable juice with no added sugar.

**B. Food Preparation, Ingredients, and Products:**

1. We shall implement healthy food preparation techniques through annual training.
2. We shall adopt the Dietary Guidelines recommendation that trans fatty acids will be kept below 10%.
3. Wherever possible and practical, we shall include products in school breakfast and lunch which are labeled “0” grams trans fat.
4. We shall incorporate whole grain products into daily and weekly menus based on product availability and student acceptability.

### C. The Availability of Food Items during Breakfast and Lunch:

1. In complying with the Mississippi Board of Education policy on Competitive Food Sales, we shall limit the number of extra sale items that may be purchased with a reimbursable meal. This policy will exclude extra beverage purchases of milk, juice, and/or water. Elementary students shall be allowed to purchase one extra sale item; Middle School and High School students shall be allowed to purchase two items other than a beverage.
2. We shall sell extra items in individual packages that do not exceed 200 calories.
3. We shall sell extra items in portions not to exceed the menu portion serving size.

### Commitment to Physical Activity

1. Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2008 Mississippi Public Schools Accountability Standards 33).
2. Provide funds for adequate equipment and Physical Education facilities on campus, or near campus to implement physical activity by 2008 - 2009.
3. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
4. Implement the 2006 Mississippi Physical Education Framework.
5. Incorporate physical activity/movement in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.).
6. Participate in a yearly fitness test for students (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.). in grades 5 through 12.
7. Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff utilizing existing facilities. Mark each campus for walking, ie. mile markers.
8. Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
9. Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
10. Create a wider opportunity for students to voluntarily participate in before-and after-school physical activity programs like intramurals, clubs, community league sports and at the secondary level, interscholastic athletics through utilization of school facilities (which will be available by 2009).

11. Encourage administrators and faculty to secure funds through grant writing to promote participation in lifelong physical activities.

## Commitment to Comprehensive Health Education

The Lamar County School District will:

1. Provide a minimum of ½ Carnegie unit (45 minutes) of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20).
2. Provide certified health teachers for grades K-8 by 2008-2009 school year.
3. Provide a school site Resource Center for teachers and parents.
4. Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
5. Continue using the Mendez Foundation drug/character education curriculum, *Too Good for Drugs and Violence* which was adopted by the Lamar County School District and is in place in all schools for grades Kindergarten through 12.

## Commitment to Marketing a Healthy School Environment

1. Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages using the *Whole School Approach in Marketing the Local Wellness Policy*. Suggestions include:
  - a. Establishing community partnerships which can provide physical and financial support.
    - 1) Junior League
    - 2) Service Organizations (Rotary, Kiwanis, etc.)
    - 3) Local community foundations
  - b. Marketing new foods. Research shows it takes a number of times for an item to be served before it can be accepted. To facilitate the introduction of a new item, we will:
    - 1) Have tasting parties
    - 2) Have serving line sampling
    - 3) Have serving line promotion

2. Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
3. Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, and administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events). Resources for Implementation
4. Encourage advertising and other materials on the school campus that promote healthy foods.
5. Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.
6. Provide ongoing training for Foodservice Administrators, Kitchen Managers, and Cooks in Marketing, New Cooking Techniques, and Garnishing, using available or newly developed training tools, such as *Marketing Sense – Mississippi Department of Education, Office of Child Nutrition*. (Completed in Fall, 2007 for entire leadership team.)

## Commitment to Implementation

1. Establish a plan for implementation of the school wellness policy.
2. Maintain the School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.
3. Designate a District Coordinator along with the site Principal (and/or person designated by site Principal) to ensure implementation of the Wellness Policy as written.
4. A team, consisting of the site coordinator, parents, and paraprofessionals, shall conduct an annual site review to evaluate progress toward school wellness policy goals to identify areas for improvement.
5. District coordinator shall form a committee to prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, nation origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

# Resources

to  
Implement  
Lamar County  
Healthy Food and  
Beverage Policy

## Healthy Foods and Healthy Finances

It is the desire for LCSD to become one of the leading school districts which has created more healthful school environments by improving food and beverage options in vending machines, classroom activities and fundraisers.

Food and beverage contracts and sales are a revenue source for discretionary spending for schools. The LCSD will implement innovative solutions – maintaining or increasing revenue levels with more healthful options. Examples of solutions are included in this document.

Lamar County School District operates under the Competitive Food Policy as follows.

Code 2002

### STATE BOARD POLICY

Adopted 2-22-85

Revised 10-19-07

**To ensure that children are not in the position of having to decide between non-nutritious foods immediately before or during the meal service period:**

- No food items will be sold on the school campus for one (1) hour before the start of any meal services period.

- The school food service staff shall serve only those foods which are components of the approved federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirement of the age group being served.

- With the exception of water and milk products, a student may purchase individual components of the meal only if the full meal unit also is being purchased.

- Students who bring their lunch from home may purchase water and milk products.

This policy should be viewed as a minimum standard. Local boards of education are encouraged to develop more comprehensive restrictions.

## NUTRITION STANDARDS for FOOD and BEVERAGES SOLD on CAMPUS

### **Nutrition Standards Intent/Rationale:**

The Lamar County School District **requires** the sale or distribution of nutrient dense foods for all **daily\*** 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 school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are to utilize these standards in developing building policy using the following Nutrition Standards as guidelines as State Law mandates.

### **Snack Regulations for Mississippi Schools Kindergarten through 12<sup>th</sup> Grade**

The Mississippi Board of Education recognizes the critical roles that optional nutrition play in health, weights, disease prevention, and dental health, as well as academic performance. The nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

The following regulations apply to all Mississippi school campuses during the school day defined as the hours between 7:00 A.M. and 4:00 P.M. To protect the integrity of the Child Nutrition Program and to ensure that children do not have to choose between the School Lunch/Breakfast programs and vended items, schools shall follow the Competitive Food policy, EEH.

Food Sales outside of Child Nutrition Programs, including vending machines, student stores, snack bars, and other fundraising programs, are available in Mississippi schools at the discretion of the school district. When schools decide to offer vending, they shall provide a selection of healthful food options to students, with the following overall goals:

1. Minimize excessive intake of calories, especially empty calories from fat and sugar.
2. Increase intake of nutrients for optimal growth, development, and brain functioning, especially from nutrient-rich, minimally processed foods like whole grains, fruits, vegetables, nuts, seeds, lean meats, and dairy foods.
3. Develop marketing and nutrition education strategies to promote healthful options to all students, families, and school staff.

### **Food:**

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more that 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per standards) because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report.

### **Beverage Regulations for Mississippi Schools**

The Mississippi Board of Education recognizes the critical role that adequate hydration plays in healthy weights, disease prevention, and dental health, as well as academic performance. The fluid and nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

### **Elementary School (K – 5)**

- The approved portion size is 8 ounces only.
- Bottled water
- Low fat and non fat regular and flavored milk\* with up to 160 calories / 8 ounces
- Up to 8 ounce serving of milk and 100% juice\*\*
- 100% juice\*\* with no added sweeteners and up to 120 calories / 8 ounces

### **Middle School (6 – 8)**

- The approved portion size is 10 ounces only.
- Same as elementary school, except juice and milk may be sold in 10 ounce servings\*\*\*

### **High School (9 – 12)**

- The approved portion size is 12 ounces only.
- Bottled water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100%\*\*, light juice and sports drinks
- Low fat and non fat regular and flavored milk with up to 160 calories / 8 ounces
- 100% juice\*\* with no added sweeteners and up to 120 calories / 8 ounces
- Light juices and sports drinks with no more than 66 calories / 8 ounces
- At least 50% of beverages must be water and no or low calorie options.

*\*Milk includes nutritionally equivalent milk alternatives (per USDA), such as soymilk.*

*\*\*100% juice that contains at least 10% of the recommended daily value for three or more vitamins and minerals.*

*\*\*\*As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.*

### **Candy:**

- Candy is defined as any processed food item that has:  
Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar(sucrose), syrup) is listed as one of the first two ingredients AND sugar is more than 25% of the item by weight
- Vending sales of candy will **NOT** be permitted on school grounds.
- Non-vending sales of candy will be permitted **ONLY** at the conclusion of the instructional school day after 4:00 P.M.

### **Snacks, Bars, and Dessert Items**

This category includes, but is not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers and cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels), frozen desserts, ice cream, cheese, yogurt and smoothies (made with low-fat yogurt or other low-fat daily alternatives and/or fruit/juice).

Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:

- **Key Nutrients:** At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber; vitamins A,C,D,E; thiamin, niacin, riboflavin, calcium, iron, and zinc). At least 3 grams protein per package may be substituted for one of the listed nutrients. Schools are encouraged to offer foods that:
  - Are good sources (at least 10% of the recommended Daily Value or DV) of one or more nutrients listed above.
  - Contain at least 5 grams protein.
  - List a whole grain as the first item on the ingredient list.
- **Total Calories:** No more than 200 calories per package.
- **Fat:** No more than 35 percent of total calories from fat and 7 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).
- **Saturated Fat and Trans Fat:** No more than 10 percent of calories from saturated fat and /or trans fat and 2 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).
- **Added Sugar:** No more than 35 percent added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits, vegetables, and dairy). For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams total sugar (added and naturally occurring) per ounce.

### **Fruits and Vegetables**

Include quality\* fruits and vegetables available anywhere snack items are sold. For example, dried fruit in vending machines, fresh fruit (e.g., pineapple slices or melon cubes), or fresh vegetables (e.g., baby carrots) in snack bars and concessions.

Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:

- **Key Nutrients:** At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber, vitamins A, C, .D, .E; thiamin, niacin, riboflavin, calcium, iron, and zinc). Schools are encouraged to offer foods with at least 10% of the recommended Daily Value (DV) for one or more of these nutrients.
- **Total Calories:** no more than 200 total calories.
- **Fat:** No more than 35% of total calories from fat and 7 grams maximum.
- **Saturated Fat and Trans Fat:** No more than 10% of calories from saturated fat and/or trans fat and 2 grams maximum.
- **Added Sugar:** No more than 35% added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits and vegetables).

ALL ITEMS MUST BE APPROVED BY THE STATE DEPARTMENT OF EDUCATION.

\* See Child Nutrition Director for a form to evaluate food items for sales/vending and State approved product list.

# Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools, which have a great impact on children to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

## Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles, and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- +Fresh fruit and vegetables –  
buy locally when possible.
- +Yogurt
- +Bagels with low-fat cream cheese
- +Baby carrots and other vegetables  
with low-fat dip
- +Trail mix\*
- +Nuts and seeds\*
- +Graham Crackers
- +Animal Crackers
- +Jell-o (sugar-free, pre-packaged)
- +Applesauce (pre-packaged)
- +Fig cookies
- + Baked chips
- +Low-fat popcorn
- +Granola Bars\*
- +Soft pretzels and mustard
- +Pizza (no extra cheese & only one meat )
- +Pudding
- +String Cheese
- +Cereal bar
- +Single-serve low-fat or fat-free milk  
(regular or flavored)
- +Fruit cups
- +Crackers (whole-grain, low-fat)

\*May be allergens and/or a choking risk for some people, please check with a health care provider.

# Plan Healthy School Parties

## ***Yogurt Parfait***

2 cups vanilla low-fat yogurt  
1 cup chopped fruit  
(thawed frozen fruit works well)  
1 cup low-fat granola  
Spoon ½ cup yogurt in each of 4 cups  
Spoon ¼ cup chopped fruit in each cup.  
Sprinkle with ¼ cup granola.

## **Pizza Party**

Order your favorite from the cafeteria and enjoy!

\*Be sure to order 10 days in advance!

## **Things to Remember When Having a School Party**

### **Common Food Allergies**

Eight foods account for 90% of all food-allergic reactions: peanuts, tree nuts (walnuts, cashews, etc.), milk, eggs, fish, shellfish, soy and wheat. The most common food allergens that cause problems in children are eggs, milk, and peanuts. It is important to prevent allergic reactions to food because they can cause devastating illness and, in some cases, be fatal. Avoidance is the only way to prevent an allergic reaction. When planning school parties be sure you are aware of any food allergies of students and staff.

### **Incorporate Physical Activity**

Today's children are at an increased risk of developing diabetes, high blood pressure, obesity, depression, and anxiety as a result of the lack of physical activity and poor nutrition habits. Teachers are encouraged to incorporate physical activities into class parties as well as classroom learning. Celebrate special events without food or limit the quantity of food and encourage physical activity (active games, dancing, walking, etc.).

### **Food Safety\***

Preparing and serving food that will not cause food borne illness is as important as preparing and serving healthy choices for school parties! Remember the four steps to safe food:

1. Clean. Wash hands and surfaces often.
2. Chill. Refrigerate promptly.
3. Cook to proper temperatures.
4. Separate. Don't cross contaminate.

\*Fact sheets on each of these steps can be found at [www.fightbac.org](http://www.fightbac.org).

# Alternative To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

## There are many disadvantages to using food as a reward:

- ◆It undermines nutrition education being taught in the school environment.
- ◆It encourages over-consumption of foods high in added sugar and fat.
- ◆It teaches kids to eat when they’re not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.<sup>1</sup> Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.<sup>2</sup>

1. Birch LL. Development of Food Preferences. *Annu. Rev. Nutr.* 1999, 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children And Adolescents, 1999-2000. *JAMA*, October 9, 2002 Vol 288, No. 14.

## Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

### ZERO-COST ALTERNATIVES

- ◆Sit by Friends ◆Watch a video
- ◆Read outdoors ◆Teach the class
- ◆Have extra art time ◆ Enjoy class outdoors
- ◆Have an extra recess ◆Play a computer game
- ◆Read to a younger class ◆Get a no homework pass
- ◆Make deliveries to the office
- ◆Listen to music while working
- ◆Play a favorite game or puzzle
- ◆Earn play money for privileges
- ◆Walk with a teacher during lunch
- ◆Eat lunch outdoors with the class
- ◆Be a helper in another classroom
- ◆Eat lunch with a teacher or principal
- ◆Dance to favorite music in the classroom
- ◆Get “free choice” time at the end of the day
- ◆Listen with a headset to a book on audiotape
- ◆Have a teacher perform special skills (i.e. sing)
- ◆Have a teacher read a special book to the class
- ◆Give a 5 minute chat break at the end of the day

### LOW-COST ALTERNATIVES

- ◆Select a paperback book
- ◆Enter a drawing for donated prizes
- ◆Take a trip to the treasure box (non-food items)
- ◆Get Stickers, pencils, and other school supplies
- ◆Receive a video store or movie theatre coupon
- ◆Get a set of flashcards printed from a computer
- ◆Receive a “mystery pack” (notepad, folder, sports cards, etc.)

### IDEAS FROM TEACHERS

*GAME DAY: “I have my students earn letters to spell...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”*

*FRIDAY FREE TIME: “I give my students 30 minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it ) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about the free time”.*

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# NON-FOOD REWARDS

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives – from outstanding educators across the country –to offering food as a reward to individual students or entire classes.

Read a book.  
Sit by friends.  
Read outdoors.  
Teach the class.  
Have extra art time.  
Enjoy class outdoors.  
Have an extra recess.  
Play a computer game.  
Read to a younger class.  
Get a no homework pass.  
Sing a silly song together.  
Make deliveries to the office.  
Listen to music while working.  
Play a favorite game or puzzle.  
Earn play money for privileges.  
Walk with a teacher or principal.  
Eat lunch outdoors with the class.  
Be a helper in another classroom.  
Eat lunch with a teacher or principal.  
Start and maintain a vegetable garden.  
Dance to favorite music in the classroom.  
Get a “free choice” time at the end of the day.  
Listen with a headset to a book on audiotape.  
Have a teacher perform special skills (i.e. sing).  
Be first in line when the class leaves the room.  
Have a teacher read a special book to the class.  
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc).

Additional online resources for non-food reward ideas:

## **Connecticut Team Nutrition**

[www.state.ct.us/sde/deps/Student/NutritionEd/Food As Reward HO1.pdf](http://www.state.ct.us/sde/deps/Student/NutritionEd/Food%20As%20Reward%20HO1.pdf)

## **Michigan Team Nutrition**

[www.tn.fcs.msu.edu/foodrewards.pdf](http://www.tn.fcs.msu.edu/foodrewards.pdf)

## **New England Food and Dairy Council**

[www.newenglanddairy.council.org/PDF/alternativefoodrewards.pdf](http://www.newenglanddairy.council.org/PDF/alternativefoodrewards.pdf)

## **Texas Department of Agriculture**

[www.squaremeals.org/vgn/tda/files/983/1034 NonFood Rewards.pdf](http://www.squaremeals.org/vgn/tda/files/983/1034%20NonFood%20Rewards.pdf)

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# Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

The Lamar County School Board will not approve fundraising involving selling food items of limited nutritional value, such as candy, cookies, cookie dough, pizza, etc. The following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

## Good Examples for smart fundraising:

- ✓ Bottled water with school name/logo
- ✓ Gift baskets with fruit/cheese
- ✓ Naturally low fat pretzels
- ✓ Popcorn
- ✓ Jump-rope competition
- ✓ Walk-a-thon
- ✓ Mugs
- ✓ Megaphones
- ✓ Stadium cushions
- ✓ Yard signs
- ✓ Talent shows
- ✓ Singing telegrams
- ✓ Plants, flowers, bulbs
- ✓ Cookbooks
- ✓ Hats, Frisbees, spirit flags

## For more just search the web:

Connecticut Team Nutrition

[www.state.ct.us/sde/deps/Student/Nutrition Ed/Healthy Fundraising Color.pdf](http://www.state.ct.us/sde/deps/Student/Nutrition%20Ed/Healthy%20Fundraising%20Color.pdf)

Montana Office of Public Instruction

[www.opi.state.mt.us/pdf/MBI/fundraiser.pdf](http://www.opi.state.mt.us/pdf/MBI/fundraiser.pdf)

Parents Advocating School Accountability

<http://pasaorg.tripod.com/nonfoodfundraising.pdf>