

# **FCCSC Wellness Policy**

## **Wellness Policy on Physical Activity, Nutrition, and Education**

The FCCSC Wellness Policy supports the health and well-being of its participants by promoting good eating habits and physical activity. In accordance with federal law, it is the policy of the Franklin County Community Schools to provide youth with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals and snacks served by any FCCSC school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated Wellness Committee has been formed to maintain and oversee these activities. The FCCSC Wellness Policy shall be made available to youth and families by means of parent information packets, and the FCCSC website.

### **I. WELLNESS COMMITTEE**

The FCCSC Wellness Committee will engage at least one of the following people in these categories: students, parents, food service representatives, teachers of physical education, school health professionals, school board members, school administrators, and members of the community in developing, implementing, monitoring and reviewing the FCCSC Wellness Policy on Physical Activity, Nutrition, and Education. The Wellness Committee shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

### **II. NUTRITION EDUCATION**

Nutrition education will be provided to students and will include examples from the Choose My Plate 10 Tips Nutrition Education Series provided by the USDA, along with other supportive materials. Food service employees also receive hands-on training regarding food preparation, safety, proper sanitation, menu planning, portion control, reading recipes, reading labels, plating, etc. during on-site trainings.

At least one kitchen personnel will be certified in the Servsafe program.

#### **GOALS:**

- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables.
- Make nutrition education interactive and teach youth skills to adopt healthy eating behaviors.
- Involve all staff as role models for youth. Staff members will monitor what their students are given and ensure it is of healthy food and drink.
- Kitchen personnel will participate in a minimum of 8 hours of education per school year.

### III. NUTRITION PROMOTION

FCCSC Wellness Policy aims to teach, encourage, and support healthy eating by FCCSC students, staff, and employees. School programs are not to use unhealthy food as fundraising opportunities during school hours. Clubs, Classes, and other programs are not to serve food and drink that does not meet USDA guidelines as rewards, or compete with the National School Lunch Program. Sponsors are to contact the food service department for Smart Snack compliant food and drinks.

FCCSC will engage in nutrition promotion that:

#### GOALS:

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- Make efforts to raise funds with a healthy approach
- Include healthy opportunities for staff to participate in.

### IV. PHYSICAL ACTIVITY

The FCCSC Wellness Policy supports the health and well-being of youth by promoting physical activity. Students are provided opportunities to participate in physical activities within the school corporation.

Sufficient space is provided for youth to engage in various types of physical activities. Students are able to utilize the gymnasium, secure outdoor and indoor recreation areas, open spaces, and various locations within the community.

#### GOALS:

- Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.

### V. Other School-Based Activities

#### GOALS:

- Promote student involvement in school wellness
- Will not use unhealthy food as fundraising opportunities. Instead, participants will benefit from physical activity based fundraising such as a yearly 5K race, golf scramble, etc.

### VI. MEAL CONTENT

1. Meals served through the National School Lunch and Breakfast Programs will:

- a. Be appealing and appetizing to children;
  - b. Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - c. Offer a variety of fruits and vegetables, with a minimum of ½ cup fruit for breakfast and both fruit and vegetable for lunch;
  - d. Include whole grains for at least half of all grains served;
  - e. Offer low-fat and non-fat milk;
  - f. Offer only 100% fruit juices.
  - g. Make potable (drinking) water readily available at all mealtimes.
2. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians.

**GOALS:**

- Any cooked foods will not be fried.
- Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- Introduce whole grain pastas to youth and staff.
- Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- Menus will include larger variety of vegetables.

**VII. MEALTIME SCHEDULE AND LOCATION**

1. Adequate time will be provided for youth to eat meals and snacks.
2. Meals will be served in a clean, safe and appropriate setting
3. Appropriate supervision is provided in the dining area and rules for safe behavior shall be consistently enforced.
4. Non-compliant meals and snacks will not be used as reward for good behavior or withheld for any reason, including punishment for inappropriate behavior.

**VIII. STAFF WELLNESS**

The FCCSC Wellness Policy supports the health and well-being of staff by promoting physical activity. Staff members are encouraged to participate in daily recreational activities. Staff members are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth.

**GOALS:**

- Increase staff involvement during youth recreational periods.
- Attempt to make arrangements with local fitness centers to offer reduced membership fees to staff.
- Schedule more physical and stress relieving activities for staff.
- Transition in healthier food and beverage choices being available to staff.

**IX. EVALUATION**

The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity,

Nutrition, and Education. Goal attainment will be measured, using a tool designed by the USDA, and goals will be revised and updated or newly created. Policy language will be assessed each year and revised as needed.

Each department supervisor, employee, or participant is responsible for monitoring daily implementation of the Wellness Policy within his/her department. Any member can be responsible for calling the committee to meet for any concerns or changes.

**GOALS:**

- Meet more than minimum requirement each year.
- Review improvements, goals, and process and always look to enhance participation
- Observe meal preparation and serving at a minimum of once a semester.
- Confirm participants are receiving nutrition education.

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