

PRAIRIE LAKES YOUTH PROGRAMS WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to assure an environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

Prairie Lakes Youth Programs is committed to providing a healthy environment because the Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and academic success. In order to fulfill this commitment, the Board will ensure that all students:

- A. Have access to healthy food and opportunities, support, and encouragement to be physically active on a regular basis;
- B. Have access to a variety of nutritious and appealing food that meets the health and nutritional needs of students provided by qualified food and nutrition services personnel. The religious, ethnic, and cultural diversity of the student body will be taken into consideration in meal planning. A clean, safe, and pleasant setting will be provided for meals; and
- C. Are provided with an environment that promotes and protects the students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

III. GUIDELINES

A. Foods and Beverages Served During the School Day

1. All foods and beverages made available will be consistent with the current USDA Dietary Guidelines for Americans and current USDA regulations.
 - a. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 - b. Foods and beverages will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.
 - c. Foods and beverages will minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.
2. Food and Nutrition Services personnel will take every reasonable measure to ensure that student access to foods and beverages meet or exceed all current federal, state, and local guidelines.
3. Prairie Lakes Youth Programs will provide student access to hand washing or hand sanitizing before they eat meals or snacks and to free potable drinking water.
4. Prairie Lakes Youth Programs will make every effort to provide students with sufficient time to eat after sitting down for meals.
5. Prairie Lakes Youth Programs discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
6. Prairie Lakes Youth Programs will provide the opportunity for all children to eat breakfast in order to meet their nutritional needs and enhance their ability to learn:
 - a. Prairie Lakes Youth Programs will, as possible or by regulation, operate and follow current USDA regulations
7. Foods provided but not sold, which may include food that is part of a holiday celebration or for reward will try and meet the USDA Food guidelines, but in some instances may not.

- #### **B. Snacks:** Snacks served during the school day (including breakfast and/or enrichment programs) will make a positive contribution to children's diets and health and will work towards serving whole grains, fruits, vegetables and dairy as the primary snack items.

For questions or concerns regarding the Wellness Policy, please contact our Prairie Lakes Youth Programs Wellness Committee.

- C. Field Trips/Community Service: When planning a field trip/community service project that will occur during the scheduled lunch periods, PLYP staff will, to the extent possible, collaborate with Food and Nutrition Services to provide children the option of receiving a meal from PLYP.
- D. School Food and Nutrition Program/Personnel: Prairie Lakes Youth Programs will provide healthy and safe School Meal Programs that comply with all federal, state, and local statutes and regulations.
 - a. For the safety and security of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel.
 - b. The Director of Food and Nutrition Services at Summit will be responsible for the PLYP's School Meal Programs. Duties will include creating nutrition guidelines and procedures for the selection of foods and beverages served during the school day and ensuring that food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
 - c. Summit will provide nutrient analysis for all school meals and will post printed menus.
- E. Nutrition Education and Promotion: PLYP will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. Offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Integrated into other areas of the curriculum as established by the Director, where appropriate; and
 - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as, field trips, community service etc.
 - d. The staff involved in nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver current nutrition education programs. Preparation and professional development activities will provide evidence-based knowledge of nutrition and instructional techniques and strategies designed to promote healthy eating habits.
 - e. PLYP will encourage staff to be role models for healthy behaviors.
- F. Physical Activity: PLYP will provide opportunities for students to participate in at least one hour of daily physical activity.
- G. Food and Beverage Marketing: PLYP is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. PLYP strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on PLYP property that contains messages inconsistent with the health information PLYP is imparting through nutrition education and health promotion efforts. PLYP does not promote food and beverage marketing.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the PLYP Board, the Wellness Policy will be implemented throughout Prairie Lakes Youth Programs
- B. Pursuant to the requirements of the Healthy, Hunger-Free Kids Act of 2010, the Wellness Committee will monitor and PLYP's implementation of the Wellness Policy. The Wellness Committee will meet at least annually to update the Wellness Policy Assessment Grid annually and review and update the Policy language at least once every three years.
- C. The Executive Director or designee will ensure compliance with the Wellness Policy and will provide an annual report of PLYP's compliance with the policy to the Board of Directors.