

SCHOOL FOOD & NUTRITION SERVICES OF NEW ORLEANS LOCAL WELLNESS POLICY

Rationale

With the recent passage of the Section 204 of Public Law 108-265 requiring each Local Education Authority to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community is necessary. School Food & Nutrition Services of New Orleans believes these efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to provide an environment, which encourages the establishment and maintenance of a lifelong, healthy eating pattern.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and healthy weight maintenance requires a combination of healthy food choices and appropriate amount of physical activity. Foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day. The healthy, physically active child is more likely to be academically successful.

Goal 1: Nutrition Education

1. Nutrition Education will be integrated into other areas of the curriculum such as math, science, language arts and social studies when applicable.
2. School Food & Nutrition Services of New Orleans, Inc. central office staff is properly qualified according to current professional standards and will encourage participation in professional development activities for individual School Nutrition staff and teachers in the areas of nutrition and physical education.
3. School Food & Nutrition Services of New Orleans, Inc. will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children when requested.
4. Students will be encouraged to start each day with a healthy breakfast.
5. Team Nutrition schools are provided with nutrition education activities and promotions that involve parents, students, and the community.

Goal 2: Physical Activity

1. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and healthy living.
2. Elementary level schools will be encouraged to provide daily opportunities for physical activity through physical education classes, recess periods, extended lunch periods, and/or after school activities.
3. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4. The school should provide a curriculum that enhances a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
5. Students should be given opportunities for physical activity through a range of extra curricular programs such as intramurals, interscholastic athletics, and physical activity clubs.

Goal 3: Nutrition Standards for All Foods Available on School Campus During the School Day

1. School Nutrition program ensures that a reimbursable school meal meets the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Goal 4: Other School-Based Activities Designed to Promote Student Wellness

1. Provide a clean, safe, enjoyable meal environment for students.
2. Encourage adequate time for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
3. Principals will address parental concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and physical activity.
4. Students and staff are highly encouraged to promote and participate in school breakfast, lunch and snack programs when offered. Menus will meet the nutrition standards established by the U. S. Department of Agriculture, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, and of excellent quality available.
5. Food safety will be a key part of the School Nutrition operation.
6. School Nutrition staff will be given the opportunity to provide input on local, cultural, and ethnic favorites of the customers.

Assurance:

School Food & Nutrition Services of New Orleans, Inc. will assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U. S. C. 1779) and Section a (f) (I) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U. S. C. 1758) (f) (I) 1766 (a), as those regulations and guidance apply to schools by their participation in the National School Lunch and Breakfast Programs.

Measurement & Evaluation:

All schools are encouraged to implement this wellness policy or their own wellness policy addressing nutrition education, physical activity, and other school-based activities that promote wellness by forming a school health committee to address health related questions, concerns, and ideas. The committee chairman will be responsible for coordinating any reviews or revisions if deemed necessary through monitoring and evaluation.

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