



(Name of School District)		Policy Code:
<p style="text-align: center;">A Healthy Eating Learning Policy for School Districts in Georgia</p> <ul style="list-style-type: none">• The (insert name of school district) School Board recognizes that healthy eating learning opportunities increase nutrition knowledge and skills among students. Healthy eating learning will provide students with nutrition education to make healthy conscious decisions on healthy foods and beverages. The (name of school district) School Board is committed to providing nutrition education as part of a comprehensive health education curriculum.• Thus, by (insert date), all school districts, K-12, will teach, model, encourage, and support healthy eating to all students. Additionally, all school districts will require nutrition education and promotion through:<ul style="list-style-type: none">○ (a) offering nutrition education at each grade level that is sequential, comprehensive, standard-based health education curriculum that meets state and national standards;○ (b) providing nutrition education that is integrated into classes such as math, science, language arts, social sciences, and elective subjects, in addition to health education classes;○ (c) includes enjoyable, cultural and age-appropriate participatory activities, such as cooking lessons, school gardens, and Farm to School programs;○ (c) promoting healthy food preparation and promoting of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products;○ (d) highlighting caloric balance between food consumption and energy expenditure and teaching media literacy;○ (e) linking school foods, school meal programs, and nutrition-related community services; and○ (f) nutrition education training for all teachers and staff members• By (insert date), all school districts, K-12, will provide parents with healthy eating seminars, nutrition tips on school website, nutrition information sent home through students, and nutrient analyses of school menus.• By (insert date), all school districts, K-12, will provide consistent and current nutrition messages throughout the school to include classrooms and cafeterias. Nutrition messages will include, but not limited to age and culturally appropriate posters, pictures, and/or brochures. <p>USDA National School Breakfast and National School Lunch Program requirements</p> <ul style="list-style-type: none">• All schools participating in the National School Breakfast Program (NSBP) and/or the National School Lunch Program (NSLP) must meet federal Dietary Guidelines for Americans. The schools must offer fresh fruits vegetables, whole grain-rich foods, and low-fat or fat-free milk. In addition, these meals set specific age-appropriate calorie, sodium, saturated fats and trans-fats limits. <p>Local School Wellness Policy requirements – Healthy, Hunger-Free Kids Act of 2010</p> <ul style="list-style-type: none">• Each school that participates in the National School Breakfast and/or Lunch Program (NSBP/NSLP) is required to have a Local School Wellness Policy to ensure school meal nutrition guidelines meet the minimum federal school meal standards.		
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Local School Wellness Policy requirements – Healthy, Hunger-Free Kids Act of 2010 (continued)

- A revised local school wellness policy must fully comply with requirements. This includes, but not limited to: (a) involving parents, students, school food authority representatives, physical education teachers, school board, school administrators, school health professionals, and general public in development and implementation of the local wellness policy, (b) identify a Local Education Agency LEA and/or school officials leaders to ensure policy compliance, (c) disseminating information to the public about the local wellness policy, (d) specific nutrition promotion and education, physical activity, and other school-based activity goals to promote student wellness, and (e) standards for all foods and beverages provided to students.
- Schools can participate in the USDA’s Farm to School Program or school gardens to enhance nutrition education through hands-on learning activities. This program increases nutrition education outside of the health education classroom curriculum to encourage students to make informed food choices.

States that have Healthy eating learning policies at varying levels:

1. Strong Healthy eating learning policies (Michigan) – These are policies that require all students, K-12, receive nutrition education. In addition, this includes nutrition promotion outside of the classroom.
2. Weak Healthy eating learning policies (Idaho) – These are policies that promote nutrition education, but does not state which students will receive nutrition education.

State Example of Strong Healthy Eating Learning Policy

Michigan:

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

State Examples of Weak Healthy Eating Learning Policy

Arkansas:

Nutrition Education

10.01 The Arkansas Department of Education shall promote grade-appropriate nutrition education as part of a broad based integrated health education program that is aligned with the Arkansas Physical Education and Health Education Framework. The Child Nutrition Unit of the Department of Education shall review nutrition standards prior to implementation. Examples of integration into the curriculum include comprehensive health education courses and Career Education courses which are taught within Family and Consumer Sciences, such as Nutrition and Wellness and/or Food and Nutrition.

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<p>Georgia School Districts that have Healthy eating learning policies at varying levels:</p> <ol style="list-style-type: none"> 1. Strong Healthy eating learning policies (Burke County) – These are policies that require that competitive food and beverages are not sold to students during the school day. In addition, specific times during the day are given to sell competitive food or beverages. 2. Weak Healthy eating learning policies (Harris County) – These are policies that are vague and do not state which students will receive nutrition education or if it meets the states standards. <p>School District Example <i>Healthy Eating Learning Policy</i></p> <p>Burke County:</p> <div style="border: 1px solid black; padding: 10px;"> <p>Nutrition Education and Promotion</p> <ul style="list-style-type: none"> • Provide students in grades Pre-k through 12 with nutrition education that meets the Georgia Performance Standards for health education that is interactive, teaches the skills necessary to adopt healthy eating behaviors and includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, taste testing, farm visits and school gardens. • Provide nutrition information at all levels of education, such as reading Nutrition Facts labels, understanding MyPlate, and understanding the basics about the different food groups. Building on those basic ideas as progression is made through the grades and integrating instruction to the greatest extent possible into core curriculum areas of math, science, reading and language arts. • Promote consistent nutrition messages throughout the school, classroom, cafeteria, home and community. Nutrition education materials will be displayed on the lunch room tables for students to read during lunch period. Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life. • Complement physical education by reinforcing the knowledge and self-management skills needed to maintain a healthy and physically active lifestyle and to reduce time spent in sedentary activities. </div> <p>School District Examples of Weak Healthy Eating Learning Policy</p> <p>Harris County:</p> <div style="border: 1px solid black; padding: 10px;"> <p>Nutrition Education</p> <p>Students shall receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.</p> <p>Nutrition education shall be offered in the school cafeteria as well as in the classroom, with coordination between school nutrition staff and other personnel.</p> <p>Students shall receive consistent nutrition messages from all aspects of the school program.</p> <p>All employees will be encouraged to complete some type of pre-approved health/wellness activity during each re-certification period.</p> </div>		
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