



(Name of School District)		Policy Code:
<p style="text-align: center;"><b>A Model Healthy Eating Learning Policy for School Districts in Georgia</b></p> <p>The (insert county/city) School Board recognizes that healthy eating learning opportunities can increase students’ nutrition knowledge and competency. 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, all schools will teach, model, encourage, and support healthy eating to all students. Additionally, all school districts will require nutrition education and promotion through:</p> <ul style="list-style-type: none"> <li>• offering nutrition education at each grade level that is sequential, comprehensive, standard-based health education curriculum that meets state and national standards;</li> <li>• 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;</li> <li>• includes enjoyable, cultural and age-appropriate participatory activities, such as cooking lessons, school gardens, and Farm to School programs;</li> <li>• promoting healthy food preparation and promoting of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products;</li> <li>• highlighting caloric balance between food consumption and energy expenditure and teaching media literacy;</li> <li>• linking school foods, school meal programs, and nutrition-related community services; and</li> <li>• nutrition education training for all teachers and staff members</li> </ul> <p>All schools will provide parents with healthy eating seminars, nutrition tips on school website, nutrition information sent home through students, and nutrient analyses of school menus. Also, all schools 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> <p><b>United States Department of Agriculture (USDA) National School Breakfast and National School Lunch Program requirements</b></p> <p>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> <p><b>Local School Wellness Policy requirements – Healthy, Hunger-Free Kids Act of 2010</b></p> <p>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.</p>		
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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.

**Healthy Eating Learning Opportunities**

Healthy Eating Learning Opportunities incorporate nutrition education and activities to students. In turn, students can increase their skills and knowledge on foods, healthy eating, and nutrition. Healthy eating learning can increase awareness in choosing and consuming healthy foods and beverages among students. Opportunities to increase nutritional knowledge and skills can occur in classrooms, cafeterias, and/or school gardens.

**Procedures for Implementation**

The policy will go into effect (date policy will go into effect). The administration will develop a plan for communicating the policy that will include information in student and employee handbooks, and announcements at school-sponsored or school-related events. Other methods will be identified for notifying students, employees and parents/guardians about this policy. An enforcement plan, which identifies healthy eating learning opportunities for students, staff and parents/guardians, will be created and communicated to all students, staff and parents/guardians.

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