

What is the Wellness Policy?

In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, the Fairfax County School Board adopted a wellness policy to promote student health and contribute to the reduction of childhood obesity. The Office of Food and Nutrition Services in conjunction with the Office of Health and Physical Education, and other affected departments, and with input from parents and students, developed guidelines to implement the policy.



Wash Often!



1. Use warm water



2. Apply soap



3. Wash for 20 seconds



4. Rinse thoroughly



5. Dry

The USDA is an equal opportunity provider and employer



Wellness Policy

Promotes Student Health



Wellness Policy Guidelines

NUTRITION EDUCATION

- Students receive nutrition education that provides the knowledge they need to adopt a healthful lifestyle through a balanced diet and regular exercise.
- Nutrient and ingredient information is available for all products served.
- Nutrition education information is on monthly menus, principal newsletters, and Energy Zone web site*.
- Nutrition education curriculum is provided in K-10 grades.
- Nutrition programs, such as Kids Cooking, are provided in the classroom.
- School sponsored Health Fairs.

FOODS AND BEVERAGES SERVED DURING THE SCHOOL DAY

- All foods and beverages available during the school day, including vending and a la carte, reflect the current Dietary Guidelines for Americans and USDA guidelines.
- Classroom snacks, rewards, and celebrations encourage healthy choices.
- All foods made available during the school day comply with local food safety and sanitation regulations.
- Healthy catered snacks and celebration foods are available from Food and Nutrition Services.

FOOD ENVIRONMENT

- Students are encouraged to eat a healthy breakfast.
- Students are provided adequate time for school meals.
- Students are offered healthy snacks in after-school programs.
- Drinking water is available to students throughout the school day.
- Students are taught the importance of frequent hand washing.
- Fundraisers encourage non-food items.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- Students receive regular, age-appropriate physical education.
- Elementary schools provide daily recess.
- Schools provide information to families to help them incorporate physical activity into their children's lives.
- Before- and after-school programs include supervised, age-appropriate physical activities.

SUGGESTED FAMILY PHYSICAL ACTIVITIES

- Plan daily family walks.
- Limit TV or computer time to 1 to 2 hours per day.
- Make exercise fun.
- Encourage play outside with other children.
- Assign chores that involve activity, such as walking the dog.
- Be physically active for 60 minutes a day.
- Remember, making a healthy change takes time. Do not expect perfection.
- Help your children find physical activities they enjoy.

SNACK SMART

- Select snacks from a variety of food types.
- Choose snacks low in fat, saturated fat and trans fat.
- Limit sodium and sugar.
- Read labels and rate your snacks using the Energy Zone Nutrition Calculator*.
- Limit soft drinks and candy for special events.
- Offer age-appropriate portions.

HEALTHY SNACKS

Low fat, saturated fat and trans fat

Beverages

- Fruit juices or fruit smoothies
- Milk, non-fat or low-fat
- Plain water

Whole grains

- Fig Newtons/fruit bars
- Graham crackers or vanilla wafers
- Hard or soft pretzels
- Rice cakes
- Baked chips
- Trail mix
- Dry cereal
- Fruit, nut and/or grain trail mixes

Fruits and Vegetables

- Dried fruits
- Fresh fruit
- Raw vegetables with dip
- Frozen fruit bars
- Canned fruits in natural juice

Other Treats

- Cheeses/yogurt
- Ice cream
- Popcorn
- Nuts and seeds
- Pudding



***Energy Zone Web Site**

www.fcps.edu/fs/food

