

East Central Schools ISD #2580

Wellness Policy

Revised: December 2016

Goals for Nutritional Education

- Recesses before lunch – kids are hungrier after physical activity and will eat more of their food.
- Vending machines – get healthier snacks
- Ala carte – healthier foods
- Parents should be encouraged to bring healthy snacks/treats in for their child's class
- Teachers should come up with rewards/treats other than candy

Physical Education

- Inform grades k-6 (no health class) about healthy eating styles and exercise
- Having Physical Education classes more (2 out of every 3 days)

School based activities to promote wellness

- Jump- rope for heart
- Healthy eating posters
- Rachel's Challenge
- Healthy snack grades k-6 3 days per week
- Extracurricular activities – Wacky Wednesdays, kids club, swimming, community education classes

Nutritional guidelines for all food available on school campus

- Minnesota Department of Education (HHFK ACT) Lunch meal pattern
- Healthy Snack (grades k-6)