



NWLSD

# Student Wellness Policy



Nutrition Standards and Student Wellness  
Administrative Regulation

# Helping Kids Learn, Grow, and Be Healthy

- ★ Together, parents, school staff, and students can create a healthy school nutrition environment
- ★ Better health = better learners
- ★ Kids with healthier eating patterns and enough physical activity tend to:
  - ⦿ Have better grades
  - ⦿ Remember what was taught in class
  - ⦿ Behave better in class
  - ⦿ Miss less school time



# Creating a Healthy School Environment

A wellness policy helps create a healthy school environment.  
Our wellness policy talks about:



- Nutrition education

- Physical activity

- Foods and drinks sold to students



- Nutrition promotion

- Food and beverages, not sold, but provided to students

- Food and beverage marketing

- Informing the community, leadership, and more



# Foods Sold to Students

- All food and beverages sold in school during the school day must follow the Smart Snacks standards.
  - Food provided for FREE is exempt, but food that meets the nutrition standards is highly recommended
- NWLSD Nutrition Standards are in alignment with AHG School Beverage & Competitive Food Guidelines
  - On 7/1/2022, USDA established a new set of standards for milk, whole grains, and sodium
    - Allows for flavored, low fat milk
    - Stipulates at least 80% of grains served are WGR
    - Reduces sodium



# School Food & Beverage Guidelines

**ANY** food sold in schools must:

- Be a whole grain-rich product or
- Have as a first ingredient a fruit, vegetable, a dairy product, or a protein food; or
- Be a combination food containing at least  $\frac{1}{4}$ C of fruit and/or vegetable
- The food must meet the nutrient standards for calories, sodium, sugar and fats.

Every beverage sold in schools has a size restriction (except plain water):

- High Schools are permitted to have water, flavored water, milk, 100% juice, mid-calorie beverages, zero calorie or low calorie beverages
- Elementary and Middle Schools are permitted to have plain water, milk or 100% juice



Kids' Healthy Eating Index scores showed children received their healthiest meals of the day **at school!**

# Thank you

Thank you for your time and commitment  
to wellness in our school!

