

## **STUDENT NUTRITION & PHYSICAL ACTIVITY GUIDELINES**

### **Belief Statement**

Westwood Elementary is committed to providing an environment that supports and promotes wellness through good nutrition and regular physical activity as an integral part of the school-learning environment. Through the support and promotion of good nutrition and physical activity, children learn and participate in healthy lifestyle practices. Schools play an important role in contributing to the basic health of children, and in doing so optimize student academic performance.

### **Rational Statement**

The link between nutrition and learning is well documented. Healthy eating practices are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating reduces the risk of childhood obesity and the prevention of chronic disease such as diabetes. Schools have the responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy practices.

Schools also have a responsibility to help students establish and maintain lifelong practices of being physically active. Regular physical activity improves overall health. Active students learn better and have increased attention, which leads to academic success.

### **Goals for Nutrition Education**

- Students in grades kindergarten through grade 5 will receive nutrition education through the integration of school subjects including math, science, language arts, physical education, health and social studies. Eating habits are established at an early age, and to achieve positive changes in students' eating behaviors, it is important to provide students with the knowledge and skills necessary to adopt healthy eating behaviors. Nutrition education shall be integrated into standard based lesson plans in these subject areas, which will reinforce knowledge and skills.
- Students shall receive consistent nutrition messages throughout classrooms, the cafeteria, homes, community and media.

### **Goals for Physical Activity Education**

- Students in grades kindergarten through grade 5 will participate in some form of physical activity each day. Physical activity may include stretching exercises, walking, running, balancing, jumping and dance movements. Physical activity will be a minimum of 50

minutes per week (10 minutes per day) in addition to recess and the students' scheduled physical education class.

- The physical education curriculum is aligned with the Minnesota Standards with a special emphasis placed on promoting high levels of physical fitness and an active lifestyle.
- Students in kindergarten through 5<sup>th</sup> will participate in 15 minutes of daily-supervised recess before lunch, weather permitting.
- The school will encourage families to actively engage in providing physical activities with their children beyond the school day. Activities may include use of the school playground, enrolling children on sports teams in the community, utilizing area parks and bike trails and walking or riding their bike to school. We also encourage families to participate in Family Fun Night events at the school.

### **Goals for Other School Based Programs or Activities**

- Parents/Guardians shall be provided information to help them incorporate healthy eating and physical activity in their children's lives. This information may be provided in the form of handouts, postings on the school website, information provided in school newsletters, presentations that focus on healthy lifestyles and any other appropriate means available for reaching parents.
- Organizations will be encouraged to raise funds through the sale of items other than food. Fundraisers involving the sale of foods not meeting nutritional standards may not be sold during the regular school day.
- Snacks served during the school day will make a positive contribution to children's diets and overall health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Students are encouraged to bring individual water bottles for their personal use during the school day. The school believes in supporting a healthy school food environment and role modeling healthy behaviors and eating habits for children. Therefore, we ask that parents/guardians send healthy treats or bring a special book or game to school for birthday celebrations and special occasions. The following is a list of food and beverages that are consistent with the Dietary Guidelines for Americans:

### Healthy Snack List/Special Occasions

(see below *Tasty Snacks for Healthy Kids*)

- Raw vegetable sticks or slices with low fat dressing of yogurt dip
- Fresh fruit wedges-watermelon, cantaloupe, honeydew, pineapple, oranges, etc.
- Dried fruits-raisins, cranberries, apples, apricots
- Single serving applesauce
- Trail mix
- Pretzels or reduced fat crackers
- Goldfish or Wheat Thins
- Granola bars, graham crackers, fig bars
- Fat free or low fat pudding cups
- Bottled water

All of the items listed above are consistent with the intent of our school wellness guidelines to promote student wellness through good nutrition. To support these guidelines, we are asking families to provide healthy snacks, healthy lunch choices, and healthy treats for celebrations.

#### Food Alternative Suggestions for parents/guardians:

- Send your child's favorite story book/music CD (all topics/lyrics must be appropriate) to school to share with classmates for the day
- Send a collage of baby pictures to share or
- Make a small poster with pictures of the family for child to share
- Donate seeds, posts and soil to plant a birthday flower or vegetable

Thank you for supporting and promoting our school environment of wellness.

Carolyn Hartwitsen, Principal

### Tasty Snacks for Healthy Kids

#### Some Preparation Required:

- **Veggies & Dip:** baby carrots, cucumber slices, red pepper slices, chopped broccoli, cherry tomatoes, or celery sticks served with hummus, low fat salad dressing, or other low fat dip

- **Vegetable Sticks with Spread:** celery or carrot sticks with 2 tablespoons peanut butter or low fat cream cheese
- **Snack Kabobs:** veggie or fruit chunks skewered onto thin pretzel sticks
- **Sweet Potato Fries:** baked sweet potato wedges, tossed lightly w/olive oil and salt
- **Low Fat Cottage Cheese or Yogurt with Fruit and/or Granola:** try using fresh grapes, berries or canned peaches
- **Apple Treats:** sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in 1 tablespoon peanut or almond butter
- **Homemade Popsicles:** made with 100% fruit juice or low fat yogurt
- **Chips & Salsa:** use whole grain baked pita chips or baked tortilla chips. Also try chips with low fat bean dip
- **Taco Roll-up:** small whole wheat tortilla rolled w/low fat cheese, beans & salsa
- **Turkey Roll-up:** lean turkey slice rolled up with low fat cheese
- **Mini Pizzas:** toast pita bread or half of a whole wheat English muffin w/tomato sauce, cheese and chopped vegetables
- **Mini Bagel with Spread:** try 1 tablespoon light cream cheese, peanut butter or hummus
- **Mini Sandwiches:** use 1 slice whole wheat bread, pita bread, or several whole grain crackers. Fill or top with: peanut butter & jelly, low fat cheese & cucumber slices, or tuna salad made with low fat mayonnaise

#### No Prep Snacks:

- **Whole Fruit:** grapes, apples, bananas, etc.
- **Fruit Salad:** ½ cup store-bought, fresh fruit, unsweetened canned fruit or snack cup
- **Frozen Fruit:** ½ cup berries, etc.
- **Dried Fruit:** 1/3 cup
- **Apple Sauce:** 1 snack cup (unsweetened)
- **Nuts:** 1/3 cup of nuts such as almonds, peanuts, cashews or mixed nuts
- **Cheese:** low fat string cheese, or 2 slices low fat cheese (like Cabot Creamery)
- **Yogurt:** 1 squeezable low fat yogurt (like Stonyfield Farm) or 1 low fat yogurt container (6 oz.)
- **Pudding:** 1 nonfat or low fat snack cup
- **Granola/Fruit bar:** 1 low fat, whole grain bar

- **Cereal:** 1 cup whole grain cereal (like Cheerios or Multigrain Chex)
- **Trail Mix:** 1/3 cup made with nuts, seeds, low fat granola and dried fruit
- **Pretzels:** about 20 tiny twists
- **Popcorn:** 2 cups “light: microwave popcorn (without butter)
- **Baked Chips:** (like Frito-Lay potato chips or Doritos)
- **Cookies:** Frookie Animal Frackers (10 -15 cookies) or 3 Fig Newtons, Teddy Grahams (1 snack pack or 24 grahams)
- **Fruit Smoothies:** store-bought (like Silk or Stonyfield brand) or homemade with fresh or frozen fruit and low fat milk or yogurt

#### **Beverages:**

- **Water**
- **Milk** (1cup low fat milk or soy milk)
- **100% Fruit Juice** (no more than 6 oz. a day)
- **100% Fruit Juice with Club Soda/Seltzer**

Kids are active and growing and may need a snack between meals (about every 3-4 hours), if they get hungry. Discourage kids from eating snacks before meals and eating when they are not hungry. Help kids develop good habits by modeling healthful eating behaviors, and providing opportunities for physical activity (at least 1 hour every day).

#### **Guidelines:**

- Keep beverage choices healthful. Choose low fat milk (1 cup serving) water, and moderate amounts of 100% fruit juice (the American Academy of Pediatrics recommends no more than a 4-6 oz. serving of 100% fruit juice a day for ages 1-6 and no more than 8-12 oz. serving for ages 7-18). Flavored low fat milk or soymilk is also a great alternative.
- Avoid soda, sweetened juice drinks, and sports drinks!
- Look for snacks that have at least 2 grams of fiber per serving listing on the nutrition label.
- Choose whole grain snacks as much as possible. Look for the word “whole” as one of the first ingredients on the produced label.
- Keep fresh fruits and veggies readily available. Wash and prepare snacks such as carrot and celery sticks ahead of time, then keep in the refrigerator for easy snacking later.
- Choose low fat dairy products (for children over age 2), like low fat cheese, cottage cheese, sour cream, yogurt and milk.

- Aim for snacks low in fat, sugar and sodium. The Mayo Clinic recommends choosing snacks that have close to 5% of the daily value for fat, sugar and sodium, and not more than 20% (this is listed on the nutrition facts label) – except nuts and nut butters, as they contain a healthy type of fat.
- Snacks that include at least two of the major food groups are best (grains, meats & beans, milk, fruits and vegetables). For example, an apple with peanut butter, cottage cheese with peaches or carrot sticks with hummus.
- Make it a good habit for kids to brush their teeth or at least rinse their mouths with water after they finish eating snacks. Sugary snack foods that stick in the teeth pose the greatest risk for tooth decay.

#### **Food Allergies:**

Some people have food allergies or intolerances. Food allergies or intolerances can cause reactions such as sneezing, coughing, nausea, vomiting, diarrhea, hives, rapid heart rate, shortness of breath and rashes. People who have severe food allergies may not be able to touch or be in the same room with the food allergen. People with mild food allergies usually only need to refrain from eating the food, but can be near it. Food allergies are most often caused by proteins in milk, eggs, corn, nuts (especially peanuts), seafood, soy products, and wheat. Other foods frequently identified with bad reactions include meat and meat products, fruits and cheese. Food intolerances are caused by an individual’s inability to digest certain foods. Intolerances have adverse reactions to food that do not involve an allergic response. Generally, larger amounts of a food are required to produce the symptoms of intolerance than to trigger allergic symptoms.