

Greenup County Board of Education Nutrition and Wellness Plan

The Greenup County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- School-based activities are consistent with local wellness plan goals.
- Foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- Foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

Nutrition Education and Promotion

Each school is encouraged to provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests and promotions;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Links with school meal programs, other school foods, and nutrition-related community services.

Physical Activity

Each school is encouraged to provide physical activity and engage in physical activity promotion that:

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

- Provide a daily recess for elementary schools. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Food and Nutrition Guidelines on School Campuses

Each school is encouraged to follow food and nutritional guidelines and engage in food and nutrition promotion that:

- Foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - Vending Machines
 - A la Carte
 - Beverage Contracts
 - Student Stores
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition information for products offered a la carte, in vending machines and school stores is readily available on the school district's website.
- Classrooms are encouraged to offer healthy choices in offering of food as a reward.
- Schools are to encourage parents that if they bring snacks into the school that they be pre-packaged.

Eating Environment

Each school is encouraged to provide an eating environment that:

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary schools is scheduled before lunch.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- A student's access to the National School Breakfast and National School Lunch programs may not be used as a reward or a punishment for student behaviors.

Child Nutrition Operations

Each school is encouraged to provide child nutrition operations that:

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- All food service personnel shall have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

Each school is encouraged to provide food safety and food security that:

- Foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.
- To encourage food safety and security, parents are encouraged that when bringing in snacks from home that they be pre-packaged.