

WELLNESS

The Lamphere School District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

- A. School meals served through the National School Lunch Program will meet the nutritional requirements established by local, State and Federal statutes and regulations.
- B. Healthy snacks will be offered on a la carte lines during lunch hours.
- C. Non-carbonated, lower sugar or vitamin-enriched beverages will be available for students during lunch hours.
- D. Students will receive adequate time to eat and socialize during lunch time.
- E. A committee of students, parents, and District staff (administrators, food service professionals, and teachers) shall be established to review nutritional matters on a periodic basis.
- F. The use of food high in fat, sodium, and added sugars as a reward or prize for good behavior or exemplary performance shall be discouraged.
- G. The sale of foods high in fats, sodium, and added sugars on school grounds as part of fund-raising activities shall be discouraged. Furthermore, no foods or beverages, other than those associated with the District's Food Service Program, are to be sold during Food Service hours.
- H. Classroom teachers, in cooperation with the Food Service Department, will offer enhanced nutrition education for students in grades K-5.