

## WHAT IDEAS COULD WE INCLUDE IN OUR POLICY?

- ◇ Schools will start garden projects and serve the fruits and vegetables grown in school meals and afterschool snacks.
- ◇ Any school that does not offer afterschool and summer programs will create them and include time for outside play or gym time and hands-on nutrition education.
- ◇ Children will get healthy, federally-funded snacks and meals in all school-sponsored afterschool and summer programs.
- ◇ All schools will operate a School Breakfast Program offering a free breakfast to every child that wants it.
- ◇ All children in need will receive a free breakfast and lunch during the summer.

- ◇ Vending machines in schools will be required to offer healthy snacks and beverages.



For additional policy ideas, check out FRAC's wellness policy guide at [www.frac.org](http://www.frac.org)

### Additional Wellness Resources:

#### Food Research & Action Center

[http://www.frac.org/pdf/wellness\\_guide2006.pdf](http://www.frac.org/pdf/wellness_guide2006.pdf)

#### Action for Healthy Kids

<http://www.actionforhealthykids.org/wellnesstool/index.html>

#### Parents Action for Children

<http://www.iamyourchild.org/learn/nutrition/schoolwellness/>

#### School Nutrition Association

<http://www.schoolnutrition.org/Index.aspx?id=1343>

#### USDA Food and Nutrition Service

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

For more information, contact:

**Alexis Bylander** ([abylander@frac.org](mailto:abylander@frac.org))

**Crystal FitzSimons** ([cfitzsimons@frac.org](mailto:cfitzsimons@frac.org))



1875 Connecticut Ave., NW  
Suite 540  
Washington, DC 20009  
Phone: 202-986-2200  
[www.frac.org](http://www.frac.org)

# PARENTS



Join  
Your  
School  
Wellness  
Team

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Support healthy food, quality physical education and hands-on nutrition education in your child's school, afterschool and summer programs.

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Prepared by the Food Research & Action Center

## WHAT IS A WELLNESS POLICY?



In 2004, Congress passed a law requiring every school district that uses federal dollars for school



lunch or breakfast, which includes most districts, to create a local wellness policy by the start of the 2006-2007 school year.



Each wellness policy will apply to every school in the district and can help schools improve the health of students by

promoting nutritious food and physical activity through changes in school programs and environments.

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## WHAT ROLE CAN PARENTS PLAY?

The law requires school districts to involve a variety of groups in designing and carrying out their policy, including:

- ◇ Students
- ◇ Parents
- ◇ Community members
- ◇ School board members
- ◇ Administrators
- ◇ School food service providers

**As a parent, you know your children and their needs better than anyone. By getting involved with your local wellness team you can help create, monitor and enhance school policies that will improve their school environment.**

## WHAT WILL THE POLICY INCLUDE?

Each wellness policy, at a minimum, must set rules for:

### ◇ Nutrition standards for food served in schools

Example: Limit the amount of soda and candy served on school grounds and reduce the amount of fat in school meals.

### ◇ Nutrition education

Example: Offer cooking lessons on how to make healthy snacks and meals.

### ◇ Physical activity

Example: Provide more opportunities for team sports, open gym and recess.

### ◇ Other school-based activities designed to promote student wellness

Example: Provide enough space and serving areas to ensure that all students have access to school meals with minimum wait time.

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## WHAT ABOUT AFTER SCHOOL & SUMMER?

Policies that encourage healthy food, nutrition education and physical fitness should not be limited to the traditional school day. Encourage your community to think outside the box and make afterschool and summer programs, including healthy food, physical activity and nutrition education, a part of your local wellness policy.

## CAN I STILL GET INVOLVED?

Absolutely! It's never too late to get involved with your school's local wellness team.

### 1. Find out who is coordinating your school district's wellness policy.

Your PTA, school nurse, principal, school food service provider, school board members or superintendent should be able to help you get involved.

### 2. Let them know that you want to join the wellness committee.

Explain your interest in the wellness policy, ask about work the group has already done and what opportunities there are for you to get involved.

### 3. Ask when and where the next wellness meeting will be held.

Wellness teams may be holding open forums for the public, but most will be meeting as a small group.

### 4. Share your thoughts and ideas.

Discuss what you think the school could do to help promote healthy food, nutrition education and exercise opportunities for your children.



Your input will make a difference.