

SCHOOL WELLNESS POLICY

According to information provided by the US Department of Agriculture and the US Department of Health and Human Services Centers for Disease Control and Prevention, many children are “flunking” healthy eating. As a result, childhood obesity is a national epidemic. In fact, since 1980, the percentage of overweight children ages 6-11 has doubled, and the percentage of overweight adolescents ages 12-19 has tripled.

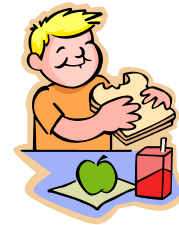
Many experts feel that schools can help turn this trend around by making healthy eating a priority. In order to do this, the East Whittier City School District has adopted a School Wellness Policy to help students learn healthy eating skills in the classroom and dining areas. Since children learn by example, the district is encouraging all staff, teachers and parents to be good role models.

It is important for schools to send consistent, positive health messages to students. One way to do this is to make sure that the rewards and incentives given in the classroom support the vision of a healthy school environment. This includes school parties, as well. When candy, and other low nutrition snacks are provided in school, it contradicts the positive nutrition messages being taught in the classroom.

It is always an option to provide fun, inexpensive non-food rewards for students such as trinkets, erasers, or party favors. When snacks are served, the snacks should be healthy and lower in fat and calories.

HEALTHY SNACK SUGGESTIONS

- H Fresh Fruits (such as apple slices, bananas, pineapple, kiwi, grapes, orange wedges, pears, strawberries, or dried fruit)
- H Raw Veggies (such as jicama, baby carrots, pea pods, cherry tomatoes, broccoli florets or celery)
- H Animal Crackers, Graham Crackers, Cheese Crackers, or Mini Muffins
- H Almonds, Trail Mix, Granola Bars, or Rice Krispie Treats
- H Pretzels or Baked Chips
- H Air-popped Popcorn
- H String Cheese
- H Fat-Free Pudding Cups, Yogurt Pops or Juice Bars
- H 100% fruit juices
- H Bottled water (flavored or plain)
- H 1% Milk



EMPOWER CHILDREN TO MAKE HEALTHY FOOD CHOICES!