



LOCAL WELLNESS POLICY

NUTRITION ENVIRONMENT AND SERVICES

NUTRITION PROMOTION AND EDUCATION

Developing evidence-based strategies for nutrition education and promotion enhances student wellness and empowers students with the knowledge to make healthy food and beverage choices.

Distributing detailed breakfast and lunch menus, offering a daily vegetarian option with clear labeling, gathering feedback from the school community about items they would like to see served in the meals and providing guidance on reimbursable meal choices support and encourage positive nutrition behavior and habits.

REMINDER

Nutrition education and promotion is not restricted to information taught in the classroom. Students can acquire nutrition information through hands-on learning experiences such as through cooking lessons, taste tests, school gardens and farm field trips as well as through messaging shared during school announcements, newsletters, recipe sharing, posters or even conversations with family and peers.

CONSIDERATIONS FOR SETTING YOUR GOALS

- Evaluate the existing nutrition education and the specific needs of students at your local education agency (LEA) by reviewing health education standards and curriculum, evaluating data from your School Health Profiles and Youth Risk Behavior Surveys and conducting assessments, surveys, and collecting feedback from students.
- Collaborate with your school community to draft measurable goals that address the required elements. Consider community-based organizations or university partners that can support your nutrition education goals, identify ways to make fruit and vegetables accessible throughout the school day or start a school garden or student health club.
- Include learning experiences and activities that reinforce nutrition and healthy messages that are relevant for students and meet community needs. Think of creative ways to incorporate nutrition education and reinforce healthy habits through existing classroom lessons and subjects such as art, science, English language arts and math.

REQUIRED ELEMENTS

- Set goals for nutrition promotion and education, using evidence-based strategies to enhance student wellness through nutrition (7 CFR 210.31(c)).

RECOMMENDED ELEMENTS

- Distribute breakfast and lunch menus with nutritional content, ingredients, and the origin of fruits and vegetables. Make this information available on the school website, in the school office, and to parents upon request (DC Code § 38-822.05(b)(1)).
- Offer a daily vegetarian main course option for breakfast and lunch at all grade levels, ensuring variety by rotating options (DC Code § 38-822.01(a)(1)(B)(i-ii)).
- Clearly label or identify vegetarian food options (DC Code § 38-822.01(a)(1)(B)(iii)).
- Gather input from students, faculty, and parents on nutritious meals that appeal to students (DC Code § 38-822.03(b)(3)).
- Display reimbursable meal signage to guide students in selecting a reimbursable meal (7 CFR 210.10(a)(2)).

KEY STAKEHOLDERS

- School administrators
- School nutrition professionals
- Food services staff
- School business and operations staff
- Health education teachers
- Students
- Parents
- Community-based organizations

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RESOURCES

- [CDC Healthy Eating Learning Opportunities and Nutrition Education](#)

Webpage from the Centers for Disease Control and Prevention (CDC) with ways that schools can teach healthy food and beverage choices throughout the day.

- [OSSE School Health Profiles Data](#)

Self-reported school-based health questionnaire completed annually by all public schools and public charter schools, as required by the Healthy Schools Act (HSA).

- [FRESHFARM FoodPrints Program](#)

Webpage with information about the FoodPrints Program, which integrates gardening, cooking, and nutrition education into the curriculum through a model of partnerships, standards-based lessons, cafeteria connections and food access.

- [Capital Area Food Bank – Nutrition Education](#)

Nutrition and wellness resources from the Capital Area Food Bank, is the largest organization in the Washington metro area working to solve hunger.