



District of Columbia  
Office of the State Superintendent of Education

# Healthy Schools Act Informational Guide

2026

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## Introduction

The Healthy Schools Act (HSA), originally passed in 2010, ensures District of Columbia Public Schools (DCPS), public charter schools and participating private schools are a healthy place for all students.<sup>1</sup> It includes the following health and nutrition requirements, programs and standards for District schools and agencies:

- Nutrition and food-sourcing standards, reduction of food waste, local meal reimbursement rates and public disclosure requirements for meals;
- Requirements for vending, fundraising and prizes in schools;
- Programs for promoting farm-to-school, locally grown and sustainable agriculture practices;
- Physical education and health education requirements and standards;
- The Environmental Literacy and School Gardens programs;
- [Local Wellness Policies](#);
- School health data collection; and
- The authority for OSSE to administer school health-related grants.

Throughout this guide, “HSA” will be used to refer to the law, including all amendments, as codified at [DC Code §§ 38-821.01 et seq.](#) This guide is designed to help local education agencies (LEAs), school staff and vendors understand and meet the requirements of the HSA.

**Please note:** This guide only references school health requirements stipulated within the HSA. Additional local school health laws and requirements include, but are not limited to, the following in no particular order:

- **Immunization of School Students** ([DC Code §§ 38–501 et seq.](#))
  - *More information:* [OSSE School Immunization Policy and DC Health Immunizations](#)
- **Student Access to Period Products** ([DC Code §§ 38–531.01 et seq.](#))
  - *More information:* [DC Menstrual Health Education Standards](#)
- **Student Health Care** ([DC Code §§ 38--601.01 et seq.](#))
  - *More information:* [DC Health – School Health Services Program](#)
  - *More information:* [Undesignated emergency medications in schools](#)
- **Youth Behavioral Health Program** ([DC Code § 7–1131.17](#))
  - *More information:* [Supporting Mental Health in Schools, School Behavioral Health Program and Advancing Recruitment and Retention of Our Workforce \(ARROW\)](#)
- **Students’ Rights to Home or Hospital Instruction** ([DC Code §§ 38–251.01 et seq.](#))
  - *More information:* [Home and Hospital Instruction](#)
- **Diaper Changing Stations in Schools** ([DC Code § 6–1413](#))

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<sup>1</sup> “Participating private school” means a private school that participates in the National School Lunch Program, established by the Richard B. Russell National School Lunch Act, approved June 4, 1946 (60 Stat. 230; 42 U.S.C. § 1771 et seq.), and elects to participate in the Healthy Schools Act program.

- **Schools' Obligations to Prevent and Address Student Sexual Abuse** (DC Code §§ 38–951.01 et seq.); Prohibition Against Assisting Certain Employment of Perpetrators of Child Sexual Offenses (DC Code §§ 32–1131.01 et seq.); and School Obligation to Prevent Student-on-Student Sexual Harassment, Sexual Assault, and Dating Violence (DC Code §§ 38–952.01 et seq.)
  - *More information:* [School Safety Omnibus Amendment Act of 2018](#)
- **Access to Defibrillator; School CPR and AED Program; and Cardiac Emergency Response Plans (CERP)** (DC Code § 7–2371.02c)
  - *More information:* [CPR Training Program](#)
  - *More information:* [Guide for Development a School Cardiac Emergency Response Plan](#)
- **Youth Bullying Prevention** (DC Code §§ 2–1535.01 et seq.)
  - *More information:* [Youth Bullying Prevention Program](#)
- **Youth Risk Behavior Survey** (DC Code § 38–826.06)
  - *More information:* [DC Youth Risk Behavior Survey \(YRBS\)](#)
- **Sustainable DC Omnibus Amendment Act of 2014** (DC Law 20-142) and **Zero Waste Omnibus Amendment Act of 2020** (DC Law 23-211)
  - *More information:* [Material Requirements for Food Service Ware](#)
- **Engine Anti-Idling (including trucks and school buses)** (20 DCMR §§ 900.1 et seq.)
  - *More information:* [Engine Anti-Idling Law](#)
- **Student Safe Passage**
  - *More information:* [Safe Passage](#)
- **School Athletics** (DC Code §§ 38-2661.01 et seq.)
  - *More information:* [District of Columbia State Athletics Association](#)
  - *More information:* [District of Columbia Interscholastic Athletics Association \(DCPS\)](#)
  - *More information:* [Public Charter School Athletic Association](#)

More information and resources from the OSSE Division of Health and Wellness are available [here](#).

## School Nutrition<sup>2</sup>

The HSA includes several requirements for school meal standards. Public schools, public charter schools and participating private schools (collectively referred to as “covered schools”) are eligible to receive local meal reimbursements and subsidies, provided that the meals meet all requirements outlined in the HSA. Failure to comply with the nutritional standards and requirements may result in corrective action, including the withholding of future HSA reimbursements. Compliance is formally verified by the Office of the State Superintendent of Education (OSSE) during each School Food Authority’s (SFA’s) Administrative Review, via the annual [School Health Profiles](#), and through the collection and review of documentation, such as the Locally Grown Food Item Tracking Log and applications or waivers related to alternative breakfast serving models referenced in this document. OSSE provides annual training and technical assistance and guidance for SFAs regarding school nutrition.

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<sup>2</sup> DC Code §38-822.01 et seq. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A/subchapters/II/>

## Nutritious Meals

The HSA requires covered schools to serve nutritious and well-balanced meals to students every day. All foods and beverages served, sold or provided by the school to students during the school day must meet federal and local nutritional standards. The following subsections detail those requirements.

### Vegetarian Meals and Plant-Based Food Options<sup>3</sup>

Covered schools must meet the following requirements for vegetarian meals and plant-based food options:

- Covered schools must provide meals with vegetarian food options as the main course for breakfast and lunch every day at all grade levels.
- Covered schools must rotate the main course vegetarian food options daily to avoid repetition.
- Vegetarian food options must be clearly labeled or identified as vegetarian.
- Covered schools are encouraged to serve plant-based food options as the main course at breakfast and lunch each day to each student.

### Accommodations<sup>4</sup>

Schools must accommodate students with disabilities in the implementation of their school food programs, as required by a licensed healthcare professional.<sup>5</sup> For more information on accommodating students with disabilities, please consult the United States Department of Agriculture's (USDA) resource: [Accommodating Disabilities in the School Meal Programs: Guidance and Q&As](#).

Schools must also reasonably accommodate religious and non-medical dietary restrictions. SFAs must not require a student requesting a plant-based food option or other non-medical dietary accommodation to obtain a note from a doctor.

### Nutritional Standards<sup>6</sup>

All meals must meet or exceed the federal [USDA nutrition standards](#). The HSA includes the following standards that go beyond current USDA meal pattern requirements:

- All milk must be unflavored; and
- All grain products must be whole grain-rich, meaning that the product contains at least 50 percent whole grains and the remaining grains in the product must be enriched.

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<sup>3</sup> DC Code §38-822.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.01.html>

<sup>4</sup> DC Code §38-822.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A>

<sup>5</sup> [Requirement to Accept Medical Statements from Registered Dietitians for Schools and Child and Adult Care Institutions and Facilities](#)

<sup>6</sup> DC Code §38-822.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.02.html>

The HSA also requires covered schools to solicit input regarding nutritious meals that appeal to students from students, faculty and parents through taste tests, comment boxes, surveys, a student nutrition advisory council or other means.<sup>7</sup>

### Healthy Eating<sup>8</sup>

Schools must promote healthy eating to students, faculty, staff and parents.

Schools must provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the food service line.

When meals are served to students, schools must make free cold, filtered water available to students through water fountains or other means.

### Reducing Food and Food Packaging Waste

Separate local law establishes requirements for school food service ware and waste. DC environmental laws ban the use of foam food service ware (see [Foam Free DC](#)), ban the use of single-use plastic straws and stirrers (unless necessary to accommodate a disability, see [Straws and Stirrers New Requirements and FAQ](#)) and set limitations on single-use food service ware items, including plates, cups, bowls, clamshells, utensils and straws (see [Material Requirements for Food Service Ware](#)).

The Zero Waste Omnibus Amendment Act of 2020 (Zero Waste Act) is meant to reduce food and food packaging waste. The Zero Waste Act requires SFAs and contractors to provide accessory disposable food service ware only upon request by the student or at a self-serve station. Meals shall not include accessory disposable food service ware unless specifically requested by the student. Definitions are included below:

- “Accessory disposable food service ware” means any disposable food service ware, including straws, utensils, condiment cups and packets, cup sleeves and napkins, that is not used to hold or contain food.
- “Upon request” means a student must be able to request any of the items listed above, but they are not automatically provided to the student without request.
- “Self-service stations” mean serving areas where students can select or decline accessory disposable food service ware.

Except when disposable food service ware is not necessary due to finger foods being served, exemptions to the above requirement can be applied in the following scenarios:

- Meals served in the classroom
- Meals served to early childhood students
- Field trip meals
- Meals served to students with disabilities

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<sup>7</sup> DC Code §38-822.03(b)(3). Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03.html>

<sup>8</sup> DC Code § 38–822.03 retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

- Condiments served as part of a reimbursable meal

Please contact your [OSSE Nutrition Program Specialist](#) or [OSSE.Schoolhealth@dc.gov](mailto:OSSE.Schoolhealth@dc.gov) with any questions.

### Share Tables<sup>9</sup>

The HSA strongly encourages public, public charter and participating private schools to establish share tables. The HSA defines a share table as a location where school community members can place unopened or sealed foods to provide for other community members to take food that would otherwise be thrown away. A summary of share table participation shall be included in the biennial HSA Report.

### Meal Pricing<sup>10</sup>

The HSA requires that schools offer free breakfast to all students.

Students who qualify for reduced-price meals shall not be charged for meals. OSSE reimburses schools 40 cents (or the difference between the USDA reimbursement rate for a free lunch and a reduced-price lunch) for each reduced-price lunch meal served.<sup>11</sup>

### Breakfast Serving Models<sup>12</sup>

#### Breakfast Requirements

If more than 40 percent of the students at a school qualify for free or reduced-price meals, and the school's current breakfast participation is below 75 percent of its average daily attendance, then:

- Elementary schools must offer breakfast in the classroom (BIC) each day.
- Middle schools and high schools must offer alternative breakfast serving models each day.

An alternative breakfast serving model is a method of serving breakfast, such as BIC or breakfast on grab-and-go carts, in which breakfast is offered in one or more high student traffic locations other than the cafeteria. With alternative breakfast serving models, breakfast is also available after the start of the school day or both before and after the start of the school day. The model must be proven to increase student participation in breakfast relative to the traditional serving model of serving breakfast in the cafeteria before the start of the school day. Alternative serving models other than the ones listed here may be used but may require approval by OSSE. OSSE will collect information about the alternative breakfast serving model that schools choose to implement via the annual subsidy application. For more information on alternative breakfast serving requirements, see State Agency Memo 1-25: [\*Alternative Breakfast Serving Models and Breakfast in the Classroom Waivers\*](#).

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<sup>9</sup> DC Code § 38–822.03 retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

<sup>10</sup> DC Code § 38–821.02 retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02>

<sup>11</sup> DC Code §38-821.02 (C)(3)(a). Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02>

<sup>12</sup> DC Code §38-822.03. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

### BIC Waiver<sup>13</sup>

BIC is an alternative breakfast serving model where students eat breakfast in the classroom after the start of the school day. Elementary schools may request a one-year waiver to the BIC requirement from OSSE. Waiver requests must include a strategy that will enable the school to reach a breakfast participation rate exceeding 75 percent of its average daily attendance. BIC waiver requests are school-specific and must be submitted to OSSE via a written action plan. Schools that do not demonstrate incremental progress toward meeting the 75 percent participation rate will be required to implement BIC at the start of the next school year. For more information on the BIC Waiver, see State Agency Memo 1-25: *Alternative Breakfast Serving Models and Breakfast in the Classroom Waivers*.

### Procurement<sup>14</sup>

Schools must participate in federal nutritional and food distribution programs whenever possible. These programs include the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Afterschool Snack Program (ASP), the Child and Adult Care Food Program (CACFP), the Summer Food Service Program (SFSP), the Fresh Fruit and Vegetable Program (FFVP), the USDA Foods in Schools Program and the Special Milk Program (SMP).

### Good Food Purchasing Program (GFPP)

Schools are strongly encouraged to procure food in a manner consistent with the GFPP's core values of local economies, nutrition, valued workforce, environmental sustainability and animal welfare.<sup>15</sup> The core values are established by the Center for Good Food Purchasing.<sup>16</sup>

### Food Sourcing<sup>17</sup>

#### Local Food Sourcing<sup>18</sup>

Schools shall serve locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices whenever possible. Schools shall give preference to fresh unprocessed agricultural products grown and processed in the District of Columbia, Maryland and Virginia.

#### Local Foods<sup>19</sup>

Schools are reimbursed 5 cents per day when at least one component of a reimbursable breakfast or lunch meal is comprised entirely of locally grown and unprocessed food. Milk does not qualify as locally grown for the purposes of this reimbursement.

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<sup>13</sup> DC Code § 38–822.03 retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

<sup>14</sup> DC Code § 38–822.03 retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

<sup>15</sup> DC Code §38-822.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.01.html>

<sup>16</sup> Center for Good Food Purchasing. Center for good food purchasing. Retrieved from: <https://goodfoodpurchasing.org/>

<sup>17</sup> DC Code §38-823.01 *et seq.* Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A/subchapters/III>

<sup>18</sup> DC Code §38-823.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-823.01.html>

<sup>19</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

OSSE typically reimburses schools 5 cents for each lunch meal that meets this requirement, as schools typically serve more lunch meals than breakfast meals. In order to receive this additional reimbursement, SFAs must provide OSSE with the name and address of the farms where the locally grown foods were grown via the quarterly “[Locally Grown Food Item Tracking Log](#),” which must be submitted to [OSSE.LG@dc.gov](mailto:OSSE.LG@dc.gov).

### Public Disclosure<sup>20</sup>

Food service providers are required to provide the following information to schools and upon request to OSSE:

1. The menu for each breakfast and lunch meal served;
2. The nutritional content of each menu item;
3. The ingredients for each menu item if requested by parents and legal guardians; and
4. The location where fruits and vegetables served in schools are grown and processed.

Schools are required to make this information available in the school’s office, on the school’s website and to parents and legal guardians upon request. Schools are also required to inform families that vegetarian food options and milk alternatives are available upon request.

### Competitive Foods<sup>21</sup>

All beverages and snack foods provided by or sold in schools, whether through vending machines, fundraisers, snacks, after-school meals or other means must meet or exceed the federal nutrition standards. This requirement does not apply to the following:

- Food and drinks available only to faculty and staff members, provided that school employees shall be encouraged to model healthy eating;
- Food provided at no cost by parents;
- Food sold or provided at official after-school events;
- Adult education programs; and
- Food not consumed by or marketed to students.

Foods and beverages sold in school stores must meet or exceed the federal nutrition requirements.

Schools shall not permit third parties, other than school-related organizations and school meal providers, to sell food or beverages of any type to students on school property from 90 minutes before the school day begins until 90 minutes after the school day ends.

The HSA prohibits food and beverages that do not meet the nutritional requirements of the [NSLP competitive food service and standards](#) from being used as incentives, prizes or awards in school. It also prohibits such food and beverages from being advertised or marketed in schools through posters, signs,

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<sup>20</sup> DC Code §38-822.05. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.05>

<sup>21</sup> DC Code §38-822.06. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.06>

book covers, scoreboards, supplies or equipment within 10 days after the notice of imposition of the penalty is sent.

## HSA Reimbursements and Subsidies<sup>22</sup>

The HSA establishes local reimbursements and subsidies for covered schools. Administered by OSSE, the local reimbursements and subsidies supplement federal support for healthy meals to covered schools.

HSA REIMBURSEMENTS & SUBSIDIES
<b>20 cents for each breakfast meal</b> served that meets the HSA requirements.
<b>10 cents for each lunch meal</b> served that meets the HSA requirements.
<b>40 cents for each reduced-price lunch meal</b> served that meets the HSA requirements. <i>(or the difference between the USDA free lunch and reduced-price lunch reimbursement).</i>
<b>2-dollar annual subsidy per student</b> to provide resources for implementation to schools implementing an approved alternative breakfast serving model.
<b>5 cents per day</b> when at least one component of a reimbursable breakfast or lunch is comprised entirely of locally grown and unprocessed foods <i>(does not include milk)</i> . OSSE typically reimburses schools 5 cents for each lunch meal that meets this requirement.

## Breakfast and Lunch Meal Reimbursements<sup>23</sup>

As of Oct. 1, 2019, schools meeting HSA requirements are eligible to receive a 20-cent reimbursement for each breakfast meal served and a 10-cent reimbursement for each lunch meal served. Claims for reimbursement must be submitted to OSSE.

## Reduced-Price Meal Reimbursements<sup>24</sup>

Students who qualify for reduced-price meals shall not be charged for meals. Schools meeting HSA requirements are eligible to receive 40 cents (or the difference between the USDA reimbursement rate for a free lunch and a reduced-price lunch) for each reduced-price lunch meal served. Claims for reimbursement must be submitted to OSSE.

## Alternative Breakfast Serving Model Annual Subsidy<sup>25</sup>

The Healthy Students Amendment Act of 2018 (HSAA) created an annual subsidy of 2 dollars per student for schools that implement an approved alternative breakfast serving model. These funds must be used to purchase equipment or supplies to operate the alternative breakfast serving model. Schools are required to submit an annual subsidy application in order to receive the funds.

## Local Foods Reimbursement<sup>26</sup>

Schools are reimbursed 5 cents for up to one meal per day when at least one component of a reimbursable breakfast or lunch meal is comprised entirely of locally grown and unprocessed food. Milk does not qualify as locally grown for the purposes of this reimbursement. In order to receive this

<sup>22</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

<sup>23</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

<sup>24</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

<sup>25</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

<sup>26</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

additional reimbursement, SFAs must provide OSSE with the name and address of the farms where the locally grown foods were grown via the quarterly "[Locally Grown Food Item Tracking Log](#)," which should be submitted to [OSSE.LG@dc.gov](mailto:OSSE.LG@dc.gov).

### Nutrition Grants<sup>27</sup>

OSSE has the authority to issue nutrition-related grants when funding permits. OSSE has issued grants for the acquisition of kitchen equipment and to provide training sessions for school cafeteria workers and food service vendors on knowledge, training and tools they need to plan, prepare and purchase healthy products to create nutritious, safe and enjoyable school meals. For information about grant opportunities, contact [OSSE.schoolhealth@dc.gov](mailto:OSSE.schoolhealth@dc.gov).

### Farm-to-School Program<sup>28</sup>

The HSA established the Farm-to-School Program that encourages schools to serve locally grown, locally processed and unprocessed foods from local growers engaged in sustainable agriculture processes. It also requires OSSE to sponsor annual programs that promote the benefits of purchasing and eating locally grown and unprocessed foods. OSSE's Farm-to-School Program assists schools in procuring and serving local foods by incorporating farm-to-school concepts into the school environment through teacher training, technical assistance and District-wide events such as Growing Healthy Schools Month, Hear the Crunch, and Berries & Salad Greens Day. The [OSSE Farm-to-School Program](#) website provides SFAs with resources, such as the "[Choose What's in Season](#)" poster and "[What's Local](#)" poster to assist in implementing farm-to-school strategies.

### Local Foods<sup>29</sup>

Schools shall serve locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices whenever possible. Schools shall give preference to fresh unprocessed agricultural products grown and processed in the District of Columbia, Maryland and Virginia. The "[Is That Local?](#)" fact sheet assists SFAs in determining which items they are serving that are both locally grown and unprocessed and should therefore be reported to OSSE using the "[Locally Grown and Unprocessed Food Item Tracking Log](#)."

### Annual Nutrition Programs<sup>30</sup>

OSSE, in conjunction with DC Health, the Department of Parks and Recreation (DPR), the Department of Energy and Environment (DOEE), the University of the District of Columbia (UDC), community organizations, food service providers and schools must develop programs to promote the benefits of purchasing and eating locally grown and unprocessed foods that are from growers engaged in sustainable agriculture practices. The HSA requires that, at minimum, OSSE conduct at least one

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<sup>27</sup> DC Code §38-821.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-821.02.html>

<sup>28</sup> DC Code §38-823.01 *et seq.* Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A/subchapters/III>

<sup>29</sup> DC Code §38-823.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-823.01>

<sup>30</sup> DC Code §38-823.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-823.02.html>

program per year, such as an annual flavor week or a harvest of the month program. The following represent an example of some of the events that OSSE sponsors and participates in throughout the year.

### **National Nutrition Month®**

Created by the Academy of Nutrition and Dietetics, [National Nutrition Month®](#) is a nutrition education and information campaign that takes place annually in March to emphasize the importance of making informed food choices and developing sound eating and physical activity habits. To celebrate National Nutrition Month, OSSE focuses on different topics each week and provides suggestions for various activities, games and lesson plans to do with students.

### **National School Breakfast Week**

Typically, the first week of March is [National School Breakfast Week](#) and OSSE uses this time to celebrate the benefits of breakfast. Schools across the District welcome OSSE staff and special guests into their schools to celebrate the National School Breakfast Program by having school breakfast with students. Visit the DC Hunger Solutions [website](#) for more information and resources for National School Breakfast Week.

### **Hear the Crunch**

In March “[Hear the DC Crunch](#)” highlights the important role school breakfast plays in ensuring that all children have access to the healthy food they need. Participants take a picture of themselves while biting into an apple and post it on social media using the hashtag #HearTheCrunch. Visit the DC Hunger Solutions [website](#) for more information and resources for Hear the Crunch.

### **Berries & Greens Day**

Schools across the District participate in [Berries & Greens Day](#) as a way to showcase locally grown produce in school meals. This event educates students about both the health and environmental benefits of eating locally grown fruits and vegetables and how healthy eating leads to healthy educational outcomes. All child development facilities, public, public charter and private schools have the opportunity to participate in the event by serving local berries and local salad greens during the lunch meal service in June. Schools can also sign up to host an “education station” table for students to visit in and around the cafeteria to identify where their food comes from.

OSSE provides schools and child care facilities with resource packets and materials to use for the event. The resource packet includes a planning checklist, morning announcements, sample social media posts, and activity lessons for all ages. Materials provided typically include a sample letter to parents, volunteer talking points, stickers, recipe cards, t-shirts and strawberry plants.

### **Growing Healthy Schools Month**

Each October, [Growing Healthy Schools Month](#) celebrates the health of students in schools throughout the District. During the annual celebration, schools collaborate with local community-based organizations, District government agencies, farmers, athletes and chefs to coordinate inspiring activities aimed at engaging students with topics concerning nutrition, the environment and being active.

## National School Lunch Week

Typically, the third week of October is National School Lunch Week (NSLW), and OSSE uses this time to celebrate the National School Lunch Program. Each year, the [School Nutrition Association](#) creates a theme for NSLW and provides activities and resources that align with the theme. During NSLW schools across the District welcome OSSE staff and special guests into their schools to celebrate the NSLP by having school lunch with students.

## Health Education, Physical Education and Physical Activity

The HSA establishes health education, physical education and physical activity goals and requirements for District schools. Schools are encouraged to achieve the goals set in the HSA, and OSSE works to support schools in this undertaking through the provision of technical assistance, resources, guidance, annual professional development trainings<sup>31</sup> and through the collection and review of documentation, such as physical education and physical activity action plans referenced in this section.

### Physical Activity Goals<sup>32</sup>

The District of Columbia's goal shall be for children to engage in physical activity at least 60 minutes each day for specific age groups.<sup>33</sup> Public and public charter schools are responsible for promoting this goal by seeking to maximize activity, inclusive of:

- Extending the school day;
- Encouraging students to walk or bike;
- Promoting 20 minutes of daily active recess;
- Including physical activity in before-school and after-school activities;
- Supporting athletic programs;
- Integrating movement into classroom instruction and classroom instructional breaks;
- Entering into shared-use agreements with organizations that provide physical activity programming for children outside of the normal school day; and
- Using physical activity as a reward for student achievement and good behavior.

### Physical Activity, Physical Education, and Health Education Goals and Requirements<sup>34</sup>

#### Physical Activity and Recess

##### *Pre-K 3 and Pre-K 4*

All public and public charter schools shall provide students in grades pre-K 3 and pre-K 4 with an average of 60 minutes of moderate-to-vigorous physical activity each day and shall set a goal of providing an average of 90 minutes of moderate-to-vigorous physical activity each day. Additionally, all schools shall

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<sup>31</sup> Healthy Schools Act School Health Profiles. Retrieved from: <https://osse.dc.gov/service/healthy-schools-act-school-health-profiles>

<sup>32</sup> DC Code § 38–824.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A/subchapters/IV/>

<sup>33</sup> DC Code § 38–824.01 (a). Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.01.html>

<sup>34</sup> DC Code §38-824.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.02.html>

provide students in grades pre-K 3 and pre-K 4 with two 20-minute outdoor recess periods each day, weather and space permitting, which may count toward the 60 minutes of physical activity per day requirement. Any school providing less than an average of 60 minutes per day of physical activity to its pre-K 3 and pre-K 4 students shall submit an action plan to OSSE detailing efforts it will take to increase physical activity before the beginning of the next school year and shall work with OSSE to increase the amount of time provided for physical activity each week.

### *Recess*

It shall be the goal for all public and public charter schools serving students in grades kindergarten through grade 8 to provide one recess of at least 20 minutes per school day.

### **Physical Education<sup>35</sup>**

All physical education shall meet the curricular standards adopted by the State Board of Education (SBOE).

#### *Kindergarten through Grade 5*

All public and public charter schools shall set a goal to provide students in grades kindergarten through 5 with an average of 150 minutes of physical education each week. At least 50 percent of this physical education time shall be devoted to actual physical activity, classified as “moderate-to-vigorous” physical activity. Any school that provides students in kindergarten through grade 5 with less than an average of 90 minutes per week of physical education in a school year shall submit an action plan to OSSE detailing efforts it will take to increase physical education before the beginning of the next school year and shall work with OSSE to increase the amount of time provided for physical education each week.

#### *Grades 6-8*

All public and public charter schools shall set a goal to provide students in grades 6-8 with an average of 225 minutes of physical activity per week. At least 50 percent of this physical education time shall be devoted to actual physical activity, classified as “moderate-to-vigorous” physical activity. Any school that provides students in grades 6-8 with less than an average of 135 minutes per week of physical education in a school year shall submit an action plan to OSSE detailing efforts it will take to increase physical education before the beginning of the next school year and shall work with OSSE to increase the amount of time provided for physical education each week.

### **Health Education<sup>36</sup>**

All health education shall meet the curricular standards adopted by SBOE.

#### *Kindergarten through Grade 8*

All public and public charter schools shall provide at least 75 minutes of health education to students in kindergarten through grade 8 each week.

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<sup>35</sup> DC Code §38–824.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.02.html>

<sup>36</sup> DC Code §38–824.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.02.html>

### *Grades 9-12*

At the beginning of the ninth grade, students shall develop a graduation plan pacing the courses they will take to complete high school. A total of 1.5 Carnegie Units in physical education/health shall be required for graduation.<sup>37</sup> Instruction in cardiopulmonary resuscitation (CPR) shall be included in at least one health class necessary for graduation (grades 9 through 12).<sup>38</sup> The instruction may be a program developed by the American Heart Association, the American Red Cross or another nationally recognized program that follows the most current, evidence-based guidelines on CPR. The program shall include students learning the appropriate use of an automated external defibrillator (AED), and a video may suffice to meet this requirement. The program shall also include hands-on practice to compliment cognitive learning. Instruction provided by DC Fire and Emergency Medical Services (FEMS) meets the standards to fulfill this requirement.

CPR instruction may be provided by the public or public charter school directly, or it can be provided through partnership with available community-based partners, such as Serve DC. This instruction does not have to be provided by a teacher and a teacher providing this instruction does not have to be a certified trainer. Additionally, students are not required to earn a certification to complete these requirements.

### **Additional Physical Education Requirements<sup>39</sup>**

#### **Adapted Physical Education**

Any student with a disability shall have suitably adapted physical education incorporated as part of the individualized education program (IEP) developed for the student. Public and public charter schools shall provide suitably adapted physical education or supplementary aids for any other student with special needs that preclude them from participating in regular physical education instruction, as required by Section 504 of the Rehabilitation Act of 1973.

#### **Withholding as Punishment**

Requiring or withholding physical activity shall not be used to punish students, provided that students who are not wearing appropriate athletic clothing may be prohibited from participating in physical activity until properly dressed.

#### **Access to public facilities<sup>40</sup>**

DPR shall provide equal access and charge equal fees to both public and public charter schools for use of its recreation centers, fields, playgrounds and other facilities. Schools interested in using DPR facilities may do so by completing the application for a permit through the DPR website.

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<sup>37</sup> DC State Board of Education High School Graduation Requirements. Retrieved from: <https://sboe.dc.gov/sites/default/files/dc/sites/sboe/publication/attachments/%23DCGradReqs%20Meeting%20%20Materials.pdf>

<sup>38</sup> DC Code §38–824.02 (b-1). Retrieved from: <https://code.dccouncil.gov/dc/council/code/sections/38-824.02.html>

<sup>39</sup> DC Code §38-824.03. Retrieved from: <https://code.dccouncil.gov/dc/council/code/sections/38-824.03.html>

<sup>40</sup> DC Code §38-824.04. Retrieved from: <https://code.dccouncil.gov/dc/council/code/sections/38-824.04.html>

## Whole Child and Educator Wellness Grant (WCEW)

OSSE may award competitive or formula grants to early childhood education (ECE) facilities and schools to implement policies, processes and practices that integrate health and wellness into the ECE facility or school to create and sustain healthy learning environments and foster positive student and/or educator outcomes. The WCEW grant aims to support ECE facilities and schools in implementing programs that meet or exceed DC requirements and/or standards for health and wellness programming. For more information about school health grants, contact [OSSE.schoolhealth@dc.gov](mailto:OSSE.schoolhealth@dc.gov)

## Environment

The HSA creates environmental literacy, school garden and environmental sustainability goals and requirements for the District's public and public charter schools. The HSA requires: the Department of General Services (DGS) to establish waste reduction and disposal plans, drinking water tests, integrated pest management programs, efforts to improve indoor air quality for public schools; an environmental literacy program that OSSE supports through a leadership cadre; and a school gardens program. OSSE partners with several agencies to implement and manage these programs at public and public charter schools in the District.

### Environmental Programs Office<sup>41</sup>

The HSA established an environmental programs office in the former District Office of Public Education Facilities Modernization (OPEFM), the activities of which were assumed by the DGS' Sustainability and Energy Division and Facilities Management Division. DGS contracts with vendors to recycle all materials at DCPS as required by District law, including food services materials, and provides technical assistance to public charter schools about recycling. Per HSA, all contracts with vendors shall be negotiated to provide a financial incentive to reduce the amount of waste created in DCPS, and when possible, to increase diversion rates. Per HSA, DGS developed programs for recycling in all DCPS schools and analyzing utility usage at each school. The HSA also requires DGS to do the following for DCPS:

- Establish an integrated pest management program;
- Comply with the [EPA's Lead Renovation, Repair, and Painting Program](#);
- Post environmental testing results online; and
- Promote the [EPA's Tools for Schools Program](#) to reduce the exposure to environmental factors that impact asthma among children and adults in public schools.

The HSA also requires DCPS to use environmentally friendly cleaning supplies in their schools.

### Environmental Literacy Program<sup>42</sup>

The HSA establishes an environmental literacy program within OSSE. This program coordinates the efforts of DOEE, DCPS, Public Charter School Board (PCSB), OSSE, SBOE, UDC, DPR, DGS and the

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<sup>41</sup> DC Code §38–825.01. Retrieved from: <https://code.dccouncil.gov/dc/council/code/sections/38-825.01.html>

<sup>42</sup> DC Code §38–825.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-825.02.html>

Department of Employment Services (DOES) to triennially develop an environmental literacy plan for schools. The plan shall include the following:

- Relevant teaching and learning standards adopted by the SBOE;
- Professional development opportunities for teachers;
- Suitable metrics to measure environmental literacy;
- Suitable metrics to increase environmental literacy;
- Governmental and nongovernmental entities that can assist schools in the achievement of goals; and
- A proposed implementation method for the plan.

The program also establishes an Environmental Literacy Advisory Committee, composed of community organizations, District government agencies, and other interested persons. OSSE convenes these meetings, collects data on the location and types of environmental education programs in schools, and provides environmental education guidance and technical assistance to schools. The program also provides training, support, and assistance for environmental literacy programs in schools. Finally, the program assists schools in receiving certification as [US Department of Education Green Ribbon Schools](#).<sup>43</sup>

The triennial HSA [report](#) shall include an update about the state of environmental education in the District, plans for expansion and recommendations for improving the program.

### School Gardens Program<sup>44</sup>

The HSA establishes the school gardens program at OSSE. The school gardens program coordinates the efforts of community organizations, DPR, DOEE, DCPS, DGS, PCSB and UDC to establish gardens as integral components of public schools and public charter schools. It complements the Food Production and Urban Gardens Program. OSSE collects data on the location and types of gardens in schools, provides technical assistance to schools, and coordinates curricula for school gardens and related projects. The program provides training, support and assistance to gardens in schools. UDC assists the school gardens program by providing technical expertise, seedlings and soil testing for school gardens.

The school gardens program shall issue a [biennial report](#) to the Mayor, DC Council, and the Healthy Youth and Schools Commission about the state of school gardens in the District, plans for expanding them and recommendations for improving the program.

### Health and Wellness

The HSA requires the creation of local wellness policies (LWPs) to ensure LEAs follow clear paths to healthier, safer schools. It also requires that schools complete annual school health profiles to provide

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<sup>43</sup> As of March 2025, the U.S. Department of Education has paused the Green Ribbon Schools program.

<sup>44</sup> DC Code § 38–825.03. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-825.03.html>

information on factors in the building that affect student health and physical and health education information.

### Local Wellness Policies<sup>45</sup>

As required by federal law, each LEA participating in NSLP shall collaborate with parents, students, food service providers and community organizations to adopt, develop and update a comprehensive local wellness policy.<sup>46</sup> These LWP's shall be revised every three years and include the following federal and local requirements:

#### Federal requirements:

1. Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
2. Establish nutrition guidelines for all foods available on each campus during the school day;
3. Include policies for the marketing and advertising of food and beverages that meet Smart Snacks Standards, a federal requirement for all foods sold outside the National School Breakfast and Lunch Program;
4. Require that LEAs involve parents, students, representatives of the school food authority, school staff and administrators, and the public in the development, implementation, and review of the school wellness policy;
5. Require that LEAs inform and update parents, students, school food authority representatives, school staff and administrators, and the public about the content and implementation of the local school wellness policy;
6. Require that LEAs assess the LWP, at least every three years, to measure the implementation of the LWP, and make the assessment available to the public; and
7. Require that guidelines for reimbursable school meals are not less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture.

#### Local Requirements:

1. Goals for improving the LEA's environmental sustainability of the schools;
2. Goals for increasing the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices;
3. Goals for increasing physical activity; and
4. Goals for developing and implementing an Environmental Literacy Program.

Public and public charter schools shall promote their LWP's to faculty, staff, parents and students. Schools are required to post copies of the policy on their websites (whenever they exist), distribute copies to food service staff and parent/teacher organizations (if one exists) and make the policy available in the school's office. OSSE reviews these policies to ensure that they comply with federal and

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<sup>45</sup> DC Code §38–826.01. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-826.01.html>

<sup>46</sup> US Code §1758b. Retrieved from: <https://uscode.house.gov/view.xhtml?req=granuleid:USC-prelim-title42-section1758b&num=0&edition=prelim>

local wellness policy requirements. More information on the LWP requirements, including resources and templates, is available on the [OSSE website](#).

### School Health Profiles<sup>47</sup>

Public and public charter schools shall annually complete a School Health Profile questionnaire covering information about their health programs, nutrition programs, physical and health education, wellness policies and sustainability practices. The information shall be submitted to OSSE's Health and Wellness Division and shall also be made available on the school's website. More information on the questionnaire is available on the [OSSE website](#).

OSSE may update the questionnaire and the information requested through the school health profiles form, as necessary. This may occur: (1) when new programs are implemented on a District-wide level; (2) when local legislation requires updates; or (3) to collect specific data for a greater understanding of trends around a program. Schools shall post this information on their website and make it available to parents in its office. OSSE also posts the information on the OSSE [website](#).

### School Nurses<sup>48</sup>

The HSA ensures that nurses shall be placed in public charter schools regardless of the square footage of the nurse's suite, provided all other requirements by the District of Columbia Department of Health (DC Health) are met. More information on school nurses and health staff in schools is available on the DC Health [School Health Services Program website](#).

### Health Certificates<sup>49</sup>

Students attending school in any grade from pre-K through grade 12 shall provide the school with a health certificate completed and signed by a physician or advanced practice nurse who has examined the student during the 12-month period immediately preceding the first day of the school year or the date of the student's enrollment in the school, whichever occurs later. The exam shall also cover all items required by the certificate of health form for the student's age group.

Standard [certificates of health](#) for each student (Universal Health Certificate), lead poison testing, and dental health (Oral Health Assessment) shall be submitted by the parent/guardian to the school. The certificate of health form includes all health items required for school enrollment, including [immunizations](#). The school registrar may be best suited to collect these forms, and registrars are encouraged to work with school nurses to ensure all certificates are properly documented.

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<sup>47</sup> DC Code § 38–826.02. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-826.02.html>

<sup>48</sup> DC Code § 38–826.04. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-826.04.html>

<sup>49</sup> DC Code § 38–602. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-602.html>

## Healthy Youth and Schools Commission<sup>50</sup>

The HSA establishes the Healthy Youth and Schools Commission (HYSC), which advises the Mayor and DC Council on health, wellness, and nutritional issues concerning youth and schools in the District. This includes the following:

- School meals;
- Farm-to-school program;
- Physical activity and physical education;
- Health education;
- Environmental programs;
- School gardens;
- Sexual health programming;
- Chronic disease prevention;
- Emotional, social, and mental health services;
- Substance abuse; and
- Violence prevention.

The HYSC undertakes the following functions:

- Advising on the operations of all District health, wellness, and nutrition programs;
- Reviewing and advising on the best practices in health, wellness, and nutrition programs across the United States;
- Recommending standards, or revisions to existing standards, concerning the health, wellness, and nutrition of youth and schools in the District;
- Advising on the development of an ongoing program of public information and outreach programs on health, wellness, and nutrition;
- Making recommendations on enhancing the collaborative relationship between the District government, the federal government, the University System of the District of Columbia, local nonprofit organizations, college and universities, and the private sector in connection with health, wellness, and nutrition;
- Identifying gaps in funding and services, or methods of expanding services to District residents
- Engaging students in improving health, wellness, and nutrition in schools; and
- Participating in the selection process for any grants provided under the Healthy Schools Fund.

The HYSC submits a comprehensive report on the health, wellness, and nutrition of youth and schools in the District to the Mayor and DC Council annually. This report explains the efforts made within the preceding year to improve the health, wellness, and nutrition of youth and schools in the District. It also discusses the steps that other states have taken to address the health, wellness and nutrition of youth

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<sup>50</sup> DC Code §38-827.01 *et seq.* Retrieved from:  
<https://code.dccouncil.gov/us/dc/council/code/titles/38/chapters/8A/subchapters/VII/>

and schools. Finally, it makes recommendations about how to further improve the health, wellness and nutrition of youth and schools in the District.

OSSE provides administrative and technical support to the HYSC as necessary. Information on current commissioners, as well as public meeting dates and documents are available on the [Healthy Youth and Schools Commission page of the Open DC website](#).

### Composition of the HYSC

The HYSC is composed of 13 members who are experts in health, wellness or nutrition. Parents, teachers or students may also be members. The Mayor appoints 10 members, no more than five of whom represent District agencies. The chairperson of the DC Council appoints one member. The chair of the DC Council committee with oversight of education appoints one member. The chair of the PCSB appoints one member.

Each member serves three-year terms, except students who serve for one year. Members serve for no more than two consecutive full terms. The Mayor designates one member of the Commission to serve as its Chairperson.

### Triennial Nutrition Review<sup>51</sup>

The HYSC reviews school nutrition requirements at least every three years and recommends improvements to the Mayor and DC Council.

### OSSE's Mandatory Reporting Requirements

Beginning Sept. 30, 2020, and biennially thereafter, OSSE shall submit a biennial comprehensive [report](#) to the Mayor, DC Council, and HYSC on the District's compliance with the HSA. This report shall include the following:

- An update on farm-to-school initiatives and recommendations for improving these initiatives;<sup>52</sup>
- Information regarding public and public charter school compliance with health education and physical education and activity requirements;<sup>53</sup>
- Information regarding student achievement with respect to health and physical education and activity standards;<sup>54</sup>
- A summary of share table participation;<sup>55</sup> and
- Triennially, an update about the state of environmental education in the District, plans for expansion, and recommendations for improving the program.<sup>56</sup>

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<sup>51</sup> DC Code §38-822.07. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.07.html>

<sup>52</sup> DC Code §38-823.03. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-823.03.html>

<sup>53</sup> DC Code §38-824.05. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.05.html>

<sup>54</sup> DC Code §38-824.05. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-824.05.html>

<sup>55</sup> DC Code §38-822.03. Retrieved from: <https://code.dccouncil.gov/us/dc/council/code/sections/38-822.03>

<sup>56</sup> DC Code §38-825.02 (c). Retrieved from: [https://code.dccouncil.gov/us/dc/council/code/sections/38-825.02.html#\(c\)](https://code.dccouncil.gov/us/dc/council/code/sections/38-825.02.html#(c))

For more information, see: [Healthy Schools Act Reports](#).

## Appendix

### Definitions

#### Alternative Breakfast Serving Model

An alternative breakfast serving model is a method of serving breakfast, such as BIC or breakfast on grab-and-go carts, in which breakfast is offered in one or more high student traffic locations other than the cafeteria. With alternative breakfast serving models, breakfast is also available after the start of the school day or both before and after the start of the school day. The model must be proven to increase student participation in breakfast relative to the traditional serving model of serving breakfast in the cafeteria before the start of the school day. Other alternative serving models than the ones listed here may be used but may require approval by OSSE. OSSE will collect information about the model that schools choose to use, as well as evidence that the model is increasing breakfast participation.

#### Animal Product

An animal product is meat, poultry, seafood, dairy, eggs, honey and any derivative thereof.

#### Breakfast in the Classroom

BIC is an alternative breakfast serving model where students eat breakfast in the classroom after the start of the school day.

#### Environmental Literacy

Environmental literacy is the development of knowledge, attitudes, and skills necessary to make informed decisions concerning the relationships among natural and urban systems.

An environmentally literate person:

- Discusses and describes ecological and environmental systems and human impacts on these systems;
- Engages in hands-on, outdoor learning experiences that involve discovery, inquiry and problem solving;
- Formulates questions and analyzes information pertaining to his or her surrounding environment; and
- Understands how to take actions that respect, restore, protect and sustain the health and well-being of human communities and environmental systems.

#### Environmental Literacy Plan <sup>57</sup>

Environmental literacy plans (ELPs) are state-specific comprehensive frameworks that support school systems in expanding and improving environmental education programs. These plans reflect a systemic approach to the integration of environmental education into the K-12 curriculum in order to support

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<sup>57</sup> As defined in the DC Environmental Literacy Plan: <https://osse.dc.gov/node/1113326>

academic achievement, social emotional learning, civic engagement, and workforce development. Many also include objectives related to early childhood nature-based play and learning, public access to nature, youth outdoor engagement and community health and wellness.<sup>58</sup>

### Good Food Purchasing Program's (GFPP's) Core Values

The GFPP's core values are the following five core values established by the Center for Good Food Purchasing:

1. Local economies,
2. Nutrition,
3. Valued workforce,
4. Environmental sustainability, and
5. Animal welfare.

### Health Education

Health education is a set of planned, sequential, comprehensive, and relevant learning experiences that support student development of skills attitudes, and knowledge necessary to maintain, enhance or promote the health and well-being of self and others.

Health education curricula are to be skills-based and meet the District of Columbia Health Education Standards.

### Indoor Air Quality<sup>59</sup>

Indoor air quality means the air quality within and around buildings and structures, specifically schools, as it relates to the health and comfort of school staff and students. Health effects from indoor air pollutants may be felt immediately or develop and worsen over time.

### Locally Grown

Locally grown means food procured from a grower in the District of Columbia, Maryland, Virginia, Delaware, New Jersey, North Carolina, Pennsylvania or West Virginia.

### Locally Processed

Locally processed means food processed at a facility in the District of Columbia, Maryland, Virginia, Delaware, New Jersey, North Carolina, Pennsylvania or West Virginia.

### Meals

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<sup>58</sup> This definition comes from the North American Association for Environmental Education: [https://naaee.org/sites/default/files/2022-07/naaee\\_selp\\_2019\\_status\\_report.pdf](https://naaee.org/sites/default/files/2022-07/naaee_selp_2019_status_report.pdf)

<sup>59</sup> United States Environmental Protection Agency (29 January 2018). Introduction to indoor air quality. Retrieved from: <https://www.epa.gov/indoor-air-quality-iaq/introduction-indoor-air-quality>

Meals means breakfast, lunch, or after-school snack served as a part of the [National School Lunch Program \(NSLP\)](#), the [School Breakfast Program \(SBP\)](#), the [Summer Food Service Program \(SFSP\)](#) or after-school meals served as part of the [Child and Adult Care Food Program \(CACFP\)](#).

### **Moderate-to-Vigorous Physical Activity**

Moderate-to-vigorous physical activity means movement resulting in a substantially increased heart rate and breathing.

### **Physical Activity**

Physical activity means bodily movement, including walking, dancing or gardening.

Physical activity promotes normal and healthy growth and development. It can help reduce the risk of chronic disease and improve general health and overall daily function in people who do it regularly <sup>60</sup>

### **Physical Education**

Physical education means instruction based on the District of Columbia [Physical Education Standards](#), of which at least 50 percent of the time is spent in moderate to vigorous physical activity.

As SHAPE America explains, “physical education is an academic subject that provides students with a planned, sequential, K through 12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.” <sup>61</sup>

### **Plant-Based Food Option**

Plant-based food options are food or beverages that are free of animal products and with respect to the meat/meat alternate component of a meal, provide a source recognized by USDA as a meat alternate free of animal products for the purposes of the NSLP.

### **Share Table**

A share table is a location where school community members can place unopened or sealed foods to provide for other community members to take food that would otherwise be thrown away.

### **Sustainability**

Sustainability is balancing the environmental, economic, and social needs of the District of Columbia today as well as the needs of the next generation, and the one after that. <sup>62</sup>

### **Sustainable Agriculture**

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<sup>60</sup> Centers for Disease Control and Prevention (16 September 2019). Adapted from:

[https://www.cdc.gov/physical-activity/php/about/?CDC\\_AAref\\_Val=https://www.cdc.gov/physicalactivity/about-physical-activity/index.html](https://www.cdc.gov/physical-activity/php/about/?CDC_AAref_Val=https://www.cdc.gov/physicalactivity/about-physical-activity/index.html)

<sup>61</sup> Shape America. CSPAP: Comprehensive school physical activity program? Retrieved from:

<https://www.shapeamerica.org/cspap/what.aspx#targetText=Physical%20education%20provides%20students%20with,-efficacy,%20and%20emotional%20intelligence.>

<sup>62</sup> Referenced in Sustainable DC Plan 2.0: <https://sustainable.dc.gov/sdc2>

Sustainable agriculture means an integrated system of plant and animal production practices having a site-specific application that will, over the long term:

1. Satisfy human food and fiber needs;
2. Enhance environmental quality and the natural resource base upon which the agricultural economy depends;
3. Make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls;
4. Sustain the economic viability of farm operations; and
5. Enhance the quality of life for farmers and society as a whole.

### Unprocessed

Unprocessed means foods that are nearest their whole, raw, and natural state, and contain no artificial flavors or colors, synthetic ingredients, chemical preservatives or dyes. Food that undergoes the following processes is considered unprocessed:

1. Cooling, refrigerating, or freezing;
2. Size adjustment through size reduction made by peeling, slicing, dicing, cutting, chopping, shucking, or grinding;
3. Drying or dehydration;
4. Washing;
5. The application of high-water pressure or “cold pasteurization;”
6. Packaging, such as placing eggs in cartons, and vacuum packing and bagging, such as placing vegetables in bags;
7. Butchering livestock, fish, or poultry; and
8. The pasteurization of milk.

### Vegetarian Food Option

Vegetarian food options are food or beverages that are free of meat, poultry, and seafood and with respect to the meat/meat alternate component of a meal, provide a source recognized by the USDA as a meat alternate free of meat, poultry and seafood for the purposes of the NSLP.