



What's in a Wellness Policy? Nutrition Education!

Local Resources

5-2-1-0 Every Day Campaign	https://sdcoi.org/resources/5210-everyday/ Free messaging materials in English and Spanish for all schools.
Nutrition Education Resource Guide California Department of Education	https://www.cde.ca.gov/ls/nu/he/nerg.asp The guide was designed to help educators implement effective, standards-based nutrition education programs for students. Materials meet the <i>Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve</i> .
Dairy Council of California	https://www.healthyeating.org/Schools/Classroom-Programs Free nutrition education lesson plans for all TK-12 classrooms which meet wellness policy implementation requirements and count toward PE minutes. Resources to link classroom nutrition education/promotion to the cafeteria. Contact Heather Berkoben htroska@dairycouncilofca.org
CalFresh Health Living County of San Diego	USDA-funded K-12 program includes healthy eating and physical activity PSE** change support for schools with at least 50% FRPM*. Contact Barbara Hughes barbara.hughes@sdcounty.ca.gov
Lean and Green Kids	https://leanandgreenkids.org/education-2/ Classes, materials and seasonal Daily Scoop messages for K-12 schools, including posters and take-home recipe cards in English and Spanish. Contact Barbara Cole Gates barbara@leanandgreenkids.org
California Health Education	https://californiahealtheducation.org/Pages/Home.aspx Developed by the Statewide Health Collaboration Committee as a comprehensive guide for educators and others on implementing K-12 Health Education, including grade-specific resources.
Olivewood Gardens and Learning Center	https://www.olivewoodgardens.org/classes-programs/ Field trips for all schools and classes for various ages. Some programs have a cost and some are no charge.
Expanded Food & Nutrition Education Program (EFNEP)	http://ucanr.edu/sites/SD-NFCS/Nutrition_Education_EFNEP/ Free in-classroom lessons and bilingual parent lessons for students and parents at schools with at least 50% FRPM. Contact Stella Weaver (students) sweaver@ucdavis.edu and Shirley Salado (parents) scsalado@ucdavis.edu

* FRPM: Free and Reduced-Price Meals

** PSE: Policy, systems, and environmental (change)

More resources

Live Well Schools Tools for Schools <https://www.livewellsd.org/content/livewell/home/toolsforschools.html>

How Does Your District's Wellness Policy Compare to Model Wellness Policies?

Model Policy: *Live Well Schools*

Pursuant to the requirements of the California Education Code, nutrition education shall be:

- provided as part of the health education program in grades Pre-K through 12
- integrated into instruction in core academic subjects and offered through before and after-school programs
- based on research, consistent with the expectations established in the state's curriculum frameworks and content standards
- designed to build the skills and knowledge that all students need to maintain a healthy lifestyle

District schools will assess learning of core health concepts by requiring students to demonstrate ways in which they can enhance and maintain their nutrition-related health and wellbeing, using skills such as nutrition literacy and menu planning.

Experiential Learning

Districts shall support and encourage the establishment of a school garden to promote nutrition education and physical education. Staff shall integrate experiential education activities—such as planting, harvesting, cooking demonstrations, and farm tours—into existing curricula at all grade levels as a means to enhance student understanding of the food system, reinforce healthy nutrition behaviors, and promote locally-produced food to students.

Schools are encouraged to establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of their school gardens as appropriate.

Integration with the School Food Environment

Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering garden- and local farm-grown food whenever possible within the reimbursable federal meal program, a la carte sales, vending machines, fundraising, student-run vending programs, and after-school/extracurricular programs.