



## What's in a Wellness Policy? **Nutrition Promotion!**

### Local Resources

5-2-1-0 Every Day Campaign	<a href="https://sdcoi.org/resources/5210-everyday/">https://sdcoi.org/resources/5210-everyday/</a> Free messaging materials in English and Spanish for all schools. Contact
Dairy Council of California	<a href="https://www.healthyeating.org/Curriculum">https://www.healthyeating.org/Curriculum</a> Free nutrition education lesson plans for all TK-12 classrooms which meet wellness policy implementation requirements and align to Common Core State Standards. Resources to link classroom nutrition education/promotion to the cafeteria. Contact Heather Berkoben <a href="mailto:htroska@dairycouncilofca.org">htroska@dairycouncilofca.org</a>
Nutrition Messages, USDA	<a href="#">The Daily Scoop - Health Tips - Healthy Kids Happy Planet</a> Core messages and materials for topics such as milk, whole grains, child feeding, and fruits and vegetables. Spanish language versions also available.
Lean and Green Kids Daily Scoop	<a href="https://leanandgreenkids.org/daily-scoop/">https://leanandgreenkids.org/daily-scoop/</a> Free, seasonal daily messages for all classrooms, including posters and take-home recipe cards in English and Spanish. Contact Barbara Cole Gates <a href="mailto:barbara@leanandgreenkids.org">barbara@leanandgreenkids.org</a>
Nutrition Promotion Action for Healthy Kids	<a href="http://www.actionforhealthykids.org/game-on/find-challenges/hallway-challenges/1485-nutrition-promotion">http://www.actionforhealthykids.org/game-on/find-challenges/hallway-challenges/1485-nutrition-promotion</a> Ideas, materials, and tips to promote good nutrition in schools.
Nutrition Promotion Resources Team Nutrition - USDA	<a href="https://www.fns.usda.gov/tn/resource-library">https://www.fns.usda.gov/tn/resource-library</a> Resources (in English/Spanish) for games, garden activities, posters, school breakfast promotion and more are available to schools and childcare facilities participating in the Federal Child Nutrition Programs.
Smarter Lunchrooms Movement of California	<a href="https://www.healthyeating.org/slm">https://www.healthyeating.org/slm</a> A Smarter Lunchroom nudges students to make healthier choices on their own by changing the way the food choices are presented. Discover low or no-cost ways to promote the consumption of healthy school lunch options and reduce plate waste, using the evidence-based principles and practices.

### More resources

San Diego County Childhood Obesity Initiative

[www.SDCOI.org](http://www.SDCOI.org)

*Live Well Schools* Tools for Schools

[Tools For Schools | Live Well San Diego](#)

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

**Model Policy:** *Live Well Schools*

### **Marketing and Modeling**

#### **Marketing**

School-based marketing will be consistent with nutrition education and health promotion as described above. As such, the district prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards/ signboards, school supplies, educational materials advertisements in school publications, coupon or incentive programs, or other means.

Healthy foods, including fruit, vegetables, whole grains, and low-fat and fat-free dairy products, will be promoted through participatory activities such as taste testing, working in school gardens, field trips to farms, and community gardens. Healthy foods will also be promoted within the school environment through prominent lunchroom displays, school announcements, posters throughout the school, and other strategies outlined by the Smarter Lunchrooms movement.

The district will promote after-school sports programs and non-competitive physical activity programs through school announcements, school newsletters, and through posters and signage.

#### **Staff Modeling**

Staff members in all district schools will model healthy nutrition throughout the school day and while on the school site. The district will offer snacks that meet USDA nutrition standards in teachers' lounges to promote good nutrition and will encourage staff to use reusable water bottles.

School staff is prohibited from displaying in front of students any food/beverage items (e.g., soda, and/or energy drink containers; bags of chips; candy) that do not support the district's health messaging and wellness policies.

Staff will also assist in modeling physical activity by participating alongside students in physical activity breaks and when incorporating physical activity into lesson plans.

#### **Incentives and Disincentives**

Staff and other entities (businesses, sponsors, and/or organizations) are prohibited from using food as an incentive or disincentive for a student's academic performance, accomplishments, or classroom behavior. The district will emphasize providing additional opportunities for physical activities (e.g., extended recess) as an incentive for high-performing and well-behaved students.

Physical activity during the school day and in before- and after-school programs (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as a disincentive, nor will the running of laps or the assignment of other physical tasks, such as push-ups, be used as a disincentive. Physical activity such as extra recess time is encouraged as an incentive. The district will provide teachers and other school staff with a list of ideas for alternative ways to incentivize or disincentivize students.