

NUTRITION POLICY

The mission of the West Salem School District is to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. Nutrition influences a child's development, health status, well being and potential for learning. Students must attend school with minds and bodies ready to take advantage of their learning environment. This will be achieved by establishing a school wide nutrition policy that encourages all members of the school community to help create an environment that supports health, life long eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and health food choices.

To ensure the health and well being of all students, it is the policy of the West Salem Board of Education to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days, at reasonable prices.
2. Ensure the integrity of the school meals program by prohibiting food sales/parties for students are in direct conflict with the lunch and breakfast programs. The West Salem School District operates under the National School Lunch, National School Breakfast and National After School Snack program regulations.
3. Encourage the practice of good nutrition by discouraging the sale and/or free distribution of foods of minimal nutritional value, as defined in the federal regulations, during the school day. Encourage all staff to focus on the Dietary Guidelines for Americans and the Food Guide Pyramid.
4. Educate all students to possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy habits as a valuable part of student education.

APPROVED: April 23, 2002