

# School Wellness Policies 101

## Did You Know?

By the beginning of the 2006-07 school year, all schools participating in the federal meal programs must develop a school wellness policy addressing nutrition education, physical activities and nutrition guidelines for all foods sold on campus (not just in the cafeteria).



## What Parents Need to Know About Wellness Policies

- School wellness policies need to focus on improving health and preventing childhood obesity by creating a school environment where healthful food choices are abundant and physical activity is available every day.
- Not all wellness policies are the same. Specific guidelines are determined by each district, so it's important to know and understand the particular wellness policy of your kids' school.
- Since milk, cheese and yogurt are among the most nutritious choices for kids, and low-fat and fat-free milk and equivalent milk products are one of three *food groups to encourage* identified by the 2005 Dietary Guidelines for Americans, dairy should be an important part of all school wellness policies.

## About (S/R TO INSERT STATE/DISTRICT NAME)'s Wellness Policy

(Insert key information about 2006-07 school wellness policy)

## Moms Can Make a Difference This Fall to Improve Nutrition Choices at Schools

To help you take action and expand the food and nutrition choices available in your child's school, the National Dairy Council® offers these steps:

- ✓ ***Learn more about your school wellness policy.*** Call or write your school principal or nutrition director to obtain a copy.
- ✓ ***Download a sample letter from 3aday.org to send to your school principal or nutrition director*** to share your opinion on the importance of offering healthier food and beverage options as part of the wellness policy.
- ✓ ***Attend school board and PTA/PTO meetings*** to communicate why healthier choices in schools matter. Make your voice heard about healthier food and beverage choices, including cold white and flavored milk in kid-friendly plastic bottles.
- ✓ ***Visit 3aday.org or NutritionExplorations.org*** to learn more about school nutrition and for more information on what you can share with your child's school.