

## HEALTHY LIFESTYLES PROCEDURES

Healthy eating is demonstrably linked to reduced risk for mortality and development of chronic diseases.

### Access to Healthy Food Choices

Bonneville Joint School District No. 93 shall:

1. Ensure that all students have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Support and promote proper dietary habits contributing to students' health status and academic performance.
  - a. All meals and snacks available on school grounds and at school-sponsored activities during the instructional day shall meet or exceed the Smart Snacks in Schools regulations and encourage the Dietary Guidelines for Americans.
3. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.
  - a. The entire school environment, not just the classroom, shall be aligned with healthy lifestyle goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
  - b. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
4. Ensure that celebrations that involve food during the school day be limited to no more than one (1) party per class per month.
  - a. The District will disseminate the Smart Snack Guidelines to PTO presidents and teachers.

### Fundraising Food Sales

1. Fundraising food sales and parties for students held during school hours **will not** conflict with the regulations of the National School Breakfast, Lunch, and After School Snack programs.
  - a. These **shall not** occur more than the number of times determined appropriate by the Idaho State Department of Education.
  - b. These **shall not** be held during school meal times.

- c. These regulations apply to food sold during the school day in a la carte lines, school stores, vending machines, and other venues.
  - d. All fundraising activities, including exempted fundraisers, shall be tracked at each school site by the Principal/designee using the #8460F Healthy Lifestyles Exempted Fundraiser Form.
2. Non-compliant and non-exempt fundraising food sales **will not** occur on school grounds during the school day.
  3. Fundraising activities involving the sale of food consumed outside of school are exempt from the nutrition standards.

### **Education and Training**

Bonneville Joint School District No. 93 shall:

1. Coordinate school food service to reinforce messages about healthy eating and to ensure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
2. Promote healthy eating patterns through classroom nutrition education.

### **Promotion of Nutrition and Physical Activity**

Measures to promote nutrition and physical activity, engage in nutrition education, and wellness activities will be encouraged.