

# School Health Guidelines: **School Connection**

## Guideline 3: Nutrition Services

October 2015

### Guideline 3: Where to Start

Quality school meal programs are required to meet federal and state criteria and reinforce healthy dietary behaviors. Foods sold to students during the school day, outside of school meals, are also regulated. Some examples are: vending machines, school stores, fund raising, snack bars, coffee bars, and a la carte lines. All items must meet Smart Snacks criteria. Selling only healthy, appealing foods and beverages throughout the school day sends a consistent message that eating healthy matters.

### Ideas to Try at School :

- Ensure all foods sold to students during the school day meet federal and state criteria (ie: Smart Snacks and Iowa Healthy Kids Act)
- Encourage participation in school meals
- Showcase and promote healthy food options
- Complete a marketing/advertising assessment of your school and only allow advertising of healthy options
- Consider breakfast service options such as breakfast in the classroom, breakfast after the bell, second chance breakfast, and grab-n-go

**Healthy Kids Learn Better.**

### Resources/links:

**School Health Guidelines Executive Summary (short):** [http://www.cdc.gov/healthyyouth/npao/pdf/PAN\\_Guidelines\\_Executive\\_Summary.pdf](http://www.cdc.gov/healthyyouth/npao/pdf/PAN_Guidelines_Executive_Summary.pdf)

**Smart Snacks:** [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/)



GUIDELINE

# 3

## Nutrition Services

**Provide a quality school meal program and ensure that students have only appealing, healthy food and beverage choices offered outside of the school meal program.**

### School Health Guidelines

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1. Policies and Practices
  2. School Environments
  3. Nutrition Services
  4. Physical Education and Physical Activity
  5. Health Education
  6. School Health Services
  7. Family and Community
  8. School Employee Wellness
  9. Professional Development

“Proper school nutrition must be complemented by activities outside of the cafeteria. The decisions parents make to keep their kids healthy are critical in fighting this battle on the home front.” ~Tom Vilsack

### Questions? Need more information?

Melissa Walker: [melissa.walker@iowa.gov](mailto:melissa.walker@iowa.gov) and 515.281.5327

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# School Health Guidelines: Home Connection

## Guideline 3: Nutrition Services

October 2015

### Working Together

Schools work very hard to provide meals for students that are appealing and healthy. School meal programs must meet specific daily and weekly requirements. At every lunch, students are offered meat/protein, breads/grains, fruits, vegetables and milk. Healthier versions of kid-favorites are also offered: whole-grain crust pizza and chicken nuggets with whole-grain breading.

Getting tired of buying things from fundraisers that you don't really need? Work with your school on fundraising that is active (a bike-a-thon, walk-a-thon) or non-food (spell-a-thon, sell wreathes). Work together to support kids' health and wellness.

### Ideas to Try at Home:

- Ensure your child has breakfast every day. School breakfast is a great way to start the day!
- Provide snacks that contribute to good health, such as fruits, vegetables, and whole-grains
- Promote WATER! It keeps kids hydrated better than pop, sports drinks, and juice drinks
- Encourage your kids to help cook meals
- Offer sliced fruits: everybody will eat more of them

Healthy Kids Learn Better.

### Resources/links:

**Non-Food Fundraising:** [https://www.educateiowa.gov/sites/files/ed/documents/1415\\_np\\_sw\\_nonfoodfundraising\\_v2.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1415_np_sw_nonfoodfundraising_v2.pdf)

**Sports Drinks: Are They Appropriate?** <http://pediatrics.aappublications.org/content/early/2011/05/25/peds.2011-0965.full.pdf+html>



GUIDELINE

# 3

## Nutrition Services

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