

WELLNESS

The Governing Board of the Area 30 Career Center supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the Career Center's students. Therefore, it is the policy of the Board to:

- A. Provide students access to nutritious food and beverages;
- B. Require that all meals served by the Career Center meet the Federal nutritional guidelines issued by the U.S. Department of Agriculture.

Vending machines dispensing healthy snacks and drinks such as bottled water, fruit juice, milk, dried fruit, nuts may be made available throughout the school day, after school, and at all extra-curricular activities. Water will be made available throughout the school day.

Vending machines that dispense minimally nutritious items such as carbonated sodas, gum, candy, chips, cookies, shall not be available during the school day. Existing contracts will be honored. P.L. 54-2006.

Minimally nutritious snacks and drinks may not be sold on lunch lines as a la carte items.

All school-sponsored events and celebrations of special occasions shall include healthy beverages and/or food among the choices available to participants.

No outside drinks or commercially prepared/vendor-prepared foods should be brought onto school property during the school day by students without prior approval by the Director.

The Wellness Committee may consist of the Executive Director, the Food Service Director, the Culinary Arts Teacher, students and community members. This committee is responsible for setting and reviewing Wellness Policy goals.

Nutrition Education Goals: Nutrition Education emails from the Culinary Arts Teacher and students are sent to all staff and are read to students. Area 30 will participate in the Indiana Healthy Community Initiative that is being implemented in Putnam County.

Nutrition Promotion Goals: Healthy lunch menu is read over speaker system to all students each day. Posters and bulletin boards are rotated throughout the building promoting healthy lifestyles and food.

Physical Activity Goal: Area 30 Career Center makes the building available for walking before and after school to staff and students.

The Director shall have the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The Director will be responsible for reporting to the Board on an annual basis the progress of the Career Center in implementing this policy.

The Director is also responsible to prepare rules, regulations, and guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including competitive food sales, vending machine items, fund-raising activities, and rewards to students.

The evaluation tool used to evaluate the wellness policy will be the Indiana Department of Education Wellness Policy Evaluation Checklist. The public will be notified of the evaluation and content and implementation by posting review on the Area 30 Career Center website.

www.area30.k12.in.us

