**Wellness Policy Fact Sheet**

...for all teachers and staff, in an effort to clarify the *NEWLY REVISED* Wellness Policy

**Did You Know?**

- In July 2007, the Three Village School District Board of Education (BOE) joined school districts across New York State in adopting a Wellness Policy to address the growing issue of child and adolescent obesity, and its relationship to students’ ability and motivation to learn.
- During the 2007-08 school year, teachers, parents, students, school nutrition leaders, and administrators met as part of a district-wide Wellness Policy Committee to recommend policy changes to the BOE. This resulting REVISED Policy is in effect for the 2008-09 school year.

**Wellness Policy FAQs**

**May food be used as part of lessons and celebrations?**

Yes, food may be used during lessons or served to students during the school day at the teacher’s discretion. It is strongly encouraged that everyone keep the Dietary Guidelines for Americans in mind when serving food to students. The Dietary Guidelines, summarized on the reverse side of this sheet, are designed to promote health, support active lives, and reduce chronic disease risks. However, these guidelines also allow for sugar, salt and fat in moderation. As always, student-specific allergies should be taken into consideration. These restrictions do not apply to students with food-specific IEPs or 504 plans.

**May I give a student a snack?**

Yes -- if you choose to do so -- providing an occasional snack for a child whom is without one is certainly appropriate.

**TO HAVE A CUPCAKE, OR NOT TO HAVE A CUPCAKE…**

**What about birthday celebrations?**

Everyone is encouraged to use crafts, songs, games, and special privileges as an alternative to food-based celebrations. However, effective September 2008, it will be at the discretion of each individual classroom teacher as to whether birthdays, seasonal celebrations, and holidays will or will not involve food (including cupcakes). Teachers will be expected to announce their birthday celebration policy at or before the Fall Open House (i.e., whether or not food will be permitted to be brought in by parents). In situations where food allergies exist, pre-packaged foods that include an ingredients label are recommended.

*Note:* This Wellness Policy Fact Sheet is an abridged version of the adopted district policy and regulations. Please refer to the full Wellness Policy document available in your Main Office for more detailed information.
The Wellness Policy of the Three Village Central School District encourages all teachers and staff to consider the U.S. Dietary Guidelines when serving or allowing food to be served to students during the school day.

Key Recommendations of the U.S. Dietary Guidelines for Americans:

NUTRIENTS

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, and salt.

FOOD GROUPS TO ENCOURAGE

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- Limit intake of fats and oils high in saturated or trans fatty acids, and choose products low in fats and oils.

CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.

SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories consumed with calories expended.

Other Quick Facts:

- The NEW Wellness Policy does not address foods served outside of the official school day, including food at sports practices, games, and/or fundraisers held after school or on weekends. However, food cannot be sold as a fundraiser on campus during the school day.
- Foods of Minimal Nutritional Value (FMNV) may not be sold from the beginning of the school day until the last scheduled meal period. FMNV shall include, but not limited to, sweetened soda, chewing gum, candy including hard candy, jellies, gums, marshmallow candy, licorice and candy coated popcorn, as well as water ices except those which contain fruit or fruit juices. This policy applies to school food service, school stores, and vending machines.
- The Wellness Policy does not apply to school nurses or medical personnel when providing health care to individual students.