# **SPECIFIC GOALS FOR NUTRITION PROMOTION**

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|  | With regard to nutrition promotion, the Academy shall: |
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|  | ( ) | encourage students to increase their consumption of healthful foods during the school day; |
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|  | ( ) | create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods: |
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|  | ( ) | a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium; |

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|  | ( ) | a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy; |
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|  | ( ) | whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation; |
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|  | ( ) | fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored); |
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|  | ( ) | meals designed to meet specific calorie ranges for age/grade groups; |
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|  | ( ) | eliminate trans-fat from school meals; |
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|  | ( ) | require students to select a fruit or vegetable as part of a complete reimbursable meal; |
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|  | ( ) | designate wellness champions at each school that will promote resources through the Academy's website for wellness for students, families, and the community; |
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|  | ( ) | provide opportunities for students to develop the knowledge and skills for consuming healthful foods. |
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|  | ( ) | The Academy nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above. |

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|  | [ ] | By the \_\_\_\_\_\_\_\_\_\_ school year, all foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Food regulations and the Alliance for A Healthier Generation’s Competitive Foods and Beverages Guidelines. |
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|  | [ ] | Rewarding children in the classroom should not involve candy and other foods that can undermine children’s diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children’s behavior and academic performance. |
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|  | [ ] | Promotions/Partnerships: |
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|  | ( ) | Through partnership with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [insert local running organization] each school has the opportunity to earn \_\_\_\_\_\_\_\_\_ mileage or running club. |
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|  | ( ) | Through USTA partnerships, each K-12 school has the opportunity to receive more than \_\_\_\_\_\_\_\_\_\_ [insert dollar amount] worth of equipment to teach and implement tennis appropriate to grade level in the curriculum. |
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|  | ( ) | Through community partnerships, the elementary schools will receive training and equipment to implement \_\_\_\_\_\_\_\_\_\_ [insert name of a golf program; e.g., First Tee Golf] into the curriculum. |
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|  | ( ) | Through grants from \_\_\_\_\_\_\_\_\_\_ [insert source of grants] and local businesses, each elementary school has the opportunity to implement \_\_\_\_\_\_ [insert name of local bike safety program]. |
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|  | ( ) | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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