

While maintaining learning through the support and promotion of good nutrition and physical activities, the Cedar Falls Community Schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The District provides a comprehensive learning environment for developing and practicing life-long wellness behaviors. The entire school environment, not just the classroom, shall be aligned with school district goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The District will make every effort to ensure that all foods and beverages available on school grounds and at school sponsored activities during the instructional day shall meet or exceed the school district nutrition standards and be in compliance with state and federal law. Food should be served with consideration toward nutritional integrity, variety of appeal, taste, safety, and packaging to ensure high-quality meals.

The District Safety Committee will conduct periodic assessments to determine policy compliance. The District Wellness Committee will meet annually to review current trends in nutrition and physical policies and practices, and the provisions that support an environment of healthy eating and physical activity and involve/update the school community and general public as appropriate.

District Targeted Wellness Goals:

- A. Nutrition Education and Promotion: The school district will comply with state and federal requirements regarding nutrition and educational promotion.
- B. Physical Activity: The school district will comply with requirements regarding physical activity for students in accordance with state law.
- C. Other School-based Activities that Promote Student Wellness: Classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- D. District food service department, in conjunction with the Wellness Committee, will establish, at a minimum, the following wellness goals:
 - a. Promote fruits, vegetables, whole grain products, low fat and fat-free dairy products
 - b. Identify required state and federal changes in a la carte, vending and fundraising activities and ensure compliance
 - c. Work towards increasing participation in breakfast and lunch
 - d. Provide professional development for all food service personnel as necessary
 - e. Notify the community of wellness goal activities through the District's website

E. Nutrition Guidelines for all Foods Available during the School Day: The school district nutrition standards for foods and beverages available at school during the school day shall be in compliance with state and federal law*.

*For the purpose of this policy, the school day is defined as first bell to last bell, Monday through Friday, when students are regularly scheduled for classes.

The District may permit marketing and advertising of only those foods and beverages that meet the requisite nutrition standards, as determined by *The Healthy Kids Act*.

The District shall conduct an assessment of this policy every three years, to determine compliance, comparison to model wellness policies, and progress made in attaining the policy goals. This assessment will be in alignment with the food service department audit, as conducted by the State of Iowa. Revisions will be made to the policy as deemed necessary, with involvement/updating of the school community and general public as appropriate.

The superintendent or designee, in consultation with the Supervisor of Food Service, shall have the authority and responsibility to ensure each school complies with this policy.

Date of Adoption: May 8, 2006

Date of Revision: September 27, 2010
April 8, 2013
June 9, 2014
June 12, 2017
July 8, 2019