

SCHOOL WELLNESS PROCEDURE 4 – FAMILY NUTRITION

While the school district provides nutritious meals, nutritional education, and promotes good eating habits, it is the desire of the district to provide this education to the families of the students we serve. The student receives less than one-third of their meals at school and is exposed to a greater variety of tempting non-nutritional options outside of the school environment. To promote nutritional education for the families of the students, we have provided links to websites that provide excellent resources for nutrition, serving sizes, healthy diets, analysis of the new food pyramid, understanding calories, and understanding food labels and the major nutrients. We encourage significant and meaningful discussions between the student and the parents or guardians about these topics.

We encourage the parents to discuss what the student has learned in school regarding nutrition and jointly develop menus for meals for the entire family. These meals should follow the nutrition and healthy standards the student has learned about in school. Jointly shopping with the student and having them assist in picking healthy alternatives at the supermarket will encourage and enhance their ability to read food labels and pick items with healthy ingredients.

There are a multitude of websites that can provide significant resources for nutritional education and information. Some of these websites are:

1. www.nutrition.about.com lists healthy food alternatives and recipes
2. www.sparkpeople.com offers a multitude of healthy recipes for good healthy nutritional meals
3. www.nutrition.gov offers access to all governmental websites with information about nutrition and dietary guidance
4. www.nutrition.org shows nutritional information for over 5,000 foods
5. www.foodpyramid.com shows the USDA food pyramid
6. www.choosemyplate.gov shows how to build a food pyramid using games and coloring books, recipes, and guidelines



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