

NSCS Wellness Dietary Guidelines

Guiding Principle: -make a positive contribution to children's diets and health.

- Meals will offer a variety of fruits and vegetables.
- Half of the grains offered will be whole grain.
- Nutritional content of meals will be shared with parents and students.
- Meals will have less than 30% of its calories from fat and 10% of those calories from saturated (no trans fat).
- Food items will not have sugar (or other sugar source) listed as one of the first three ingredients.
- Beverages should be 100% fruit juice and vegetable juice, low or no fat milk or flavored milk, water.
- Maximum of 3g fat per 100 calories.
- Meals must have at least 12 g of complex carbohydrates per serving.

NSCS will strive to meet the guidelines provided in the "Joint School District #2 Wellness Implementation Plan 2006-2007", part A.

Food from vendors:

NSCS will obtain from our vendors the nutritional content of the meals served at NSCS. This information will be shared with parents, staff and students. Our goal is to meet the requirements outlined by the district guidelines. In cases where we do not meet the guidelines (pizza fat content, for example), we will work towards meeting the guidelines by providing healthy sides with the pizza. On an on-going basis we will seek meal choices that meet the guidelines.

Parties/celebrations:

Parties/celebrations are already limited in most all classrooms to one a month. The focus of the party should be non-food based and food served should have healthy choices included. Rewards for work well done or contests won by classrooms should be items other than a food reward.

Fund raisers that involve food sales:

NSCS will promote fundraisers that are not solely based around the sale of food. When food is served, adherence to wellness guidelines will be considered. NSCS will explore fundraisers that incorporate students' participation by learning activities and/or physical activities.