

PATCHOGUE-MEDFORD UNION FREE SCHOOL DISTRICT
Wellness Committee
241 South Ocean Avenue
Patchogue, New York 11772

May 19, 2016

MEMBERS OF THE COMMITTEE PRESENT: Dr. Donna Jones, Nancy Poulis, Alex Reksten, Sara Turnasella, Nicole Ciminiello

MEMBERS OF THE COMMITTEE ABSENT: Diana Andrade, Thomas Combs, Michael Eaton, Nancy Holliday, Dr. Paula Mays, Bernadette Smith, Diane O'Connell, Karen Reilly, Jeffrey Tejada Peralta, Daniel Erwin, Jacob Christie

1. CALL TO ORDER

Dr. Jones called the meeting to order at 3:15 p.m. in the South Ocean Conference Room.

2. Welcome/Introductions:

Dr. Jones welcomed everyone and reviewed the agenda.

3. Budget Approved-Middle School Kiosks-Fitness Stations for Medford and South Ocean

- a) Dr. Jones advised the committee members that the budget for the 2016-2017 school year was passed. She stated that Nicole will look into obtaining quotes for the purchase of the Middle School Kiosks.
- b) Dr. Jones also explained that Nicole will work with Tom Combs to procure the fitness stations for Medford and South Ocean. If there are sufficient funds to purchase a third Fitness Station, Dr. Jones will consider installing it at the High School.

4. Update – Second Kiosk at High School

- a) Dr. Jones asked Alex if the second Kiosk has been operational. Alex stated she thinks it is but she doesn't go down that hallway during the time in which the kiosk is open. Alex did state that announcements would be helpful so that students are aware. Donna is going to reach out to Dr. R to suggest that he make announcements about the second kiosk. Dr. Jones subsequently confirmed with Dan Erwin that the second kiosk is operational at the High School during lunch periods.

5. Local Wellness memo to the State Education Department

- a) Donna reviewed the letter that was sent to the State Education Department with the committee, which responds to the District's Local Wellness Plan.

6. Wellness Surveys

- a) Dr. Jones advised the committee that the Wellness Surveys were completed. She will review and compile the information into a year-end summary report for both the State Education Department and the Board of Education.

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7. Wellness Policy Review

- a) Dr. Jones asked the committee to review the Wellness Policy over the summer and to provide any suggested changes for the start of the new school year.

8. Wellness Year End Summary Report

- a) Dr. Jones explained that she will need to prepare a Year End Summary Report for the state which includes what the committee has accomplished as well as the survey results. She will present this information to Board of Education at a meeting over the summer and then it will be posted on the website.

9. Student Survey Follow-up-Jeffrey

- a) Jeffrey was unable to attend the meeting, but Nancy explained that he has been working on the student survey and will ask him to email Donna the information once it has been completed.

10. Review Breakfast Kiosk Menu-Dan Erwin

- a) Dan Erwin was unable to attend the meeting. Donna will follow up with him regarding the Breakfast Kiosks menu.

11. Other

- a) **Club Pilot**-Sara inquired as to the possibility of having a club for taste testing healthy foods beginning in September. Dr. Jones stated that she would follow up with the Principals to see if any of them have interest in adding this club to their existing club roster.
- b) Alex advised the committee the Wellness/Fitness club has been working out nicely at the H.S but she has concerns next fall as the advisor that runs the club coaches volleyball.
 - Alex also stated that the videos that are being used are more geared toward girls and that boys have expressed interest in the club. The content of what is being used isn't appropriate for the boys.
 - Alex also questioned if it would be possible to advertise the club more. Donna stated she will follow up with Dr. Rusielewicz to suggest advertising more.
 - Nicole also explained that certain videos would be more appropriate for boys and girls particularly the Insanity workouts.
 - Alex also inquired as to whether in lieu of walking around the gym for 20 minutes to make up a class, if it was possible to do a workout video for a makeup. Donna stated she would follow up with Tom Combs.

The meeting adjourned at approximately 3:50 p.m.

**OFFICE OF BUSINESS ADMINISTRATION
PATCHOGUE-MEDFORD SCHOOLS
241 South Ocean Avenue
Patchogue, New York 11772
(631) 687-6330**

WELLNESS COMMITTEE MEETING

AGENDA

Thursday, May 19, 2016

- 1. Budget Approved – Middle School Kiosks
– Fitness Stations for Medford and South Ocean**
- 2. Update – Second Kiosk at High School**
- 3. Local Wellness memo to the State Education Department**
- 4. Wellness Surveys**
- 5. Wellness Policy Review**
- 6. Wellness Year End Summary Report**
- 7. Student Survey Follow-up – Jeffrey**
- 8. Review Breakfast Kiosk menu – Dan Erwin**
- 9. Other**



Patchogue-Medford School District

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Superintendent of Schools

Donna Jones, Ed. D.
Assistant Superintendent for Business
241 South Ocean Avenue
Patchogue, New York 11772

(631) 687-6330
(631) 687-6339 FAX

Dennis M. Logan, District Clerk

April 29, 2016

Ms. Martha Morrissey
Associate in School Nursing
New York State Education Department
Office of Student Support Services
89 Washington Avenue, EB 318
Albany, NY 12234

Dear Ms. Morrissey:

On February 10, 2016, I advised you that I would carefully review the recommendations that you made for updating our Wellness Policy as well as the NYSED checklist. As of today, we have taken the following actions:

1. **Nutrition Promotion**

- a. We have ordered Nutrition Nuggets Newsletters in Spanish and English that will be posted monthly on the District website, emailed monthly to all staff members and copied for monthly distribution with the menus for the elementary school children effective September 2016.
- b. We have also purchased 33 "RETHINK WHAT YOU DRINK" posters that will be permanently displayed throughout the school buildings. The posters provide information on the number of grams of sugar in various drinks in order to raise awareness about healthy choices of drinks.
- c. Both orders are being placed now. The posters will be displayed as soon as they are received. The newsletter will begin circulating in September 2016. All of this information was discussed with the Wellness Committee.

2. **Designation of Official in charge of Compliance/Oversight**

- a. Mr. Daniel Erwin, Food Service Director has been designated to review the District's compliance with the Wellness Policy.

3. LWP potential stakeholders are aware of their ability to participate on the Wellness Committee.

- a. The District created a notification and open application period for accepting members to participate on the Wellness Committee for the 2016-2017 school year. The District will accept applications from April 1, 2016 through June 30, 2016. The information has also been added to the District website.

4. LWP's most recent assessment on implementation reviewed.

- a. Wellness Surveys were administered to members of the Wellness Committee, Principals and Teachers. A copy of the surveys that were conducted are attached.

5. LWP's assessment results on implementation are made available to the public.

- a. The survey responses will be reviewed and discussed at the May Wellness Committee meeting in order to determine what further action is required. After careful review and discussion, the results will be placed on the website for public information. The responses will assist the Wellness Committee in driving the development of goals for the 2016-2017 school year.

I have also attached a copy of our recently updated Wellness Policy for your information. I hope the aforementioned information satisfies the recommendations.

Should you have any questions, please don't hesitate to contact me at (631) 687-6330.

Sincerely,



Donna Jones, Ed.D.

Asst. Superintendent for Business

/ro
Attachments

cc: M. Hynes, Ed.D.
D. Erwin

WELLNESS POLICY ON NUTRITION AND PHYSICAL ACTIVITY

Whereas, children need access to an environment that encourages the practice of eating healthy foods and participating in life long physical activities in order to grow, learn and thrive;

Whereas, healthy eating, adequate physical activity and better health enhances optimal student attendance and learning;

Thus, the Patchogue-Medford School District is committed to providing school environments that educate and protect children's health, well-being, and ability to learn through healthy eating and physical activity. Therefore, it is the policy of the Patchogue-Medford School District that:

- The Wellness Committee shall be comprised of students, parents, teachers, school administrators, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the district-wide wellness policy on nutrition and physical activity.
- All students in grades Pre K-12 will have opportunities, support, and encouragement to be physically active on a regular basis following minimal New York State Education Department Guidelines.
- Foods and beverages sold or provided by schools will meet or exceed the minimum nutrient standards established by the USDA School Food Service Program. This is to be reviewed on a regular basis, at least annually, by the Superintendent, the Board of Education, and the Wellness Committee.
- The School Food Service Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat. The School Food Service Program will be supervised by a director with the minimal qualifications of an undergraduate degree in nutrition or food-related field.
- To the maximum extent practical, all schools in the school district will participate in available Federal Meals Programs, including the School Breakfast Program and National School Lunch Program.
- Schools will provide education to foster lifelong habits of healthful eating and physical activity, and will establish linkages between health education and school meal programs.

Policy Adopted: 6/19/06
Policy Revised: 11/20/06
Policy Revised: 1/28/13

Policy Reviewed: 2/4/16

Administrative Regulations

Wellness Policy Administrative Procedures

Part I - Nutrient Standards

During the school day all food sold or provided to children within the Patchogue-Medford School District will meet the following nutrient standards.

Snacks

All snacks shall meet the following criteria:

- ◆ Total fat equal to or less than 7 grams of fat per serving.
- ◆ Saturated fat equal to or less than 2 grams per serving.
- ◆ Sodium equal to or less than 360 milligrams per serving.
- ◆ Sugar equal to or less than 15 grams per serving.
- ◆ All snacks must be provided in single serving packages.
- ◆ Note: Trans fats (or partially hydrogenated oils) are known to have a negative impact on the health of children and adults. As non-naturally occurring trans fat-free products become available, standards regarding trans fats will then be considered.

Beverages

All beverages shall meet the following criteria:

- ◆ Total fat equal to or less than 3 grams per 8 ounce serving.
- ◆ Sweetened beverages must meet the following standards:
 - Sugar equal to or less than 23 grams per 8 ounce serving.* (Plain or flavored milk in 8-ounce containers consistent with the Long Island School Food Service Purchasing Cooperative specifications is acceptable.)
 - Container size less than or equal to 12 ounces.
- ◆ Sodium equal to or less than 200 milligrams per serving.
- ◆ Caffeine less than or equal to 10 milligrams per 8 ounce serving.

*One hundred percent (100%) fruit juices are an exception to the sugar standard since they naturally provide 26-30 grams of sugar per 8 ounce serving. Fruit juice also provides many nutrients, and confers health benefits in moderate portions. Therefore, 100% fruit juice can be provided in containers that are 12 ounces or less.

Meals

- ◆ Reimbursable meals served in the cafeteria will meet USDA standards and be consistent with the US Dietary Guidelines.

Administrative Regulations (Continued)**Part II – Use of food in the Classroom**

It is the policy of the Patchogue-Medford School District that food shall not be used in the classroom, except as part of a snack brought from home for individual consumption. Food shall *not* be used or distributed in the classroom for the following reasons:

- ◆ as an incentive or reward
- ◆ as part of a birthday celebration

*The celebration of birthdays with special privileges/activities, songs, games, etc. is to be encouraged as an alternative to food-based celebrations.

Food shall be used or distributed in the classroom for the following reasons:

- ◆ as part of holiday or seasonal celebration for instructional purposes.

Part III – Fundraising

Food cannot be sold as a fundraiser on campus during the school day.

Part IV – Nutrition and Physical Education

Nutrition and physical education will meet the New York State Standards 1, 2 and 3 which incorporate the following subject areas: Health Education, Physical Education and Family and Consumer Sciences (Standard 1 – Personal Health and Fitness; Standard 2 – A Safe and Healthy Environment; Standard 3 – Resource Management).

Part V – Physical Activity

All students in grades K-12, including students with disabilities and special health care needs, shall receive physical education (or its equivalent) during the school year. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will *not* be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

All elementary school students will have 20 minutes each day of supervised recess, preferably outdoors, during which school personnel should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Part VI - Review of Policy

This policy will be reviewed annually, or when deemed necessary, specifically to assess the financial impact of implementation on the school district.

WEBSITE WELLNESS NOTIFICATION

The Patchogue-Medford Wellness Committee welcomes all interested community stakeholders within the District to join our committee and participate in the development, review, update and implementation of our Local Wellness Policy for the 2016-2017 school year. Meetings of the Wellness Committee are held in the District Office conference room on a monthly basis.

If you are interested in joining the committee, please contact Daniel Erwin at 631-687-6525 or derwin@pmschools.org. Applications to participate on the Wellness Committee must be received between April 1, 2016 and June 30, 2016.

**PATCHOGUE-MEDFORD SCHOOLS
OFFICE OF BUSINESS ADMINISTRATION
241 South Ocean Avenue
Patchogue, NY 11772**

2016-2017 WELLNESS COMMITTEE APPLICATION

Name _____

Address _____

Phone _____

Email _____

Please explain why you'd like to join this committee:

WellSAT Committee

1. Have you read your schools wellness policy?

- ☐ Yes
- ☐ No

2. Is there a plan for implementation of the school wellness policy?

- ☐ There is no written plan for implementation of the wellness policy
- ☐ There is a written plan for implementation, but it is not executed
- ☐ There is a written plan for implementation, and it is followed.

3. Is the school wellness policy evaluated every year?

- ☐ Yes
- ☐ No

4. Is a school wellness policy progress report written every year?

- ☐ A progress report is not completed every year
- ☐ A progress report is completed every year, but not distributed to schools.
- ☐ A progress report is completed every year, and is distributed to schools.

5. What is the frequency of revising the School wellness policy?

- ☐ Policy has never been revised
- ☐ Policy is revised on occasion
- ☐ Policy is revised every year

Done

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WellSAT - Principals

- 1 Please select your School building.

- 2 Have you read your school's wellness policy?

- ☐ Have not Read
- ☐ Partially Read
- ☐ Fully Read

- 3 Is there a nutrition education curriculum?

- ☐ No
- ☐ Some grade levels
- ☐ All grade levels

- 4 Does the nutrition education link with the school food environment for every grade?

- ☐ No
- ☐ Partially linked
- ☐ Links with all grades levels

5 Are teachers encouraged to be role models exhibiting healthy behaviors?

- ☐ No
- ☐ Occasionally encouraged
- ☐ Continuously encouraged

6 Do you promote healthy food choices to your students?

- ☐ No
- ☐ On occasion
- ☐ Continuously

7 Is the promotion of unhealthy food choices restricted?

- ☐ No restrictions
- ☐ some restrictions (i.e. certain grade levels)
- ☐ Fully restricted

8 Does a health advisory committee exist at your school?

- ☐ Yes
- ☐ No

9 How much time does the school allot students to eat breakfast & lunch?

- ☐ School does not allot students required time

- ☐ Students are allotted required time, but school schedule does not indicate sufficient time
- ☐ Students are allotted required time as indicated by school schedule

10 Do food celebrations (e.g. birthday parties, holiday parties) occur during the school day?

- ☐ No
- ☐ Yes with some restrictions
- ☐ Yes with no restrictions

11 Do staff use food and/or beverage as a reward for academic performance or good behavior?

- ☐ Yes
- ☐ No

12 Does the school participate in any types of fundraisers that involve selling food and/or beverage?

- ☐ Yes
- ☐ No

13 Do Physical Education teachers follow NASPE standards?

- ☐ Yes
- ☐ No

- 14 Are regular physical activity breaks provided for every grade level in Elementary?
- ☐ Activity breaks do not occur in every elementary grade level
 - ☐ Activity breaks are given on occasion
 - ☐ Activity breaks are given daily and regularly
 - ☐ Not applicable
- 15 Does the community use school facilities outside of school day?
- ☐ yes
 - ☐ No
- 16 Is there daily recess for every grade level in Elementary school?
- ☐ Yes
 - ☐ No
 - ☐ Not Applicable

Done

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WellSAT - Teachers

1. Please select your school

2. Have you read your school's wellness policy?

- ☐ No
- ☐ Yes - Partially
- ☐ Yes - Fully Read

3. Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g., media awareness, menu planning, reading nutrition fact sheets)?

Next

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WellSAT - Teachers**4. If Yes, Please provide examples of nutrition education.****5. How is nutrition education communicated to parents?**

- ☐ Nutrition education is Not communicated to parents
- ☐ Nutrition Education is partially communicated
- ☐ Nutrition Education is clearly communicated through a variety of methods and languages

[Prev](#)[Done](#)

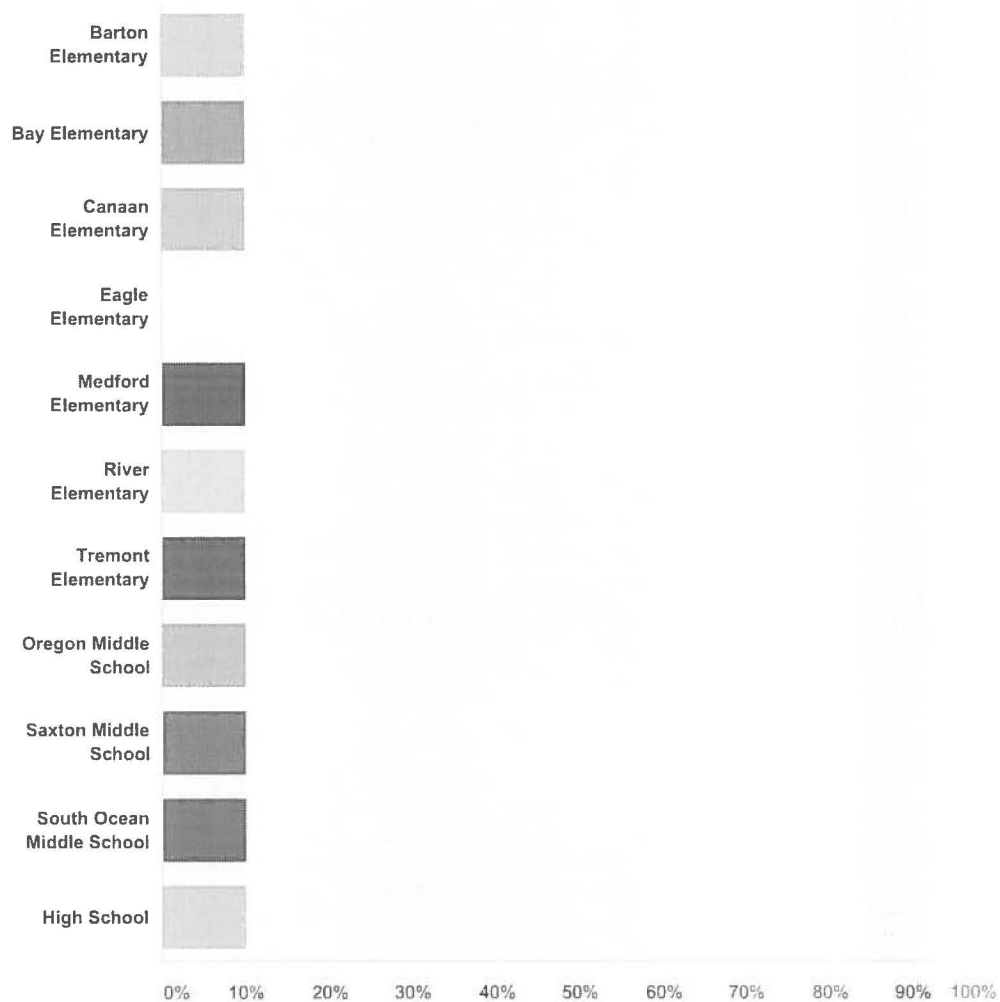
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WellSAT - Principals

Q1 Please select your School building.

Answered: 10 Skipped: 0



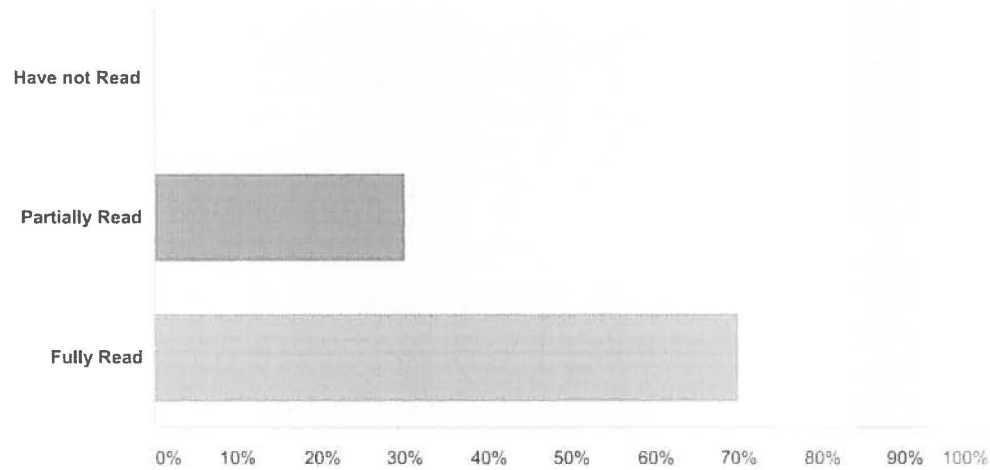
Answer Choices	Responses
Barton Elementary	10.00% 1
Bay Elementary	10.00% 1
Canaan Elementary	10.00% 1
Eagle Elementary	0.00% 0
Medford Elementary	10.00% 1
River Elementary	10.00% 1
Tremont Elementary	10.00% 1
Oregon Middle School	10.00% 1
Saxton Middle School	10.00% 1
South Ocean Middle School	10.00% 1

WellSAT - Principals

High School	10.00%	1
Total		10

Q2 Have you read your school's wellness policy?

Answered: 10 Skipped: 0

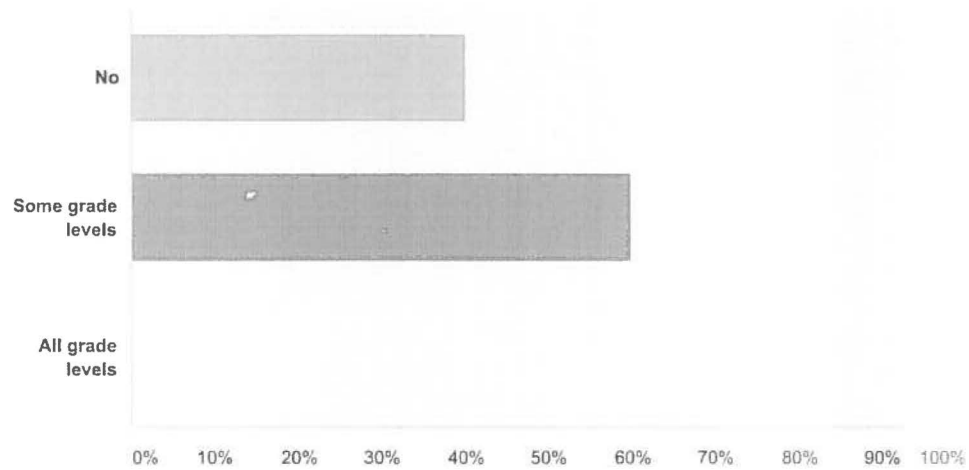


Answer Choices	Responses	
Have not Read	0.00%	0
Partially Read	30.00%	3
Fully Read	70.00%	7
Total		10

WellSAT - Principals

Q3 Is there a nutrition education curriculum?

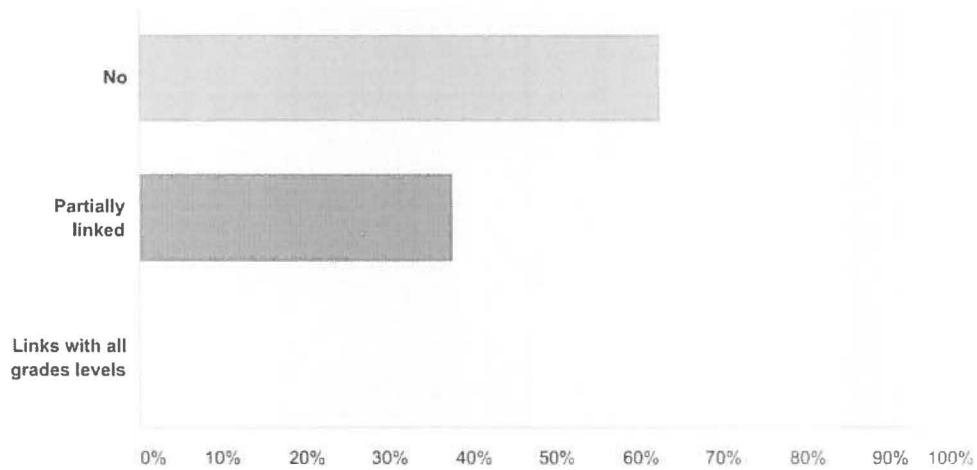
Answered: 10 Skipped: 0



Answer Choices	Responses	
No	40.00%	4
Some grade levels	60.00%	6
All grade levels	0.00%	0
Total		10

Q4 Does the nutrition education link with the school food environment for every grade?

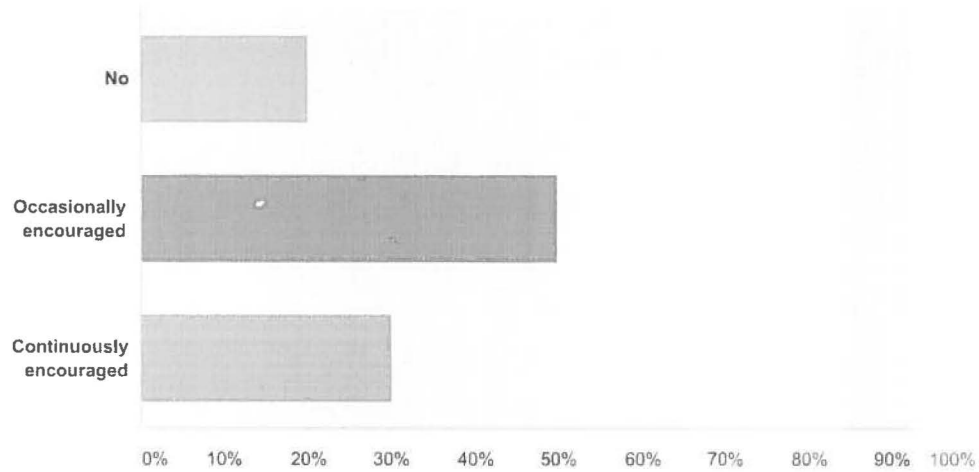
Answered: 8 Skipped: 2



Answer Choices	Responses	
No	62.50%	5
Partially linked	37.50%	3
Links with all grades levels	0.00%	0
Total		8

Q5 Are teachers encouraged to be role models exhibiting healthy behaviors?

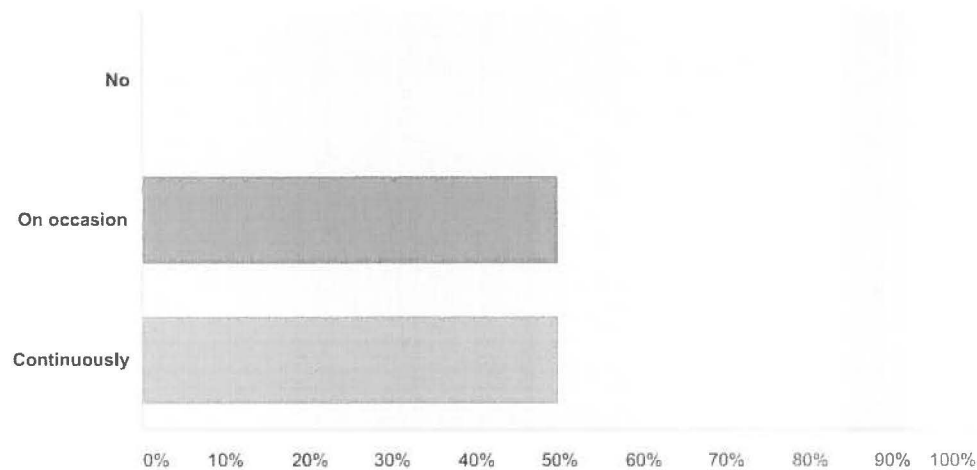
Answered: 10 Skipped: 0



Answer Choices	Responses	
No	20.00%	2
Occasionally encouraged	50.00%	5
Continuously encouraged	30.00%	3
Total		10

Q6 Do you promote healthy food choices to your students?

Answered: 10 Skipped: 0

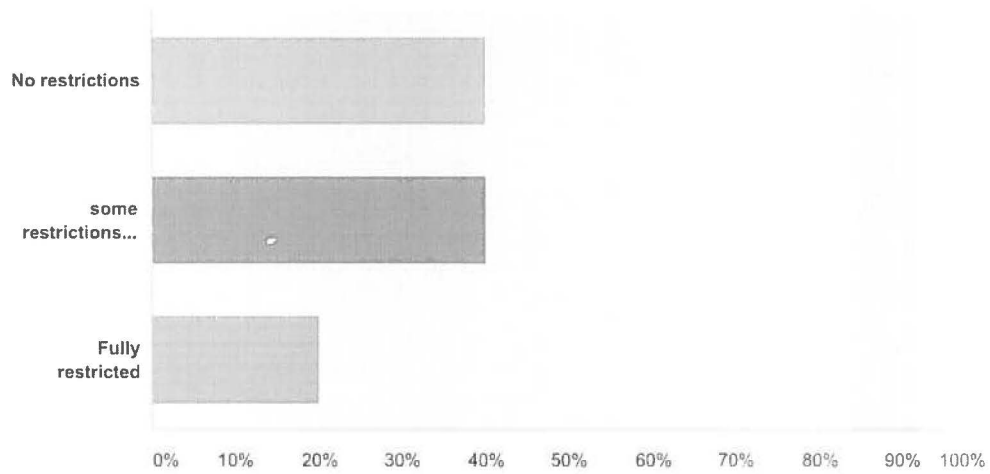


Answer Choices	Responses	
No	0.00%	0
On occasion	50.00%	5
Continuously	50.00%	5
Total		10

WellSAT - Principals

Q7 Is the promotion of unhealthy food choices restricted?

Answered: 10 Skipped: 0

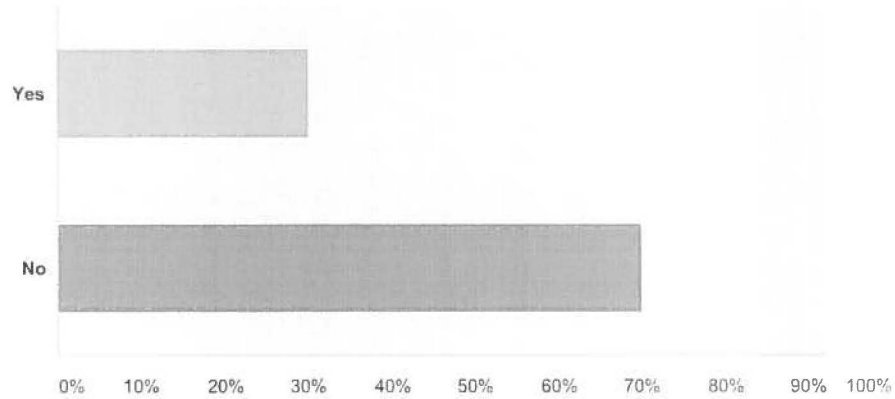


Answer Choices	Responses	
No restrictions	40.00%	4
some restrictions (i.e. certain grade levels)	40.00%	4
Fully restricted	20.00%	2
Total		10

WellSAT - Principals

Q8 Does a health advisory committee exist at your school?

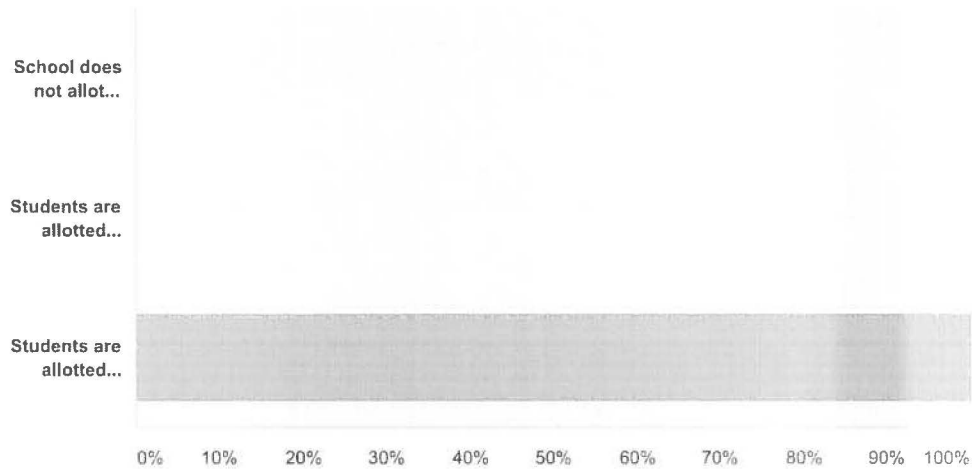
Answered: 10 Skipped: 0



Answer Choices	Responses	
Yes	30.00%	3
No	70.00%	7
Total		10

Q9 How much time does the school allot students to eat breakfast & lunch?

Answered: 10 Skipped: 0

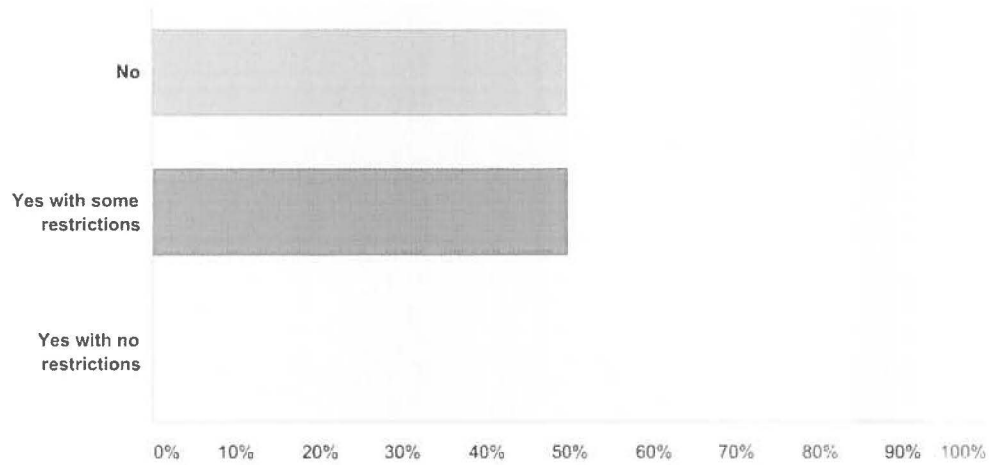


Answer Choices	Responses
School does not allot students required time	0.00% 0
Students are allotted required time, but school schedule does not indicate sufficient time	0.00% 0
Students are allotted required time as indicated by school schedule	100.00% 10
Total	10

WellSAT - Principals

Q10 Do food celebrations (e.g. birthday parties, holiday parties) occur during the school day?

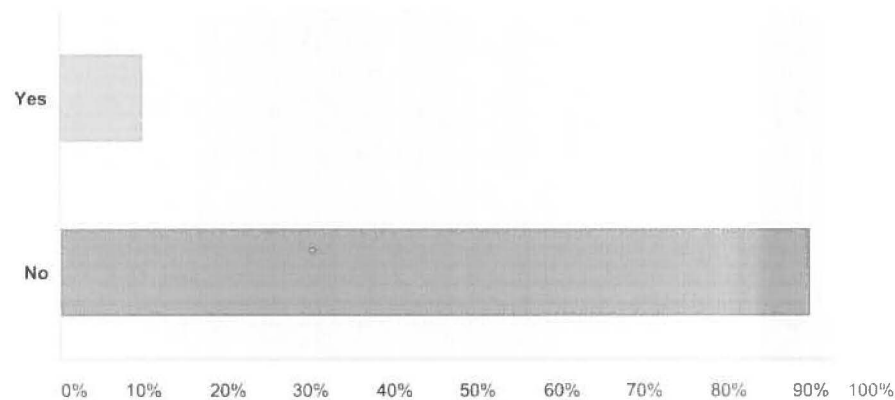
Answered: 10 Skipped: 0



Answer Choices	Responses	
No	50.00%	5
Yes with some restrictions	50.00%	5
Yes with no restrictions	0.00%	0
Total		10

Q11 Do staff use food and/or beverage as a reward for academic performance or good behavior?

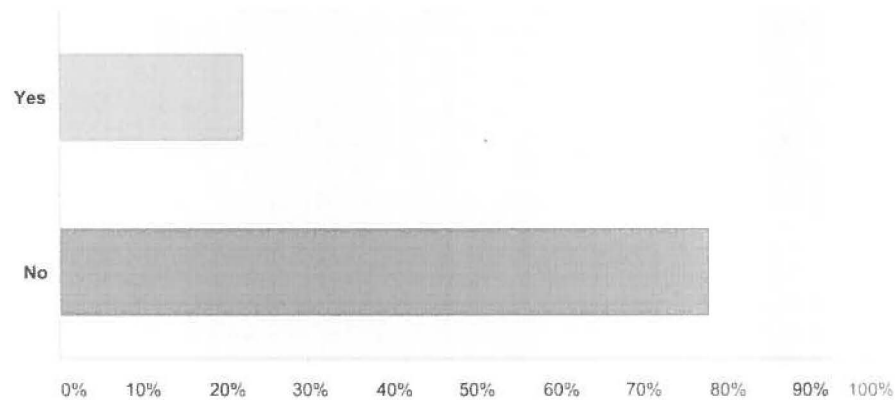
Answered: 10 Skipped: 0



Answer Choices	Responses	
Yes	10.00%	1
No	90.00%	9
Total		10

Q12 Does the school participate in any types of fundraisers that involve selling food and/or beverage?

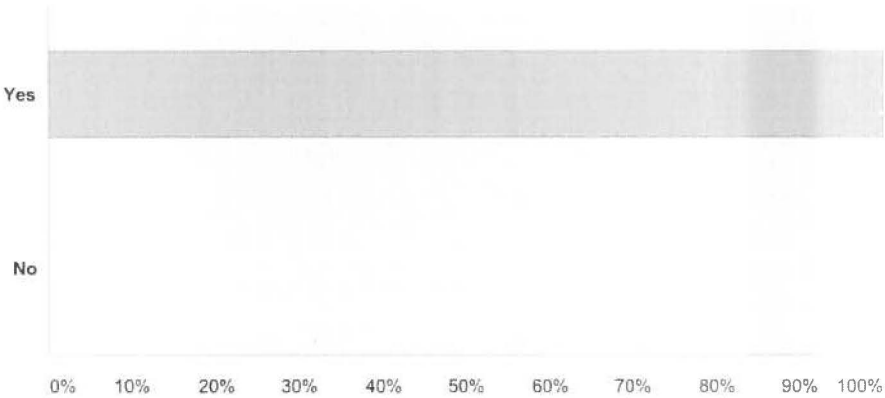
Answered: 9 Skipped: 1



Answer Choices	Responses	
Yes	22.22%	2
No	77.78%	7
Total		9

Q13 Do Physical Education teachers follow NASPE standards?

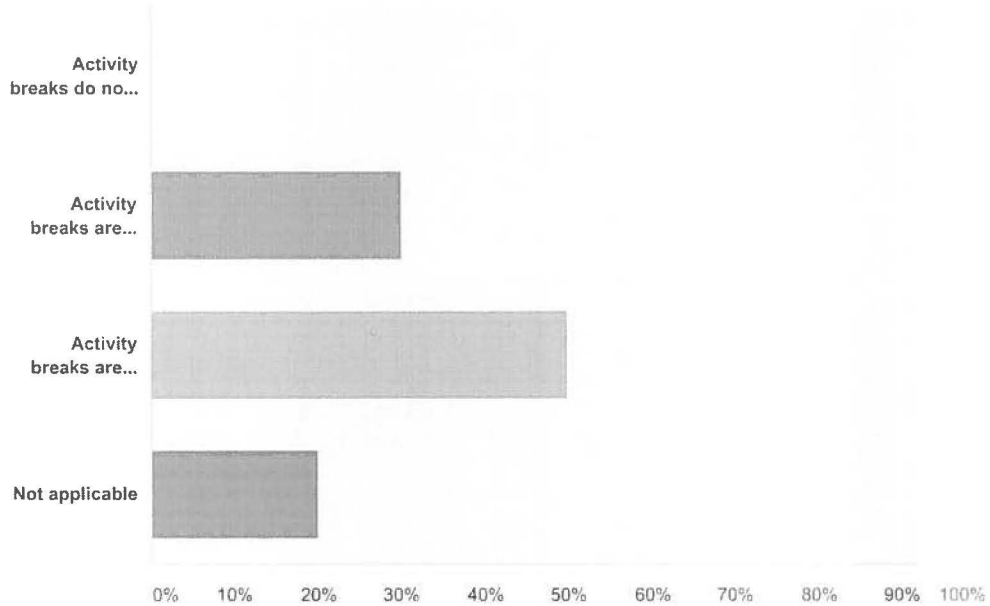
Answered: 9 Skipped: 1



Answer Choices	Responses	
Yes	100.00%	9
No	0.00%	0
Total		9

Q14 Are regular physical activity breaks provided for every grade level in Elementary?

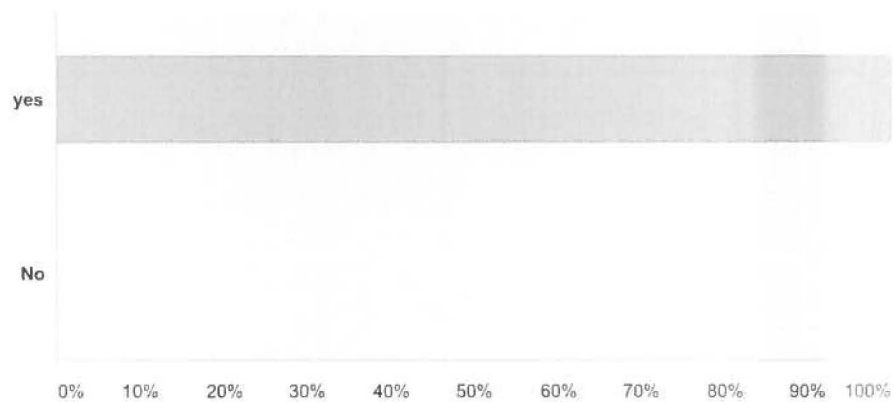
Answered: 10 Skipped: 0



Answer Choices	Responses	
Activity breaks do not occur in every elementary grade level	0.00%	0
Activity breaks are given on occasion	30.00%	3
Activity breaks are given daily and regularly	50.00%	5
Not applicable	20.00%	2
Total		10

Q15 Does the community use school facilities outside of school day?

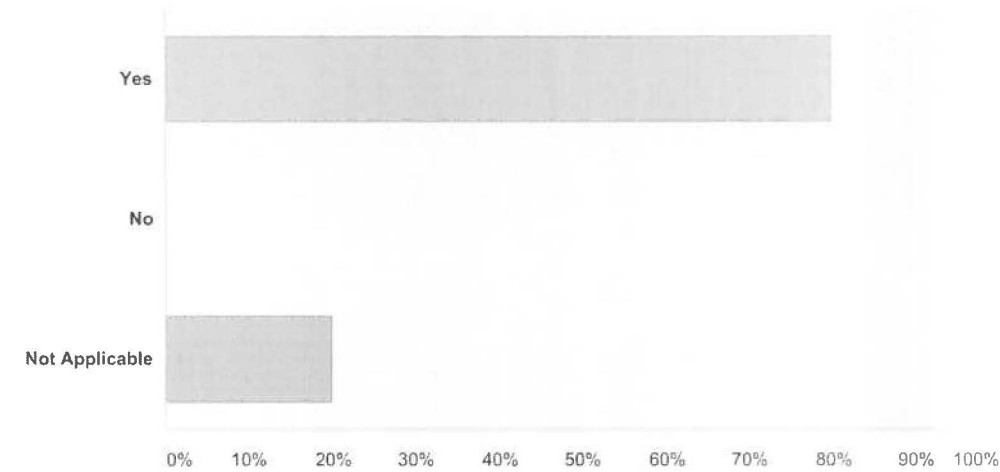
Answered: 10 Skipped: 0



Answer Choices	Responses	
yes	100.00%	10
No	0.00%	0
Total		10

Q16 Is there daily recess for every grade level in Elementary school?

Answered: 10 Skipped: 0

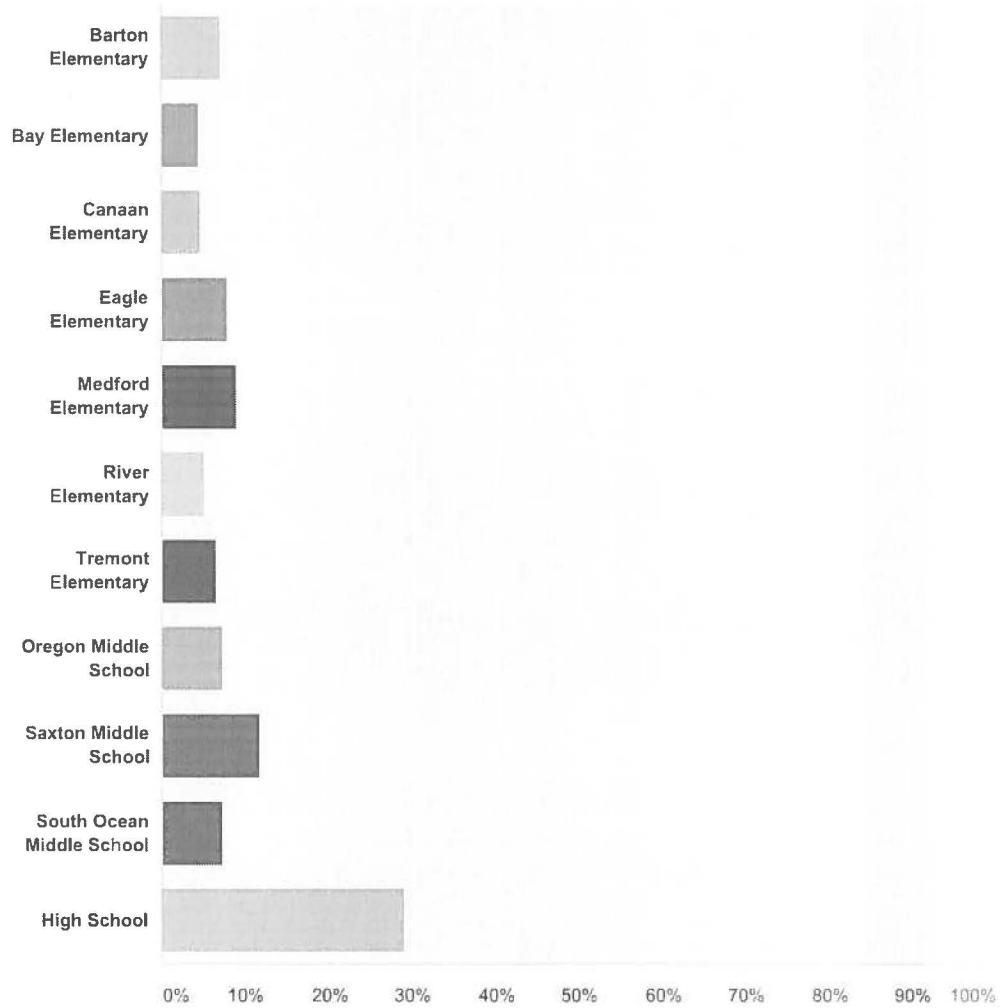


Answer Choices	Responses	
Yes	80.00%	8
No	0.00%	0
Not Applicable	20.00%	2
Total		10

WellSAT - Teachers

Q1 Please select your school

Answered: 324 Skipped: 2



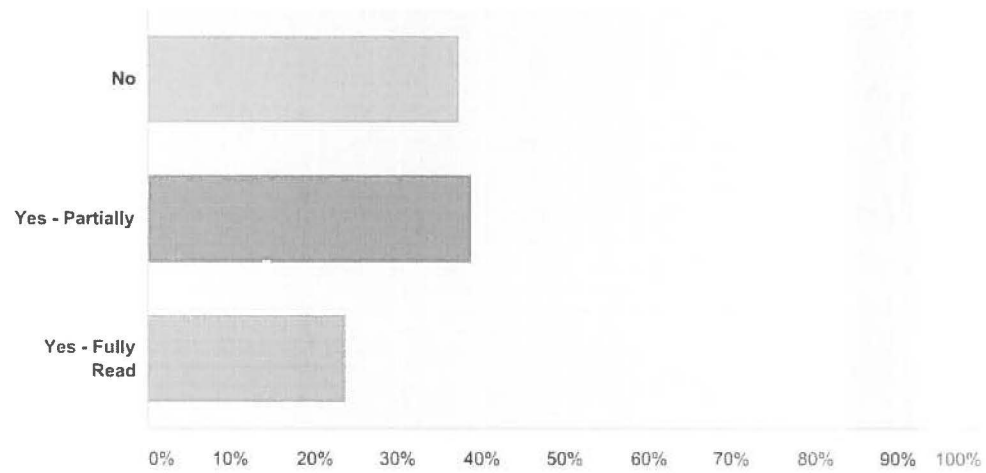
Answer Choices	Responses	
Barton Elementary	7.10%	23
Bay Elementary	4.32%	14
Canaan Elementary	4.63%	15
Eagle Elementary	8.02%	26
Medford Elementary	8.95%	29
River Elementary	4.94%	16
Tremont Elementary	6.48%	21
Oregon Middle School	7.41%	24
Saxton Middle School	11.73%	38
South Ocean Middle School	7.41%	24

WellSAT - Teachers

High School	29.01%	94
Total		324

Q2 Have you read your school's wellness policy?

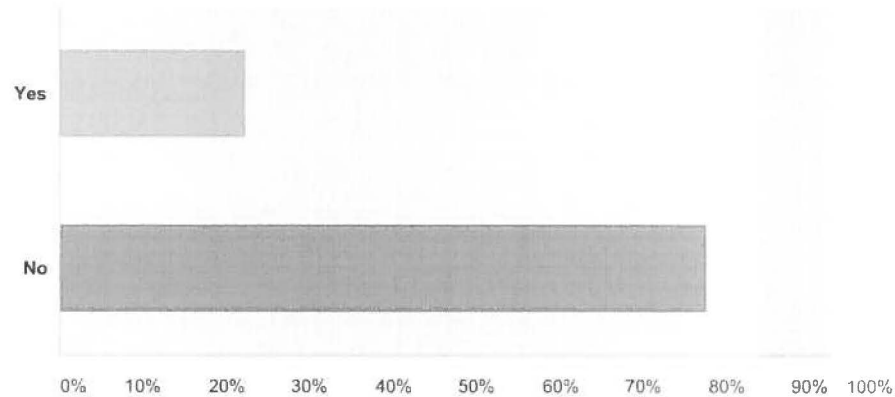
Answered: 324 Skipped: 2



Answer Choices	Responses	
No	37.35%	121
Yes - Partially	38.89%	126
Yes - Fully Read	23.77%	77
Total		324

Q3 Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g., media awareness, menu planning, reading nutrition fact sheets)?

Answered: 319 Skipped: 7



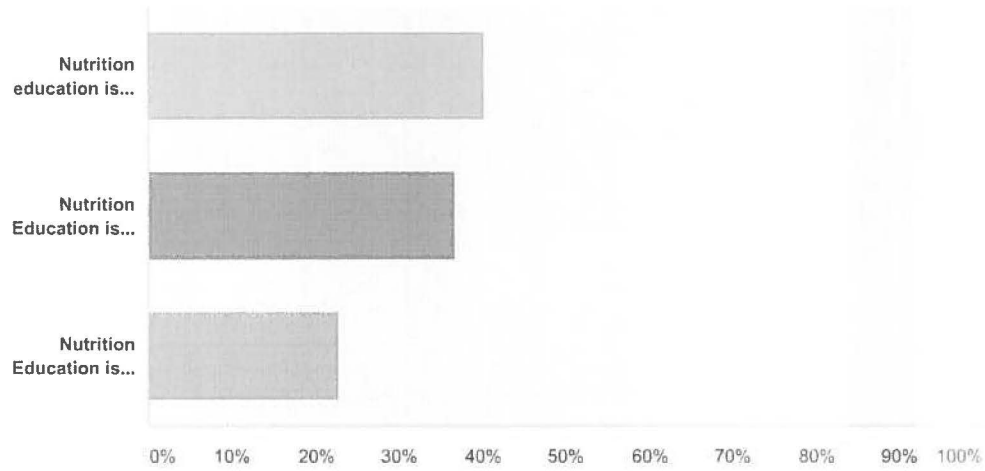
Answer Choices	Responses	
Yes	22.26%	71
No	77.74%	248
Total		319

Q4 If Yes, Please provide examples of nutrition education.

Answered: 59 Skipped: 267

Q5 How is nutrition education communicated to parents?

Answered: 285 Skipped: 41



Answer Choices	Responses	
Nutrition education is Not communicated to parents	40.35%	115
Nutrition Education is partially communicated	36.84%	105
Nutrition Education is clearly communicated through a variety of methods and languages	22.81%	65
Total		285



The 2015-2020 Dietary Guidelines Have Been Released: Why You Should Care

by Julie M. Raway, MPH, RDN, CDN, SNS, Nutrition Standards Chair,
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You may ask yourself, why would I need to know about the 2015-2020 Dietary Guidelines? Not only are the new dietary guidelines what we should all aim to follow, they pretty much mimic the federal meal regulations for school lunch. This is very good in that it takes a community to change the eating habits of children and adults. Schools

have been offering balanced nutritious meals for many years and these dietary guidelines place an emphasis on all sectors including systems (e.g., governments, education, health care, and transportation), organizations (e.g., public health, community, and advocacy), and businesses and industries (e.g., planning and development, agriculture, food and beverage, retail, entertainment, marketing, and media) to do the same.

The dietary guidelines for Americans are released every five years by the United States Departments of Health and Human Services (HHS) and of Agriculture (USDA) as a result of the 1990 National Nutrition Monitoring and Related Research Act. While rates of infectious disease in the United States

have decreased, rates of chronic disease have increased, which is related to poor eating habits and lack of physical activity. There is ample evidence that both healthy eating habits and physical activity have helped people to achieve overall health and reduce their risk of chronic disease.

Not only are the new dietary guidelines what we should all aim to follow, they pretty much mimic the federal meal regulations for school lunch.

These dietary guidelines provide information for professionals to help the public make better choices for their health. Furthermore, the information is the basis for federal policies, education materials, and nutrition education. Past versions of the dietary guidelines have focused on individual dietary components such as food groups and nutrients, whereas the 2015-2020 Dietary Guidelines emphasize the combination of foods in one's total diet.

The five overall key aspects for the 2015-2020 Dietary Guidelines include:

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.

4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

These five recommendations aim to encourage individuals to make healthy food and beverage choices that impact their overall eating patterns. They also acknowledge that all segments of society including where we learn (schools), work, live, and play have a role to play in supporting healthy choices.

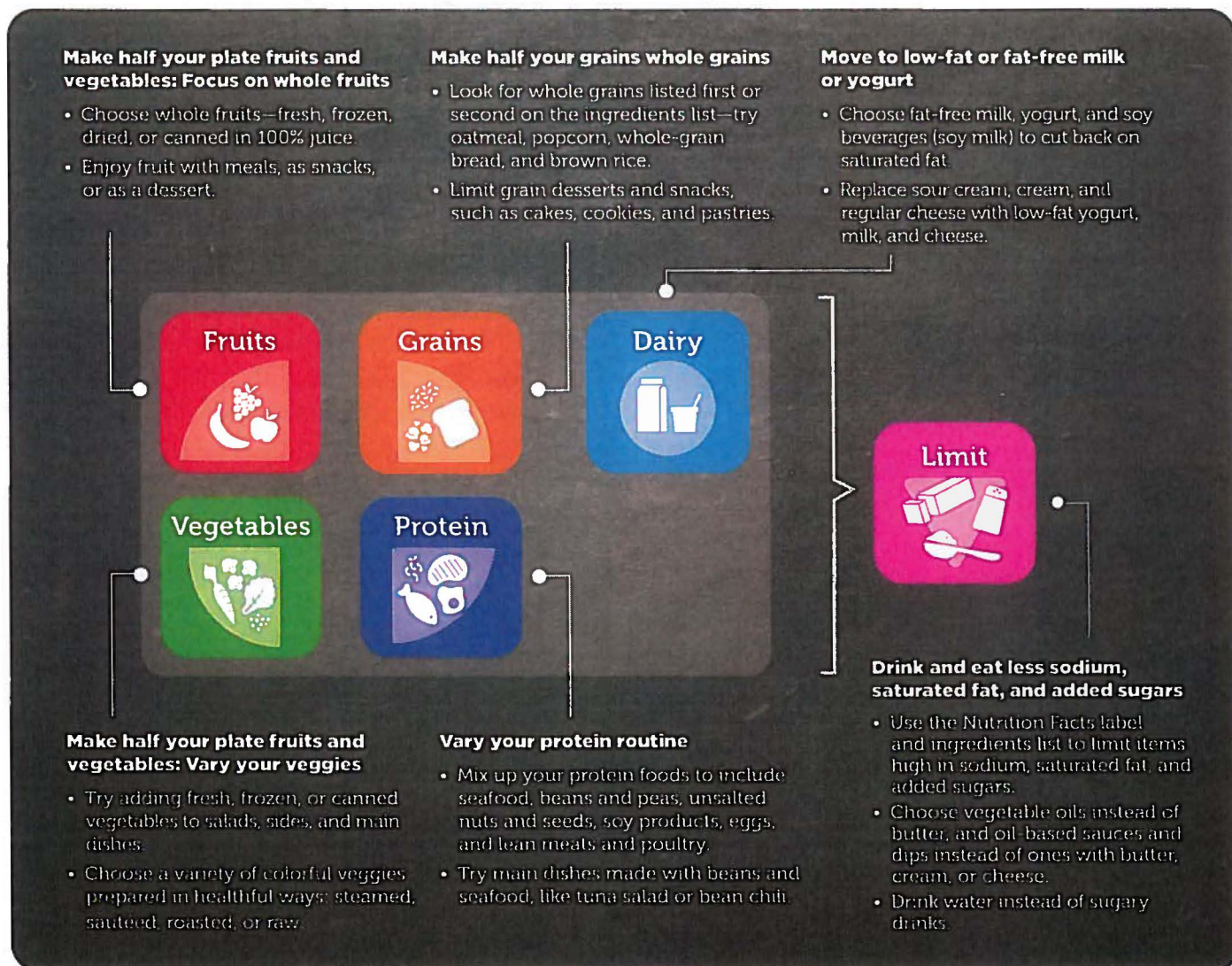
The 2015-2020 Dietary Guidelines encourage people to follow a healthy eating pattern over their lifespan by including fruits, vegetables, protein, dairy, whole grains, and healthy

oils while limiting saturated and trans fats, added sugars, and sodium. School meals do the same!

I am sure some naysayers will say "people don't care about the dietary guidelines and won't follow them." However, it's our job to educate the public and students about the fact that healthy meals in the schools follow the 2015-2020 Dietary Guidelines. Don't you want to be proud that schools are offering balanced meals to students?

Source: <http://health.gov/dietaryguidelines/2015/guidelines/> ◀

School lunch menus mimic the new dietary guidelines creating balanced meals for students every school day. Here are the dietary guidelines looking just like school meals presented on a lunch tray.



Source: <http://www.choosemyplate.gov/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf>