

# **Sand Ridge Nutrition**

## **Local Wellness Program**

Sand Ridge Nutrition realize that obesity has become a problem here in Oregon, as well as the rest of the nation. We believe that healthy eating patterns are essential for students to achieve their academic potential, full physical and mental growth and lifelong healthy choices, Sand Ridge Nutrition shall prepare and implement a comprehensive nutrition program consistent with state and federal requirements for sponsoring the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).The program will reflect our commitment to providing time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at our schools, and developing food-use guidelines for staff.

### **Nutrition Education**

Nutrition education topics shall be integrated within the normal scope of our curriculum, taught at every grade level, pre-kindergarten through grade 8.

### **Nutrition Guidelines**

Sand Ridge Nutrition schools take a proactive effort to encourage students to make nutritious food choices. Food and beverages sold or served on school grounds or at school-sponsored events shall meet minimum guidelines and standards as set forth in state law.

### **Physical Activity**

Sand Ridge Nutrition realizes that a quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity has been included in all of Sand Ridge's daily education program from pre-k through 8thgrade.

### **Reimbursable School Meals**

Sand Ridge Nutrition may enter into an agreement with the Oregon Department of Education (ODE) to operate reimbursable school meal programs. The director will develop administrative regulations as necessary to implement this policy and meet the requirements of state and federal law.

### **Other School-Based Activities**

Sand Ridge Nutrition will promote district and community-based activities that promote activities that foster healthy eating and create environments that promote physical activity.

Families and the community will be encouraged to provide healthy food choices in all situations where food is served.

**Evaluation of the Local Wellness Policy**

Sand Ridge Nutrition will review this policy with input from parents, students, representatives of the school food authority, school administrators and the public.

**End of Policy**

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**Legal Reference(s)**

ORS332.107

OAR 581-051-0100

OAR581-051-0310

ORS336.423

OAR581-051-0305

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