

FOOD, NUTRITION AND WELLNESS
SCHOOL WELLNESS POLICY

LOVE TO LEARN
2024-2025

Love to Learn, Inc. believes children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. Good health also fosters student attendance and education.

Love to Learn, Inc. is committed to providing a school environment that promotes and protects children's health, wellbeing, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Love to Learn, Inc. that:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*
- Love to Learn staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Love to Learn, Inc. will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- In order to achieve these goals, Love to Learn board of directors monitor, review, and, as necessary, revise school nutrition and physical activity policies.

Meals served through the National School Lunch Program will:

- Be appealing to students
- Be served in clean a clean environment
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA) and
- Ensure that at a minimum half of the served grains are whole grain.
- Meals will not be used as reward or discipline for student behaviors
- Students will be provided adequate time to eat lunch.

Meal Times and Scheduling—Love to Learn, Inc.:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Will schedule meal periods at appropriate times; lunch will be scheduled between 11 a.m. and 1 p.m.
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities

- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff.

- Food service staff will have appropriate training and resources to implement the program with fidelity.

Nutrition Education and Promotion. Love to Learn, Inc. supports healthy eating by students. Love to Learn, Inc. will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Love to Learn will integrate physical activity into the classroom setting. Students will be exposed to regular physical activity and health education. Classroom health education will complement physical education.

- Love to Learn will provide opportunities for physical activity that will be incorporated into other subject lessons, and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Parental Involvement:

- Parents will be invited to outdoor physical activity and educational field trips.
- Parents will be invited to classroom presentations involving health and wellness.
- Parents will be encouraged to participate in school physical education activities.

Daily Physical Education (P.E.) K-12.

All students in grades K-12 will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

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

Monitoring.

The board of directors will ensure compliance with established school wide nutrition and physical activity wellness policies. The principal will ensure compliance with those policies at Love to Learn, Inc. and will ensure the school's compliance.

Food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and report to the school principal.

The principal will develop a summary report annually on the school's compliance with the established nutrition and physical activity wellness policies.