# **School Food Service Health and Wellness Plan**

**Family Worship Christian Academy** **2024–2025 School Year**

## **I. Purpose**

The purpose of this Health and Wellness Plan is to promote the health, well-being, and academic success of students through nutrition education, healthy food and beverage practices, and physical activity. This plan ensures that school meals and related activities support student health, comply with USDA regulations, and meet or exceed Louisiana’s wellness policies.

## **II. Guiding Principles**

Family Worship Christian Academy will:

* Comply with federal nutrition standards for all foods served under the USDA Child Nutrition Programs.
* Provide students with access to nutritious and appealing meals.
* Support healthy eating through nutrition education and the school environment.
* Encourage physical activity and promote healthy lifestyles.

## **III. Nutrition Standards for Foods and Beverages**

### **A. School Meals**

Meals will:

* Meet or exceed the USDA Nutrition Standards for the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
* Include fruits and vegetables daily, with a variety of choices.
* Serve whole-grain-rich foods.
* Limit saturated fats, trans fats, sodium, and added sugars.
* Provide age-appropriate calorie levels.

### **B. Competitive Foods**

* FWCA will not sell food to students during the school day. If this decision should change during the course of the school year, all foods sold to students during the school day (vending, fundraisers, à la carte, etc.) will meet **Smart Snacks in School** nutrition standards.
* Water will be available free of charge during meal times.
* Food-related fundraising during the school day must align with Smart Snacks requirements unless exempted by state policy (Louisiana allows **no more than 30 exempted events per school per year**).

## **IV. Nutrition Education**

Family Worship Christian Academy will:

* Integrate nutrition education into health and science curricula.
* Offer age-appropriate, culturally relevant nutrition education aligned with the Louisiana Student Standards for Health Education.
* Include lessons about food groups, balanced diets, and the importance of water and portion control.
* Encourage teachers and staff to model healthy behaviors.

## **V. Physical Activity**

To promote physical wellness:

* All students in grades K–8 will receive **at least 150 minutes of physical activity each week**, including physical education and recess (as recommended by Louisiana Act 331).
* PreK students will have structured and unstructured active play daily.
* Physical education classes will be taught by qualified personnel.
* Physical activity will not be withheld for disciplinary purposes unless necessary for safety.

## **VI. School Environment and Promotion**

* Staff will be encouraged to model healthy eating and physical activity.
* The school food service environment will reflect healthy habits, including:  
  + Serving meals in clean, safe, and pleasant settings.
  + Displaying nutrition posters and visuals in the cafeteria.
  + Discouraging the use of food as a reward or punishment.
* Family engagement activities will promote healthy habits at home (e.g., newsletters, workshops).

## **VII. Stakeholder Involvement**

A **Wellness Committee** will oversee policy implementation. The committee will include:

* School administrators- Alysia Richard
* Food service staff- Cornelius Hill
* Teachers- Kim Legg (PE), Sharana Wilson
* Parents- Merisa Edwards
* Students (grades 5–8, if appropriate)- Ian Rideaux, Zoey Narcisse

This committee will meet at least **once per year** to review progress and update the plan.

## **VIII. Evaluation and Accountability**

* The school will conduct a **triennial assessment** of this plan, as required by the USDA.
* Assessment will include:  
  + Compliance with policy
  + Comparison to model wellness policies
  + Progress made in achieving wellness goals
* Reports will be made available to the public via the school website or administrative office.
* Non-compliance issues will be addressed with corrective action plans.

## **IX. Training and Professional Standards**

* Food service personnel will receive **annual training** on topics including:  
  + Nutrition standards
  + Food safety
  + Meal preparation and portion sizes
  + Customer service and cultural competency

All trainings will be documented to meet **USDA Professional Standards** requirements.

## **X. Approval and Adoption**

This plan will be reviewed and adopted by the administration of **Opelousas Family Worship Center Inc.** and implemented by Family Worship Christian Academy staff.

**Approved by:** [Administrator Name] \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Title: [Administrator Title]\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: [Insert Date]\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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