

Immanuel Lutheran School Nutrition & Wellness Policy

MISSION: Immanuel Lutheran School is committed to providing a school environment that promotes children's health, well being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of ILS that:

- A. ILS will engage students, parents, teachers, and other interested community members in developing and reviewing our nutrition and physical activity policies.
- B. All students K-5th will have opportunities, support and encouragement to be physically active on a regular basis.
- C. The Food Service Administration (**FSA**) will provide a variety of nutritious and appealing foods that meet the health and nutritional needs of students; and will provide a clean, safe and pleasant setting to enjoy their lunch.
- D. ILS will provide nutritional and physical education to encourage lifelong healthy eating and physical activity.

SCHOOL MEALS: Meals served through the National School Lunch Program (**NSLP**) will:

- A. Meet the minimum nutritional requirements established by State and Federal regulations.
- B. Offer a variety of fruits and vegetables daily.
- C. Offer a low fat and skim milk daily.
- D. Offer a variety of whole grains.
- E. ILS will share information about the nutritional content of meals with students and parents.

FOOD AND BEVERAGES OTHER THAN THAT SERVED THROUGH THE NSLP:

- A. Fundraising activities will be encouraged to sell foods that meet the criteria for healthy snack foods and beverages.
- B. Snacks served during the school day will meet the recommended criteria for healthy food snacks.
- C. ILS will only serve healthy treats as rewards for academic performance or good behavior.
- D. When foods and beverages are offered or sold at school events, outside the school day, every effort will be made to include those foods and beverages that meet the healthy snacks and beverages criteria.

PHYSICAL ACTIVITY:

- A. All students will receive Physical Education (P.E.) classes as required by the Idaho State Board of Education.
- B. Students will be encouraged to participate in 60 minutes of physical activity per day, inside or outside of the school.
- C. ILS will offer extracurricular physical activity programs such as; soccer, track, walk-a-thons, jump rope programs, week long Outdoor Education at Camp Perkins (5th only), skiing, snow shoeing and back country skiing (3rd thru 5th, 3 times a year).

COMMUNICATION WITH PARENTS: ILS will make available nutritional information on meals served; we will encourage parents to pack healthy lunches and snacks. ILS will provide parents a list of foods that meet **NSLP** snack standards and ideas for healthy parties and fundraisers.

ILS will provide information about physical activity opportunities before, during and after school; this information will be posted online and through weekly newsletters.

REVIEWING THE WELLNESS POLICY - The Principal will enforce policy compliance within the school and the child nutritional staff will enforce policy compliance within the service areas.

The Nutrition & Wellness Committee will meet annually and review the policy to make suggestions and/or changes.