



Our School is Proudly Committed to this Wellness Policy

Our school, _____

- 1. Offers a variety of fresh fruits and vegetables for snacks and meals.
Offers at least one fruit or vegetable per day.**
- 2. Does not allow sugar-sweetened beverages or diet soda at school.**
- 3. Provides drinking water throughout the day and at all meal times.**
- 4. Serves only low fat/no fat milk for children over the age of two.
Provides milk substitutes for children.**
- 5. Limits T.V. to 1-2 hours of educational programs for children over
the age of two. Prohibits T.V. for children ages 0-2.**
- 6. Provides 60 minutes of P.E./day. Outside play is preferable.**
- 7. Offers only healthy snacks and meals. Restricts soda, candy, chips,
or otherwise indicated unhealthy foods.**
- 8. Encourages a healthy party policy.**
- 9. Provides nutrition and gardening education.**
- 10. Informs all staff, parents and caregivers about the wellness policy
and encourages all involved parties to follow it.**

Date _____

Head of School _____