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.
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 ____________________________________