

WELLNESS POLICY FACTSHEET

..... a summary for Aviano Parents

Did you know?

- The health and wellness of our children is a national priority. In accordance with Federal law and DODEA regulation, the implementation of The Aviano Wellness Policy will serve as a tool to bring the community, parents, school and students together to support student health.
- During 2008, the Mediterranean DSO created a policy for district schools. In 2009 a local committee made up of teachers, parents, students, school nutrition leaders and administrators met to recommend further changes.
- Implementation begins SY 2009-10.

At the heart of the Aviano policy is a coordinated school health program that reaches students, faculty and staff and families. The policy targets  key areas:

1. Nutrition Education:

- Nutrition education emphasizes healthy eating behaviors
- Nutrition education is shared across the K-12 curriculum, in health education classes, in the cafeteria and with families.

2. Physical Activity:

- The policy encourages physical activity for students, staff and parents.
- Students will be given opportunities for physical activity through physical education classes, recess, integration of physical activity into classroom instruction, intramurals, athletics and/or activity clubs.

3. Access to Healthy Foods:

- All foods and beverages available during the school day (instructional programming, celebrations, fundraising) reflect the current Dietary Guidelines for Americans published by USDA. See page 2 for summary.
- In addition, items of minimal nutritional value or USDA restricted foods are not made available. These include carbonated beverages, water ices, gum, candy coated popcorn, and candies (hard, jellied, marshmallow, licorice and spun).

4. Other Activities to Promote Wellness

- The overall goal is to create a total school environment that is conducive to healthy eating and physical activity. To that end, the school district encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.



Key Recommendations of The U.S. Dietary Guidelines for Americans

NUTRIENTS

Consume a variety of nutrient dense foods and beverages within and among the basic food groups.

Limit the intake of saturated & *trans* fats, cholesterol, added sugars and salt.

FOOD GROUPS TO ENCOURAGE

Choose a variety of fruits & vegetables each day, and choose from all five vegetable subgroups.

At least half of grains should come from whole grains.

FATS

Keep total fat intake between 20-35 % of calories, with most fats coming from sources such as fish, nuts and vegetable oils.

Choose products low in fats and oils.

CARBOHYDRATES

Choose fiber rich fruits, vegetables and whole grains often.

Choose and prepare foods/beverages with little added sugars or caloric sweeteners.

WEIGHT MANAGEMENT

To maintain a healthy range, balance calories consumed with calories expended.

Considering the above guidelines, what are some examples of foods that can be prepared for celebrations, fundraising and/or instructional activities?

- Water, low-fat/non-fat milk, Juices (50-100% juice content)
- Fruit / Fruit Smoothies
- Vegetables with a low fat dip
- Pretzels/Sun chips/Baked chips
- Baked Tostitos and Salsa
- Popcorn (low fat, spiced, air-popped)
- Yogurt
- Animal Crackers, Graham crackers
- Muffins (Bran, whole-grain fruit)
- String Cheese
- Packaged foods: No more than 30% of total calories from fat, 10% calories from saturated fat and no more than 35% added sugar by weight (except, fresh, dried/canned fruits & veggies).

Other Quick Facts:

The Wellness Policy does not address foods sold outside the school day. However, those who participate in fundraising outside the school day are encouraged to join the healthy endeavor and consider foods that reflect the U.S. Dietary Guidelines for Americans.

The Wellness policy would not apply to School Nurses or Medical Personnel when providing health care to individual students.