

# SCHOOL WELLNESS INFO FLYER

10 Ways to turn your campus into a center  
of health and wellness.

# Your Campus as a Center of Health and Wellness

Schools can and should be community beacons of health and wellness, but what does a beacon of health and wellness look like?



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1

The district's Wellness Policy is customized to reflect the values of the school community.



2



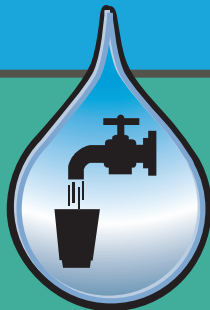
The district's Wellness Committee meets regularly, and includes representatives from each school and a diverse set of stakeholders, including teachers, students, food service workers, administrators, and parents.

3

Adults on campus set a good example in food and activity choices, as defined in the Wellness Policy.



4



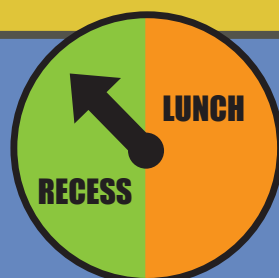
Fresh drinking water is always available in or near eating areas, and children are allowed access to water at any time.

5

Food literacy (basic understanding of the implications of food production, preparation and consumption) is part of the campus culture, in class, cafeteria and garden.



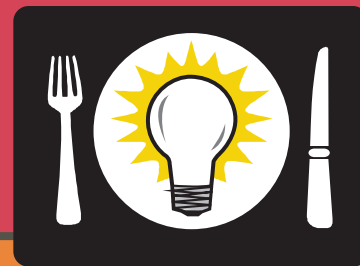
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Schools schedule recess before lunch, and students have at least twenty minutes of table time after being served school lunch.

7

Student and adult consumers are treated respectfully and the cafeteria and dining areas are understood to be learning environments, and places to build community.



8



Cafeteria is set up to teach students to reduce, recycle, and compost, including a preference for durable dining ware over disposables where possible.

9

As specified in the Wellness Policy, schools allow only healthy fundraisers and classroom celebrations, and do not use food as either punishment or reward.



10



To the extent possible, all food served on campus is fresh, local, appealing, and prepared in an age-appropriate way (e.g. lettuce cut up into bite-sized pieces).

### Tips for schools or districts that wish to be community centers of health and wellness

- Share highlights of the District Wellness Policy with parents, teachers, and staff at the beginning of each school year.
- Appoint a Wellness Coordinator for the district.
- Encourage adults to purchase meals and dine in the cafeteria with students.
- Ensure that fundraisers are based on healthy foods and/or activities.
- Recognize and celebrate Food Day on campus.
- Display healthy food posters in dining areas, locker rooms, and classrooms. Keep displays refreshed to hold viewer attention, and include images of students in displays when possible.
- Launch a workplace wellness initiative at your campus(es). [www.Project-ACT.com](http://www.Project-ACT.com)
- Food Service promotes "Harvest of the Month" tastings and collaborates with teachers to bring HOM lessons to the classroom and the garden.
- Embed a provision for workplace wellness in the district's Wellness Policy. Contact the district's health insurance provider to inquire about discounts for employees participating in wellness programs.
- Share appealing descriptions of breakfast and lunch menu choices in morning announcements.
- Student Food and/or Garden Clubs are active on campus.
- Ensure that dining areas are neat and well lit (conducive to attracting participation).
- Wherever possible, we recommend durable dinnerware (where dishwashing capability exists) and bulk condiment and milk dispensers.
- Food Service caters classroom parties and celebrations as well as meals or snacks at school meetings for adults.
- Develop guidelines for the types of foods students (and adults) may bring on campus.

For more information on topics like Recess Before Lunch, Durable Dinnerware, and healthy celebrations, visit [www.SchoolFoodAction.org](http://www.SchoolFoodAction.org).