

Harrison County School District

River Oaks Elementary Wellness Policy

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have the responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns.

EXAMPLES OF SCHOOL-LEVEL NUTRITION STANDARDS

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students.

The following examples are given to support our wellness goals at River Oaks Elementary.

Suggested Foods	Foods to Avoid
<ul style="list-style-type: none"> ❖ Raw vegetable sticks/slices w/ low-fat dressing or yogurt dip ❖ Fresh Fruit and 100% fruit juices ❖ Frozen fruit juice pops ❖ Dried fruits (raisins, banana chips, etc.) ❖ Trail Mix (dried fruits and nuts) ❖ Dry roasted peanuts, tree nuts, and soy nuts (no coconut or palm nuts) ❖ Low-fat meats and cheese sandwiches (use low-fat mayo in chicken/tuna salads) ❖ Party Mix (variety of cereals, nuts, pretzels, etc.) ❖ Low-sodium crackers ❖ Baked chips & fat free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.) ❖ Low-fat muffins, granola bars, and cookies ❖ Angel food and sponge cakes ❖ Flavored yogurt and fruit parfaits ❖ Jell-O and low-fat pudding cups ❖ Low-fat ice creams, frozen yogurts, sherbets ❖ Low-fat and skim milk products ❖ Pure ice cold water. ❖ 100 calorie packs 	<ul style="list-style-type: none"> ❖ Carbonated and caffeinated beverages ❖ High sugar foods (candy, cupcakes, cookies) ❖ High fat foods (fried foods like, fatty meats, most cheeses, and buttery popcorn. ❖ High sodium food (luncheon meats, cheeses, chips salty popcorn, pickles) ❖ In selecting food items to offer keep in mind students who are on special diets and their consumption of some foods are restricted due to allergies (peanut allergies, milk products, orange juice).

To ensure safety and sanitation all foods brought into school for the purpose stated above, must be purchased from a commercial food service entity (grocery store), which is subject to local rules, regulations, and inspections.

No food items may be homemade.

Consistent with USDA standards, River Oaks Elementary prohibits the sale or consumption of retail fast food (competitive food) in the school cafeteria, and bringing retail prepared food into the school cafeteria or on school campus during school breakfast and school lunch, or during any school activity. Competitive foods are defined as foods other than those bought through our school breakfast and lunch programs including food, snacks, and beverages from vending machines and outside suppliers.

We need your help so our students will reach their highest nutritional level along with their highest educational level. We strive to help every student be healthy, fit, and ready to succeed!

Thank you,
Dr. Shelly Simmons, Principal