

NUTRITION

STATEMENT OF PURPOSE:

All schools should establish nutritional practices and policies that support optimal health outcomes for students.

AUTHORIZATION/LEGAL REFERENCE:

16V.S.A.Chapter27§1261-1265–Foodprograms

<http://www.leg.state.vt.us/statutes/fullsection.cfm?Title=16&Chapter=027&Section=01264>

16 V.S.A. Chapter 5 § 216 – Wellness program

<http://www.leg.state.vt.us/statutes/fullsection.cfm?Title=16&Chapter=005&Section=00216>

7 CFR, Part 210 § 10 – National school lunch program

<http://www.fns.usda.gov/cnd/Governance/regulations.htm>

SUGGESTED SCHOOL NURSE ROLES:

In collaboration with administrators, guidance personnel, food service personnel, health educators and classroom teachers:

- Provide age-appropriate and culturally sensitive instruction to help students develop the knowledge, attitudes and behaviors to adopt and maintain healthy eating habits.
- Contribute to policies ensuring all foods and beverages available on the school campus and at school events contribute toward healthy eating patterns.
- Provide information to parents, faculty and students about healthy nutritional practices and risk factors for obesity and eating disorders.
- Participate on a coordinated school health team and develop action steps to encourage healthy nutrition practices throughout the school .

RESOURCES:

Action for Healthy Kids - www.ActionForHealthyKids.org

American Cancer Society - www.cancer.org

Vermont Standards of Practice; School Health Services



Nutrition
Section 24
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American Heart Association - www.americanheart.org

Centers for Disease Control and Prevention -
www.cdc.gov/HealthyYouth/nutrition/index.htm

VT FEED program - <http://www.vtfeed.org/>

USDA Wellness Policy Guidelines -
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Vermont Department of Health Fit and Healthy Kids
<http://healthvermont.gov/fitandhealthy.aspx>

SAMPLE POLICIES, PROCEDURES, AND FORMS:

Department of Education Draft Model Policy Guidelines on Nutrition and Fitness
http://healthvermont.gov/family/fit/documents/nutrition_fitness_policy_guidelines.pdf

Vermont Nutrition and Fitness Policy Guidelines/ Healthy Schools Resource
http://healthvermont.gov/local/school/healthy_schools.aspx