 **No. 508**

 **SECTION: OPERATIONS**

**TITLE: SCHOOL NUTRITION**

**MEDICAL ACADEMY ADOPTED: 10/8/13**

**CHARTER SCHOOL REVISED:**

 508. SCHOOL NUTRITION

A goal of the Medical Academy Charter School is to improve the lifelong eating and physical activity habits of students through nutrition education based on the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid. To help realize this goal, the school will adopt the following strategies, objectives and values.

School Based Strategies

1. Provide training and technical assistance to food service staff to enable them to prepare and

 serve nutritious meals that appeal to students.

2. Promote nutrition curriculum and education in schools through multiple communication

 channels to reinforce positive nutrition messages and encourage students to make healthy

 food and physical activity choices as part of a healthy lifestyle.

3. Build school and community support for creating healthy school environments that are

 conducive to healthy eating and physical activity.

Student Behavior Objectives

1. Eat a variety of foods

2. Eat more fruits, vegetables and grains

3. Eat lower fat foods more often

4. Be physically active

School Staff Values

1. We believe that children should be empowered to make food and physical activity choices

 that reflect the Dietary Guidelines for Americans.

2. We believe that good nutrition and physical activity are essential to children's health and

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 educational success.

3. We believe that school meals that meet the Dietary Guidelines for Americans should taste

 good and appeal to children.

4. We believe our programs must build upon the best science, education, communication and

 technical resources available.

5. We believe that school, parent and community teamwork is essential to encouraging children

 to make food and physical activity choices for a healthy lifestyle.

6. We believe that messages to children should be age appropriate and delivered in language

 they speak, through media they use, in ways that are entertaining and actively involve them in

 learning.

7. We believe in focusing on positive messages regarding food and physical activity choices

 children can make.

8. We believe it is critical to stimulate and support education and action at the national, state and

 local levels to help children develop healthy eating and physical activity behaviors.