



5 A Day and School-Age Children

5 A Day Sample Policy

Change can be difficult, especially when lifelong behaviors are concerned. When thinking about strategies to help children adopt healthy eating behaviors like eating 5 A Day, it is important to know that educational activities alone may not be enough. Policy and environmental changes are often needed.

Policy change generally describes modifications to laws, regulations or formal and informal rules. It includes fostering both written and unwritten policies, practices and incentives to provide new or enhanced supports for healthy behaviors that lead to changes in community and societal norms.

School-district written policies ensure that healthful food choices are available. Examples of policies include those that address contents of vending machines, foods sold for fund-raising events or contents of meals and snacks served in the cafeteria or at school events such as potlucks, meetings or health fairs.

Instituting healthy school food policies is key to demonstrating the importance of making changes. Furthermore, if children learn to eat well outside of the home, they may begin to request healthy meals at home as well. Training may be necessary to implement the policies or support their use.

Media advocacy is an essential aspect of policy change and stimulates community involvement in addressing a particular issue. Garnering media coverage that focuses attention on health-related policy issues can influence a community's attitudes and increase the demand for conditions that support healthy eating.

Sample Nutrition Policy

Foods Used as Fundraisers in Schools

Whereas:

_____ (fill in your school's name) is concerned about providing students with the best possible nutrition at school.

Whereas:

Proper nutrition is important for both physical and educational development.

Whereas:

Nourishing meals and snacks assist children in making the most of their educational opportunities.

Whereas:

Foods of minimal nutritional value such as soft drinks, chewing gum, candy and candy-coated popcorn do not meet these criteria.

Therefore:

Effective _____ (today's date), it is the policy of _____ (fill in your school's name) that the sale of foods for group, class or PTA fundraisers be limited to fruits and vegetables if at all possible.

Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables or 100% vegetable juices.

Principal's Signature

Sample Healthful School Foods Policy

For use wherever foods or beverages are served

Whereas:

_____ (fill in your school's name) is concerned about providing students with the best possible nutrition at school.

Whereas:

Proper nutrition is important for both physical and educational development.

Whereas:

Nourishing meals and snacks assist children in making the most of their educational opportunities.

Therefore:

Effective _____ (today's date), it is the policy of _____ (fill in your school's name) that all events sponsored or supported by this school (meetings, potluck events, catered events, community sponsored events, i.e.--health fairs) will always include one or more of these healthier items:

- **Fruits and/or vegetables**
Examples of such items include fresh, frozen canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen or canned vegetables or 100% vegetable juice.
- **Low-fat milk and dairy products**
Examples include skim or 1% milk; low-fat and fat-free yogurt; and low-fat cheese and ice cream.
- **Foods made from grains (like wheat, rice and oats), especially whole grains**
Examples include low-fat whole wheat crackers, bread and pasta; whole grain ready-to-eat cereal; and low-fat baked tortilla chips and pita bread.
- **Water**

Principal's Signature

Sample Nutrition Policy

5 A Day Snacks

A "fruit and vegetable only" classroom snack policy alone would increase the current rates of produce consumption in students at school. This policy will model for children what a healthy snack is and what a portion size looks like. It would eliminate confusion among parents and children. While many families have a tough time recognizing a "healthy snack," they do understand what a fruit or a vegetable is. The simplicity of the policy would make it easier for teachers to follow year after year. It would reduce disparity between kids who can afford the packaged snacks and those who cannot. It would help children to be hungrier and more open to eating a healthy lunch.

Whereas:

_____ (fill in your school's name) is concerned about providing students with the best possible nutrition at school.

Whereas:

Proper nutrition is important for both physical and educational development.

Whereas:

Nourishing meals and snacks assist children in making the most of their educational opportunities.

Whereas:

Most children do not get enough fruits and vegetables on a daily basis.

Therefore:

Effective _____ today's date), it is the policy of _____ (fill in your school's name) that all classroom snacks be limited to fruits and vegetables. Parents will be encouraged to help children pick out their own "snacks for the week" in the produce department.

Examples of some easy ideas for sending snacks to school:

apples	orange slices	mango slices	nectarine/peach slices
baby carrots	grapes	bananas	cherry/grape tomatoes
celery sticks with peanut butter		cucumber slices with low-fat salad dressing	

Principal's Signature