

## WELLNESS POLICY

To support its mission, the Cooperative will provide an environment that cultivates maximum student potential. Nutrition influences a student's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. The Cooperative nutrition policy encourages all members of the school community to create an environment that supports life long healthy habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

East Dakota's wellness policy goals are to:

- Provide students with a positive environment and appropriate knowledge regarding food.
- Ensure that all students have access to healthy food choices during school.
- Provide a pleasant eating environment for students and staff.
- Enable all students, through comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

To accomplish these goals, East Dakota will ensure that:

- To the maximum extent possible, the Cooperative will participate in available federal school meal programs and ensure the integrity of such programs by prohibiting food and beverage sales that are in direct conflict with such programs.
- The Cooperative school lunch program will provide students with access to a variety of affordable, nutritious and appealing foods that will meet the health and nutrition needs of students, and will provide a clean, safe and pleasant setting with adequate time for students to eat.
- When using food as a part of class or student incentive programs, staff and students will be encouraged to utilize healthy, nutritious food choices. For example, consumption of soda is not permitted in school except during rare, special events.
- Sequential and interdisciplinary nutrition education will be provided and promoted.
- To the extent possible, students will have opportunities, support, and encouragement to be physically active on a regular basis.
- A monthly healthy eating newsletter will be provided to all students.
- Health and physical education will be taught to any student not receiving such education through their home school district.
- The Cooperative will limit marketing or promotion of food products to those that meet the Federal Smart Snacks in School nutrition standards.
- The Cooperative's Food Service Manager is designated to ensure that the school complies with its wellness policy.
- The wellness policy is available to the public on the Cooperative's website and the student handbook.
- The Cooperative permits the involvement of parents, teachers, administrators, students, board members, food service manager and the general public in the development, implementation, review and modification of the wellness policy. The agency will document methods used to make such stakeholders aware of the opportunity to participate.
- The wellness policy will be assessed every three years to determine progress made in attaining the policy goals. A record of the meeting(s) called to assess the policy will be made available to the School Nutrition Program upon request.

Policy Adopted: October 18, 2006  
Policy Amended: December 14, 2017  
Policy Amended: October 20, 2020