



Working Together for a Healthy Future

New federal and state legislation requires each school district that participates in the National School Lunch Program to establish a local school wellness policy for all schools. A Wellness Committee consisting of principals, teachers, nurses, community organizations, parents, and school food service professionals, was created to assist and advise the District on health/wellness related issues.



The New Hartford Board of Education recognizes the importance of a coordinated school health home/school partnership. Our district is dedicated to providing a healthy learning environment that promotes healthy eating and encourages regular physical activity. The wellness policy promotes life-long wellness behaviors and links healthy nutrition and exercise to students' overall physical well-being.



Highlights of Our Wellness Policy

- Provide nutritional guidelines for healthy food and beverage choices.
- Encourage healthy school celebrations.
- Provide increased Health, Nutrition, and Physical Education Curriculum to encourage healthy behaviors and life-long movement.



New Hartford Public Schools Wellness Policy

Dedicated to developing healthy schools
that support student learning





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Please join us in our strong commitment to implement these healthy changes. This brochure is designed to provide an overview of the New Hartford Wellness Policy and to answer some common questions. Please see www.newhtfd.org for complete details. We hope that you find this information useful. Let's join together and make the health of our children a top priority.

More Information:

School Nutrition Association Website: www.schoolnutrition.org

Academy of Nutrition & Dietetics: www.eatright.org

Choose My Plate: www.choosemyplate.gov

USDA Smart Snack Guidelines: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf



Healthy Celebration Guidelines

Class parties and celebrations must also meet our revised Wellness Policy requirements. When sending in snacks or treats for a celebration, consider the nutritional quality. There are also many ways to celebrate with non-food items or healthy food alternatives. Be sure to include all original packaging when sending in any food item.

Healthy Food List Ideas

Goldfish; Teddy Grahams; Smart Food Popcorn; Apple Slices/Cheese Slices; Fresh Fruit/Fruit Cup; Low Fat Pudding/Yogurt; Low Fat Whole Grain Tortilla Chips & Salsa; Rice Cakes; Cheese and Crackers; Graham Crackers; Veggies and Dip/Hummus; Low Fat String Cheese; Pretzels or Animal Crackers; Real Fruit Juice Frozen Popsicles; Whole Grain Bagels; Raisins or Dried Fruit; Applesauce Cup; Apple Slices w/Caramel or Yogurt Dip; Nutri-Grain Cereal Bar; low-fat bakery items;

Non-Food List

- *Stickers, pencils, erasers and other small non-food treats
- *Donate a book to your child's classroom library in their honor
- *Choose a game or activity the class does for the last few minutes of the school day (must be approved by the teacher in advance)

Want some more ideas? Check our Pinterest page at:

www.pinterest.com/newhartfordwell