

Jeffco Healthy Schools

Family and Classroom Shared Food Resource

Overview

As required by law, Jeffco's Wellness Policy and Guidelines include standards for foods shared during the school day starting in 17/18 unless otherwise noted.

Why?

Improve Nutrition

Address Allergies

Promote Equity

Protect Family Decisions on Food

The foods we share can teach students about nutrition and balance.



To define healthier options, schools can:

*Follow district definition in the Guidelines**

OR

Create and document their own definition

Holiday Celebrations

If food is offered at school celebrations, at least HALF should include healthier options.

Schools or classrooms can also opt for no food or only healthier food!



Ideas for Implementation:

- ★ Inform teachers and parents about providing balanced options for celebrations
- ★ Create a sign-up sheet that includes at least half healthier options (don't forget to address allergies)
- ★ Determine other non-food options for celebrating

Rewards



Schools will not use food or beverages as rewards for academic performance or good behavior.

Ideas for Implementation:

- ★ Utilize non-food rewards for the whole class, such as extra physical activity or recess time, games, a fun dress-up day, playing music
- ★ Limit individual rewards and focus on clear expectations and positive words for all students
- ★ Utilize other rewards such as being a line leader, sitting with a friend, choosing a movement break or game, additional work credit

Individual exemptions are allowed with approval of school leadership

Birthdays



Starting in 2018-19 (or sooner), student birthdays should only be recognized with non-food celebrations.

Ideas for Implementation:

- ★ Clearly communicate these standards with families and consider engaging family groups
- ★ Determine other non-food options for celebrating birthdays
- ★ Ask families to not bring in food to share (this does not apply to food for individual consumption)

Many schools already have similar policies in place.



Any other shared food should be selected judiciously, taking into consideration the nutritional value of the food being served, Jeffco's goal of promoting healthy dietary habits, and the frequency of use.



To access the full Wellness Policy and Guidelines, visit: www.tinyurl.com/jeffcohealthyschools