

## Suggested Healthy Treats and Snacks

### Drinks

Water	100% Juice
Low Fat Milk	

### Fresh Fruits

Grapes	Apples
Oranges	Pineapples
Bananas	Berries
Pears	Melons

### Fresh Vegetables

Carrots	Cauliflower
Celery	Broccoli

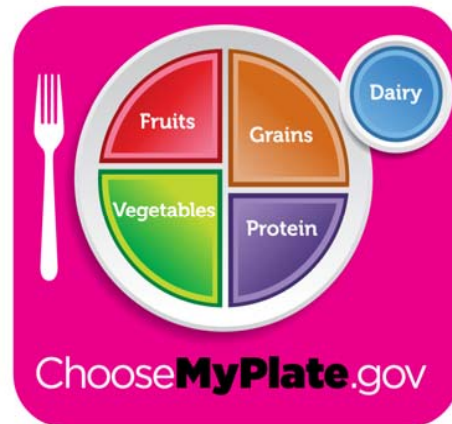
### Snack Ideas

Raisins	Dried Fruits
Spreadable Fruits (Instead of Jelly)	
Low Fat Yogurt	String Cheese
Applesauce	Granola Mix
Low Sugar Cereal	100% Fruit strips
Graham Crackers	Plain Popcorn
Small Muffins	Pretzels
Baked Chips	Whole Grain Crackers
Beef jerky	

Go to [myplate.gov](http://myplate.gov) for other ideas and nutritional standards.

## NLCS Will:

- Provide students with healthy choices from the cafeteria.
- Give students the opportunity to create a menu to be used in the cafeteria.
- All food and beverages served or sold during school hours will meet or exceed local, state and federal nutrition guidelines.
- An effort will be made to provide healthy choices in vending machines, begin serving whole grain options, and reduce the amount of fried foods served.
- Continue following the federal guidelines, using the USDA My Plate guide, to ensure appropriate portion size for all students.
- An effort will be made to provide each day a break down of the nutritional value for all meals.



## Rewards

Only food or beverage that meet recommended nutritional standards will be used as rewards for academic performance or good behavior.

## Celebrations

Schools are limited to three celebrations (Fall festival, Christmas, and Valentine's Day) that involve food during the school day. The system will provide a list of healthy treat ideas to parents and teachers for these events.

## Sack Lunches

NLCS encourages that sack lunches meet nutrition standards. Parents are not to bring fast food items to their children for lunch or snack.

## Sales of Food and Drink

Sales of food and drink outside of Food Services are prohibited during meal periods. All sales of food and drink available to students outside Food Services and approved fund raisers are prohibited during the entire instructional day. (Exception Schools—Career Center—Schools that do not have a cafeteria)

## Sleep

School aged children need 10—12 hours of sleep a night.

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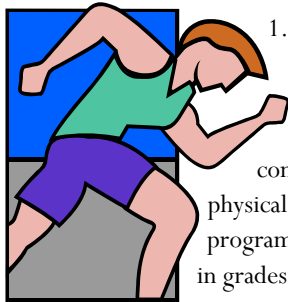
## Wellness Brochure 2014 - 2015



**WELLNESS IS MAKING  
HEALTHY CHOICES  
FOR A LIFETIME.**

Please view the N.L.C.S. Wellness Policy at [www.nlcs.k12.in.us](http://www.nlcs.k12.in.us). Click on the Health and Safety tab. Scroll down to the wellness policy.

## Physical Education



1. The school corporation will provide a sequential, comprehensive physical education program for students in grades PreK-12.
2. The Physical education curriculum will promote lifelong, health-enhancing physical activity by providing instruction related to knowledge, attitudes, and skills.
3. Students will engage in moderate to vigorous physical activity for at least fifty percent of scheduled physical education class time.
4. Physical education class will be instructed by properly certified, highly qualified teachers.
5. The physical education staff will encourage physical activity outside of the regular school day.



## Physical Activity

1. The school corporation encourages families to partake in physical activity such as outdoor activities at home, participation in sports sponsored by the community, and in lifelong activities like walking, golf, bicycling, swimming, or tennis.
2. All students in grades K-5 shall be provided with daily physical activity. Restriction of all physical activity shall not be used as punishment.
3. The school corporation will provide useful information through newsletters and monthly calendars with suggested activities to encourage families and to assist them in their efforts to incorporate physical activity into their daily lives.
4. The school corporation will encourage faculty and staff to engage in daily activities to increase their own level of physical fitness.

## Nutritional Education

1. Nutrition education will be included in Health curriculum to provide students with the knowledge, and skills and promote attitudes necessary to lead healthy lives.
2. Nutrition education will be integrated into other subject areas.
3. Nutrition education will be offered in cafeterias as well as classrooms.



4. Nutrition education will include information on the link between caloric intake and physical activity, portion size, and appropriate food choices.

## Guidelines for Food/Beverage During the School Day

**ELEMENTARY SCHOOLS:** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Food should be sold as balanced meals. No pop.

**MIDDLE/HIGH SCHOOLS:** In the middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including ala carte lines) during the school day, or through after school day programs, will meet nutrition and portion size standards. No pop.



## School Activities to Promote Wellness

1. Food service personnel may provide classroom activities regarding appropriate food choices.
2. Physical Education classes will attempt to include healthy eating habits as a part of the curriculum.
3. Schools should provide at least one program per school year promoting healthy choices.



## Ideas for Finding Healthy Foods and Snacks

- Look for applesauce and yogurt in tubes for younger children—it cuts down on the mess.
- Pay attention to portion sizes. Many food and drink items are big enough that they count as more than one portion.
- Look for foods with no sugar added and without trans fats.
- Look for whole-grain items. Many foods (even cookies) come in a whole-grain option.
- Try pairing sweets with non-sweets. For example, instead of offering two whole-grain cookies, pair one cookie with a few berries.
- No homemade foods may be brought to school for sharing. Nutritional labels must accompany process foods brought for sharing.
- The schools will obtain labels for fresh fruit and vegetables that are brought in.

### Meal Magic

You can pay for your child's meals at school by going to [sendmoneytoschool.com](http://sendmoneytoschool.com) and creating an account.