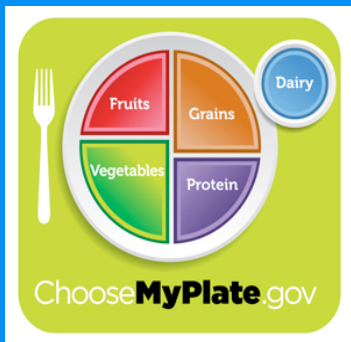


## Wellness Policy Update:

The district's Wellness Task Force is working to promote healthy eating habits and physical activity for Seattle students every day.

## How You Can Help:

- Join or help form a wellness committee at your student's school.
- Learn more about nutrition and balanced meals at:  
[www.chosemyplate.gov](http://www.chosemyplate.gov)



- Promote the practice of nonfood rewards in the classroom.
- Encourage your school community to embrace a healthy celebrations practice.
- Encourage your student to try new foods at home and at school.



# What's new with school meals for 2014-15?

When students return to school in the fall the overall school food environment will look a bit different. Over the past three years, the U.S. Department of Agriculture (USDA) has put in place many guidelines to help students make healthier choices in the school cafeteria, based on the 2010 Dietary Guidelines for Americans. This year, in addition to further changes to the meal standards for breakfast and lunch, students will see changes outside of the school cafeteria, as well. Food and beverages sold from vending machines, student stores and fundraisers will be affected by the new "Smart Snack" regulations.

Proper nutrition is crucial to your child's success in school. Breakfast and lunch at school provides the right mix of fruits, vegetables, dairy, protein and whole grains to allow them to perform their best.

## Highlights of changes for this fall:

- A greater focus on fruits and vegetables at breakfast
  - Students will now be required to take a ½-cup serving of a fruit and/or vegetable at **both** breakfast and lunch.
- More whole-grain rich items
- Meals contain less sodium
- New "Smart Snack" guidelines for **all** food and drinks sold during the school day
  - The Seattle School Board approved Policy 6700 Distribution and Sale of Competitive Foods on June 18, 2014.
  - Superintendent Procedure 6700SP Distribution and Sale of Competitive Foods can be accessed from the district's website :  
<http://www.seattleschools.org/modules/groups/homepagefile/s/cms/1583136/File/Policies/Board/series6000/6700SP.pdf?sessionid=1026fabc5d0770f3cc2b04fca384a7f7>

## School meals will continue to offer:

- Calories and portion sizes that meet student needs based on grade level
- A variety of fruits and vegetables daily, highlighting dark green, vibrant red/orange vegetables and legumes/beans
- Lower saturated fat and zero grams of trans fat per meal
- Limited added sugars in all meals

**If you have questions, please contact Nutrition Services at (206) 252-0675 or [www.seattleschools.org/meals](http://www.seattleschools.org/meals).**

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