

# Wellness Facts

- The Wellness Policy at Mid Valley is in place to ensure that our students are able to maintain proper nutrition and participate in regular physical activity.
- It is our goal to make sure our students maintain a healthy lifestyle while attending school.

## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Remember to Stay Active!



### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein-rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

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# Wellness Facts

- Many students may wonder, “what is the point of having a Wellness Policy?”
  - We want our students to eat healthy, exercise and know about basic nutrition.
  - It is statistically proven that teens who eat right and exercise regularly, live happier, healthier lives.

# Wellness Facts

- Did you know that a Wellness Policy is required in our school?
- The Healthy, Hunger-Free Kids Act of 2010 states that “Each local education agency participating in federal Child Nutrition Programs, including the National School Lunch Program or the School Breakfast Program, is required to develop and implement a wellness policy.”

## Healthy and Hunger Free Kids Act

- More whole grains, fruits, and vegetables; low-fat milk dairy products; and less sodium and fat.
- The right portion. Menus are planned for grades K-5, 6-8 and 9-12 and will demonstrate correct size portions.
- Schools will be reimbursed an additional 6 cents for each lunch they serve in accordance with the new standards.



# Wellness Facts

- The Wellness Policy at Mid Valley is more than just what you can and can't eat.
  - Along with promoting a healthy, balanced nutrition, the Wellness Policy also includes teaching students what it means to be healthy and active, and make sure students are participating in physical activity.



# Wellness Facts

- The Mid Valley High School is allowed to have up to 10 fundraisers/days throughout the year when food that does not meet the nutrition standards can be sold.
  - This means all clubs and sports teams have **ten opportunities** to sell candy bars, ice cream and all of the good-tasting things that students love.



# Wellness Facts

- There is a committee with both students and administrators that meet monthly to improve and regulate the policy.
- If you have any questions/ concerns about our Wellness Policy, feel free to contact administration, or even your student representatives!

# Wellness Facts

- In 2016 many schools across the country, including ours, adopted the USDA Smart Snacks program.
- This program regulates the snack intake in school settings.
  - Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines.

# Wellness Facts

- Along with providing healthy meal alternatives, the Wellness Program also implements food allergy management.
  - It reduces and/or eliminates the tendencies of severe or potentially life-threatening allergic reactions.