

Food Bytes

Healthy Active Children

Did you know that we have a Healthy Active Children Policy? The N.C. State Board of Education recently updated the policy to reduce child obesity and hunger:

- Local education agencies (LEAs) should establish a School Health Advisory Council (SHAC). Students, families, and school, community and health representatives should be on the SHAC. SHACs are responsible for the Healthy Active Children Policy, Local Wellness Policy (LWP) and school health.
- LEAs should have a LWP that includes goals for physical activity, nutrition education and promotion, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of PE and middle schools 225 minutes/week of health education.
- Recess and physical activity should not be taken away to punish students.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy choices for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose other ways to reward students besides food.
- LEAs should evaluate their progress with school wellness and share the results.

Nutrilink: www.ncpublicschools.org

Menus for December 2014

Monday, December 1	Tuesday, December 2	Wednesday, December 3	Thursday, December 4	Friday, December 5
Monday, December 8	Tuesday, December 9	Wednesday, December 10	Thursday, December 11	Friday, December 12
Monday, December 15	Tuesday, December 16	Wednesday, December 17	Thursday, December 18	Friday, December 19
Monday, December 22	Tuesday, December 23	Wednesday, December 24	Thursday, December 25	Friday, December 26
Monday, December 29	Tuesday, December 30	Wednesday, December 31		

Middle/High School Menus

December

- Pear Month
- Handwashing Week (December 1-5)



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<http://childnutrition.ncpublicschools.gov>

Source: www.ncpublicschools.org