

## **Local Wellness Policy**

At Waterville School District, we want to give our students the education and knowhow about healthy food options and healthy cooking that will benefit them throughout their life. At the elementary level we have a nutritionist from the WSU extension office that comes and teaches our young students about healthy food, how to prepare it and trying healthy options they may not have had before. Our students stay active with physical education class daily for all grades and TK-6 also has two recesses daily. The school also encourages students to participate in extracurricular sports offered by the school.

Our lunchroom is filled with posters that show our students alternative healthy snacks that aren't high calorie or high sugar. These posters promote our breakfast program and give information on how important that first meal of the day is to learning. We have the food pyramid showing our students what their daily intake of certain foods should be and we have a chart showing how different colored food benefits the body in different ways.

All of our school meals are carefully planned, prepared and served to meet OSPI and state food service guidelines. We follow the guidelines outlined in the Food Buying Guide to ensure that our students are receiving the best meal possible with the right amount of fruits, vegetable, grain, meat, etc., while they are with us in school. We want our students to be successful, so we fill their brains and their stomachs with only the best!!

Our Designated School Official is Tayn Kendrick, who is our Food Service Director.