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## Nutrition and Physical Activity Advisory Committee

### Scope

The Board of Education, having authorized the establishment of a Nutrition and Physical Activity Advisory Committee, recognizes that schools can play a major role in reducing the number of overweight and obese children and youth. Schools are a place where students can gain the knowledge, motivation, and skills needed for lifelong physical activity and lifelong healthy eating habits as well as a place for students to practice healthy eating habits. Meeting a student's basic nutritional and fitness needs will increase a student's cognitive energy to learn and achieve, and, as a result, the overall educational process will be more effective.

### Definitions - For the Purposes of this Policy Only

"Competitive food" means any food or beverage available to students that is separate from the school district's nonprofit, federally reimbursed food service program and is provided by a school-approved organization or a school-approved outside vendor.

"School day" means one hour prior to the start of the first class period to one half hour after the end of the last class period, except that, for schools not offering school breakfast, "school day" means one half hour before the first class period to one half hour after the end of the last class period.

### Charge and Role to the Committee

The purposes of the committee shall be to monitor the implementation of this policy and policy ADF, develop and monitor the regulations, evaluate the district's progress on this policy's goals, Ref Policy ADF, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy and regulations as the committee deems necessary and/or appropriate. Regulations shall insure the following.

1. Every student has access to healthful food choices in appropriate portion sizes throughout the school day. At a minimum this includes the provision of:
  - a. Healthful meals in the school cafeteria made available to students with a consideration of an adequate time to eat
  - b. Healthful items in vending machines, pursuant to section C.R.S. 22-32-134, and
  - c. Healthful items for fundraisers, classroom parties, and rewards in the schools
2. Every student and his or her parent or legal guardian has access to information concerning the nutritional content of:
  - a. Food and beverages sold by or available from the school's food service department at breakfast and lunch and throughout the school day, and
  - b. Competitive food sold or available anywhere on school district property on a recurring basis during the school day
3. Every student has access to fresh fruits and vegetables at appropriate times during the school day.
4. Every student has access to age-appropriate and culturally sensitive instruction designed to teach lifelong healthy eating habits and a healthy level of physical activity.
5. Every student has access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means, which provide him or her with sufficient water.
6. Every student has access to age-appropriate regular physical activity.

### Committee Composition

The membership of this committee shall include parents, students, the Director of Food and Nutrition Services, the Health Coordinator, school board members, teachers, administrators, and the public.

## Organization and Operation

The Director of Food and Nutrition Services and Facilitator of Health Curriculum will serve as the administrative liaison and will provide the communications and control link between the board/administration and the committee. The committee will work with and through the liaison. The liaison will:

1. Provide guidance
  - a. For the organization of the committee including membership, orientation, charge and reporting.
  - b. On district policy and procedures pertaining to the committee's work
2. Assist in the selection of a chairman.
3. Guide the development of work plans.
4. Insure that the committee has the resources needed to perform its charge.
5. Coordinate the committee's work with other advisory and staff groups as needed.
6. Develop agendas for meetings in cooperation with the chairman.
7. All committee meetings shall be open to the public. Meeting notices shall be posted in the same place and manner as notices of board meetings.

The term of membership on the Nutrition and Physical Activity Advisory Committee will be one year and may be renewed. The membership year will be from July 1 to June 30.

Adopted June 2006

LEGAL REFS.: Section 204 of P.L. 108-265 (*Child Nutrition and WIC Reauthorization Act of 2004*)  
C.R.S. 22-32-124 (*nutritious choices in vending machines*)  
C.R.S. 22-32-136 (*policies to improve children's nutrition and wellness*)  
1 C.C.R. 301-3 (*Colorado Department of Education State Board Rules for Food and Nutrition Services*)

CROSS REFS.: EF, Food Services  
IHAE, Physical Education  
IHAM Health Education  
IHAMA, Teaching About Drugs, Alcohol and Tobacco