

Appendix B: Comprehensive Wellness Program



**Chartwells / Revere
Schools
Comprehensive
Wellness
Program**



EAT Food & Nutrition Standards	LEARN Nutrition Education & Promotion	LIVE Physical Activity & Healthy School Environment
<p>PROGRAM MEALS</p> <ul style="list-style-type: none"> • Pyramid Pete’s Creature Cafe™ • Profiles in Good Taste™ • Morning Editions™/Brake for Breakfast™ Program • Balanced Choices Meal Guidance System <p>A LA CARTE</p> <ul style="list-style-type: none"> • Balanced Choices Snacks & Beverages • Balanced Choices Vending 	<p>CAFETERIA</p> <ul style="list-style-type: none"> • Pyramid Pete and the Creatures • Nutrition Messages • Chartbusters Promotions • Celebrity Chat Board <p>CLASSROOM</p> <ul style="list-style-type: none"> • Great Body Shop gr. K-5 • Comprehensive Health Curriculum gr. 6-10 • Healthy Bodies. Hungry Minds.™ Program Manual - Creature Beginnings Scripted lessons - Video - Puzzles and games • Read Across America • Nutrition education curriculum <p>STAFF EDUCATION</p> <ul style="list-style-type: none"> • Nutrition Fundamentals Course • Child Nutrition Concentration Course • Food Allergy Aware Program 	<p>PHYSICAL ACTIVITY</p> <ul style="list-style-type: none"> • Physical activity education curriculum • Lessons and activities designed to get kids moving <p>SCHOOL BASED INITIATIVES</p> <ul style="list-style-type: none"> • Healthy classroom celebrations and rewards • Healthy fundraising • Health fair support and demonstration <p>CAFETERIA ENVIRONMENT</p> <ul style="list-style-type: none"> • Lunch scheduling • Facility design • Serving area efficiency

Appendix C: Food & Nutrition Standards

Balanced Choices Snacks Offered in Revere Schools			Balanced Choices Beverages Offered in Revere Schools	
Minimum of 20% of products offered meet the following criteria:			Minimum of 20% of products offered meet the following criteria:	
Nutrient	Parameter	Source	Item	Source
Calories	200	Healthy US School Challenge	100% Fruit Juice ≤ 12 ounces	Healthy US School Challenge
Fat	35% of Calories	US Dietary Guidelines	Non-Fat and 1% Milk ≤ 16 ounces	US Dietary Guidelines
Saturated Fat	10% of Calories	US Dietary Guidelines	Water & Flavored Water Without sugar, unlimited portion	Healthy US School Challenge
Sodium	480 mg	FDA Definition of Healthy	Carbonated water without sugar Carbonated 100% fruit juice with USDA approval	State and District Comparison
Sugar	35% by weight	US Dietary Guidelines	Caffeine free except flavored milk	American Academy of Pediatrics

BALANCED CHOICES MEALS

At least one daily offering in the middle and high schools.

Offer at least twice per week on elementary schools menus.

Nutrients	K-6	7-12	Allowable Range	Source
Calories	664	825	+/- 10%	USDA
Protein (g)	10	16	Minimum allowable	USDA
Calcium (mg)	286	400	10% below, no upper limit	USDA
Iron (mg)	3.5	4.5	10% below, no upper limit	USDA
Vitamin A (RE)	224	300	10% below, no upper limit	USDA
Vitamin C (mg)	15	18	10% below, no upper limit	USDA
Fat (% calories)	30%	30%	Maximum Allowable	USDA
Sat Fat (% cal)	10	10	Maximum Allowable	USDA
Fiber (g)	6	8	10% below, no upper limit	Amer Academy Pediatrics
Cholesterol (mg)	100	100	No lower limit, 10% above	Amer Heart Association
Sodium (mg)	1300	1300	Maximum Allowable	20% reduction

Appendix D: Healthy Fundraising

Alternatives to selling candy for schools, sports and clubs

Candy, baked efforts, soda and other foods with little nutritional value are commonly used for fundraising. This sends the message to students that the school district views money as being more important than their students' health. It compromises classroom learning by sending contradictory nutrition messages taught in the classroom. It contributes to poor health by adding unnecessary calories and encourages students to consume less nutrient dense foods over to healthier choices. Increasing obesity rates among children are resulting in serious health consequences, such as increased incidence of heart disease, Type 2 diabetes, high blood pressure, high cholesterol, sleep apnea, low self-esteem, poor body image and isolation.

Adopting a policy of healthy fundraising result in:

- Healthier kids who learn better as research demonstrates that good nutrition is linked to better behavior and academic performance.
- Delivery of consistent health messages because fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors and supports lessons learned in the classroom rather than contradicts them.
- Promoting a healthy school environment by providing students with reliable health information and the opportunity to practice it.

