

1 WELLNESS PROCEDURE 4 – FAMILY NUTRITION

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3 While the school district provides nutritious meals, nutritional education, and promotes good  
4 eating habits, it is the desire of the district to provide this education to the families of the students  
5 we serve. The student receives less than one-third of their meals at school and is exposed to a  
6 greater variety of tempting non-nutritional options outside of the school environment. To promote  
7 nutritional education for the families of the students, we have provided links to websites that  
8 provide excellent resources for nutrition, serving sizes, healthy diets, analysis of the new food  
9 pyramid, understanding calories, and understanding food labels and the major nutrients. We  
10 encourage significant and meaningful discussions between the student and the parents or guardians  
11 about these topics.

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13 We encourage the parents to discuss what the student has learned in school regarding nutrition and  
14 jointly develop menus for meals for the entire family. These meals should follow the nutrition and  
15 healthy standards the student has learned about in school. Jointly shopping with the student and  
16 having them assist in picking healthy alternatives at the supermarket will encourage and enhance  
17 their ability to read food labels and pick items with healthy ingredients.

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19 There are a multitude of websites that can provide significant resources for nutritional education  
20 and information. Some of these websites are:

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22 1. [www.nutrition.about.com](http://www.nutrition.about.com) lists healthy food alternatives and recipes  
23 2. [www.sparkpeople.com](http://www.sparkpeople.com) offers a multitude of healthy recipes for good healthy nutritional  
24 meals  
25 3. [www.nutrition.gov](http://www.nutrition.gov) offers access to all governmental websites with information about  
26 nutrition and dietary guidance  
27 4. [www.nutrition.org](http://www.nutrition.org) shows nutritional information for over 5,000 foods  
28 5. [www.foodpyramid.com](http://www.foodpyramid.com) shows the USDA food pyramid

- 29 6. [www.choosemyplate.gov](http://www.choosemyplate.gov) shows how to build a food pyramid using games and coloring
- 30 books, recipes, and guidelines
- 31 7. [www.cd.gov/nutrition](http://www.cd.gov/nutrition) tells how good nutrition is vital to good health and disease
- 32 prevention
- 33 8. [www.familyfun.go.com](http://www.familyfun.go.com) has fun children activities about nutrition and snack information
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35 This is just a sample list and more can be found by Googling nutrition or a specific topic on the  
36 web.



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