

B. Nutrition Education

Schools will provide nutrition education as a part of a holistic, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime.

Wellness Policy Language	Year of Implementation Y1= Year 1 Y2=Year 2 Y3= Year 3	Fully in Place X	Partially in Place X	Not in Place List steps you will take to meet implementation deadline; list challenges/barriers to implementation
37. Health Education, including nutrition education, is delivered by a licensed elementary (K-5) or Health Educator (7-12) in grade level bands: K-2, 3-5, 6-8, and 9-12	Y3	X		
38. Nutrition Education is integrated throughout the school day and after school programs.	Y3	X		
39. Cafeteria is used as a "learning laboratory" and includes enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, farm visits to farms and gardens.	Y3	X		
40. Nutrition Education is culturally relevant and teaches students about cross-cultural nutrition.	Y3	X		
41. MPS Food and Nutrition Services and other community agencies collaborate with teachers to reinforce nutrition education lessons taught in the classroom.	Y3	X		
42. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics and other community organizations.	Y3	X		

Wellness	Ongoing Process			
43. Encourage families through newsletters, homework assignments, parent-teacher meetings, health fairs, etc. to make healthy food choices and lead a healthy lifestyle.	Y3	X		
44. Staff is trained in stress management, nutrition education and have been provided ongoing general wellness resources and opportunities.	Y3	X		