

Nutrition Guidelines:

Guidelines for School Meals:

1. During each school day the food service program offers lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Programs.
2. Students have a clean, safe, and pleasant eating area with adequate time for eating: a minimum of 20 minutes after sitting down for lunch
3. The school discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions for some children's dietary needs.
4. The school strongly encourages students and staff to wash or sanitize their hands before and after eating.
5. All food service personnel (OSD) have adequate pre-service training and hold a state-issued or equivalent training certificate. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools

Guidelines for Foods and Beverages on Campus:

1. Food and beverages are not sold or served on JGEMS campus. (Excluding water)

Nutrition Education

1. Nutritional education is integrated into other areas of the curriculum such as math, science, language arts, social studies, and health.
2. The teachers responsible for nutrition education are adequately prepared and participate regularly in professional development activities to effectively deliver an accurate education program as planned. Preparation and professional development activities provide basic knowledge of nutrition, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.
 - a. The staff is responsible for maintaining their professional development in their respective areas.
 - b. School staff are encouraged to model healthy eating behaviors.
3. Students are encouraged to start each day with a healthy breakfast, and continue to make informed nutritional choices while on campus.

Physical Activities:

1. JGEMS ensures that students participate in physical activities every day.

- a. Students are provided recess on a daily basis.
 - b. JGEMS offers PE in accordance with Oregon State standards.
2. JGEMS teaches students the benefits of physical activity and healthy lifestyles.

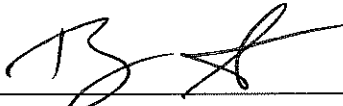
After School Day Activities:

1. All students have the option of participating in OSD sports that are offered throughout the school year.

Tobacco Use:

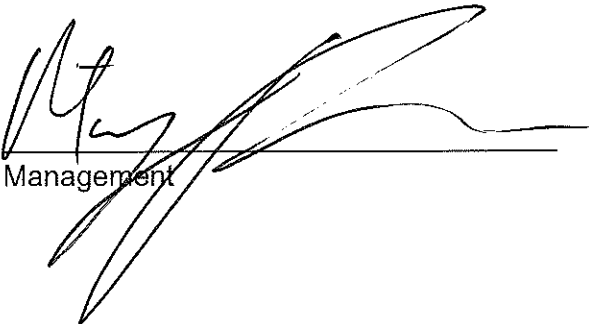
1. JGEMS is a tobacco-free campus.

This policy has been developed by JGEMS' administrative staff to ensure that students have the ability to make healthy and informed decisions.



Executive Director

2-2-23
Date



Management

02-02-23
Date