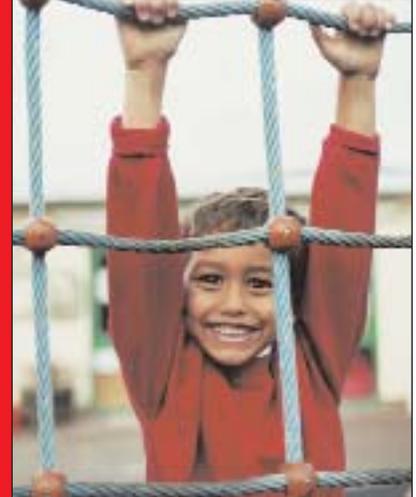
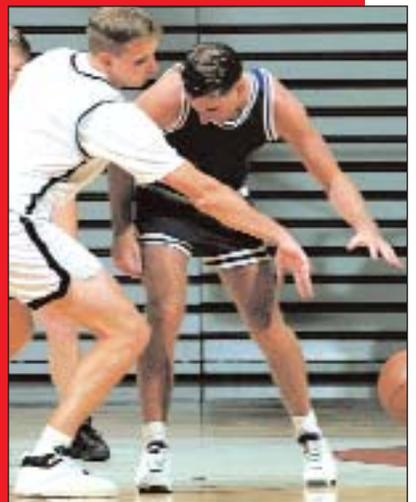


## VI. Recommendations

- Daily physical activity must be made a priority in our schools. The state should require physical education for children during every year that they are in school, and should include minimum time requirements for weekly physical education in this legislation.
- Schools should schedule physical education classes at regular intervals throughout the school year. Students should not go for weeks, and sometimes even months, without any physical education. Providing physical education every other day for a full year is preferable to providing physical education every day for only one half of the year.
- Schools should ensure that physical education classes are long enough and structured such that students are engaged in at least 20 minutes of aerobic activity in every class.
- Elementary school students should be provided daily recess, and should be encouraged to be active during that recess.
- Schools districts should encourage and financially support intramural and interscholastic sports programs in their schools.
- Schools should work with local organizations to provide as many opportunities as possible for students to be physically active.



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# The Study's Recommendations for the Federal and State Governments

## *Recommendations for the Federal Government*

- The federal government should continue to work to include fresh fruits and vegetables in the National School Lunch commodities program.

## *Recommendations for the State Government*

- The state should impose nutritional requirements on all foods and beverages sold in schools, not just those sold in and around lunchtime. The sale of “extra foods,” such as soda and candy, should not be permitted at any time during the school day, at any school level.
- The state should create policies that restrict the sale of all food and beverage items in schools to those that are healthy and nutritious.
- In elementary schools, the state should ban the sale of any food or beverage items during the school day, other than those provided as part of the National School Lunch and Breakfast Programs.
- The state should require physical education for children during every school year. These requirements should include minimum standards for weekly physical education. Providing physical education every other day for a full year is preferable to providing physical education every day for only one half of the year.

# The Study's Recommendations for School Districts and Individual Schools

## *Recommendations for School Districts*

- School districts should create nutrition committees that include parents, teachers, food service staff, administrators, and other community members. These committees should work in the following ways to promote healthy school nutrition environments:
  - (A) The committees should evaluate the nutrition content of foods and beverages sold in competition with the National School Lunch Program.
  - (B) The committees should help school districts draft policies encouraging healthy fundraising activities.
  - (C) The committees should review and/or create school food policies that reflect and reinforce the nutritional messages taught in the classroom.
- School districts should be encouraged to participate in the National School Lunch and Breakfast Programs, which are currently available to all schools across the country. Participation in these programs can encourage students to eat complete, nutritious meals instead of high-fat, high-sugar snacks.
- School districts should take advantage of state and federal programs designed to increase fresh fruits and vegetable offerings in school lunches. District participation in local “Farm-to-School” programs is one way to accomplish this.

- School districts should provide financial support for food service programs, if additional funds are necessary to achieve a healthy nutrition environment. The decision to sell competitive foods should be based on nutrition goals for students, not financial needs.
- School districts should lower the price of bottled water so that it costs less than high-sugar alternatives such as partial fruit drinks or sports drinks. Research shows that lowering prices on healthier items often encourages students to purchase them.
- School districts should ban the use of food as an incentive or a reward for good behavior or good academic achievement.
- School districts should provide nutrition education to students in all grade levels. This education should afford students the skills they need to make healthy food choices.
- School districts should require physical education for children during every school year. These requirements should include minimum standards for weekly physical education. Providing physical education every other day for a full year is preferable to providing physical education every day for only one half of the year.
- School districts should encourage and financially support intramural and inter-scholastic sports programs.

### *Recommendations for Individual Schools*

- Schools should provide even the last student in line for lunch with enough time to buy and eat a complete meal. Administrators should work with lunch monitors and cafeteria staff to determine the length of their students' opportunity time to eat, and based on their school's unique characteristics, create a strategy that will ensure sufficient time.
- School food service directors and cafeteria managers should meet with student councils and other student groups to involve them in the school lunch program, and to learn from the students about food items that they might like to have included in the lunch program.

### *Recommendations for Individual Schools* (Continued)

- School food service directors and cafeteria managers should limit offerings of higher fat vegetables, such as oil-fried French fries, not only because of the fat content, but also because offering these foods may decrease consumption of other, more nutritious choices.
- School food service directors and cafeteria managers should make fruit and vegetable choices as appealing as possible. Offering a variety of whole or pre-cut fresh fruits and vegetables is one way to encourage more students to eat these foods.
- Schools should integrate nutrition education throughout the curriculum, and should utilize the cafeteria environment to teach students nutrition skills.
- School policies should include nutrition standards for all foods and beverages available to students throughout the school day, including those offered as part of celebrations or school events, and those sold during fundraising activities. All foods and beverages available at school become part of the daily school nutrition environment. Therefore, all of these items should be required to meet nutrition standards.
- Schools should lower the price of bottled water so that it costs less than high-sugar alternatives such as partial fruit drinks or sports drinks. Research shows that lowering prices on healthier items often encourages students to purchase them.
- Schools should schedule physical education classes at regular intervals throughout the year. Students should not go for weeks, and sometimes even months, without any physical education. Providing physical education every other day for a full year is preferable to providing physical education every day for only one half of the year.
- Schools should ensure that physical education classes are long enough and structured in such a way that students are engaged in at least 20 minutes of aerobic activity in every class.
- Elementary schools should provide daily recess, and students should be encouraged to be active during that recess.