



Christina School District District Wellness Policy Frequently Asked Questions.....

Why does the Christina School District have a Wellness Policy ?

The U.S. Congress established a requirement that all schools participating in federally funded school meals programs develop and implement a wellness policy by the beginning of the school year 2006-2007.

What are the goals of the Wellness Policy?

The intent of the law is to establish healthy school nutrition environments, and reduce childhood obesity and chronic diseases related to poor nutrition and physical inactivity. The Christina School District Child Nutrition Services Department hopes to raise awareness throughout our community about making healthy eating choices both in and outside of school. Our new Wellness Policy will help us change attitudes that can have a lifetime impact on student health and school success.

What changes can I expect to see?

The District plans on making some changes in the upcoming school year that promote good health and nutrition by encouraging all members of the school community to think about healthy eating throughout the school day. These changes will include recommended foods for classroom parties, fundraising activities, and the availability of sweets and candy during school.

Can schools still use candy sales as a fundraiser?

We now recommend that schools and students explore other options for raising money. Fundraising ideas may include activities such as a car wash, restaurant sponsored meal proceeds, or non-food items. There are also many successful fundraisers that now offer healthier food sales, such as citrus fruit, pizza and soft pretzels.

Can parents still bring in foods like cake and cupcakes to classroom parties?

Yes, but we ask that parents also provide a healthy nut free food choice such as pretzels, fresh fruit, or fresh vegetables in addition to a dessert during classroom celebrations. Recommended beverages include water and 100% fruit juice.

What rewards are available to students if candy is not recommended?

Rewards can include homework passes, lunch with a teacher, pencils, stickers, or any number of other fun rewards. We hope that our students will help us come up with new and healthy ideas.

How can parents help?

We will need the participation and support of all members of the school community to raise awareness about the benefits of good nutrition. We ask for your cooperation in helping to implement our new policy, and also welcome your suggestions for making our schools healthier, more active environments for all students. Please contact Child Nutrition Services if you have a question or suggestion. If we all work together, we can make our schools places where health, nutrition, and wellness matter.

For more information about Child Nutrition Services in the Christina School District, please call 454-2022 or visit the district website at the following address:

www.christina.k12.de.us/ChildNutrition/