

SHAC Wellness Policy Recommendations

November 29, 2016

Food and Nutrition

- Cafeteria Specific
 - Have menus posted on app
 - Offering bottled water as an option
 - Salad/chicken/fruit bar
 - More fresh food-less packaged
 - Less food coloring
 - Different fruit served each day
- Possible Allowable Fundraisers
 - Fresh fruit with chamoy
 - Smoothies with yogurt (fundraiser)
 - Candy Canes at Christmas
 - Chocolate covered strawberries etc...
 - Healthy and unhealthy fundraisers
 - Accessible vending machines at secondary
 - Snack Bar at Secondary Campuses (2)
- Guidelines for food brought into the schools
 - Develop a parent program to help implement
 - Secondary birthday vs. Elementary birthdays
 - consistency between policies and procedures for foods brought into the school
 - Birthdays celebrated monthly?
 - Classroom parent volunteers provide food for celebration
- Food Choices
 - Grilled/fried/blackened
 - More breakfast options (2)
 - More menu options (2)
 - Vegetarian menu options (2)
 - Elementary food tasting
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- Address foods brought from outside of school (2)
 - Notice to parents
 - Clearer guidelines
 - Consistency
 - Oversized snacks
 - Sharing with peers
 - Food day exemptions status
- Food Portions for teens/athletes
 - Ability to purchase an extra plate?
 - Student athletes to be provided food options on game days
 - For secondary campuses

Health Education

- Fitness Enhancement
 - More brain breaks in classrooms
 - Utilize swimming pool: lessons, team, and/or incentives
 - More family/community exercise activities: Ex. Cyclobia
- Educational Programs - Continuation
 - Continuation of sex education
 - Continue E-cigs program
 - Teaching health objectives in regular class/subjects
- Healthy Living Promotional Activities
 - Follow up with health screening results
 - Address screen time for children
 - Student Speakers
 - Partner with HEB to provide healthy food alternatives
 - Lice
 - Random checks
 - Lice notices
 - Effects on learning environment
 - Effectiveness of treatment

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