



Hamilton County Unit 10 District Wellness Policy

Teacher Packet

Hamilton County Unit 10 School is committed to providing an environment that promotes healthy food choices and encourages physical activity. Kids today are constantly overwhelmed with unhealthy food choices, creating a high risk of becoming overweight and having health problems in the future. Student wellness, including good nutrition and physical activity, shall be promoted in the district's education program, school activities, and meal programs. The district's School Wellness Policy is interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

In this packet you will find information to help meet the district and USDA guidelines. The standards required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) stipulates the nutrition standards for competitive food shall apply to all foods and beverages sold:

- A. Outside the school meals program
- B. On the school campus
- C. At any time during the school day
 - (School day is defined as Midnight before, to 30 minutes after the end of the official school day).

To find out if a product meets the smart snack criteria, use the Smart snack calculator at the following link:

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator

The following pages give information and examples to be used to help the staff be active participants in the district's goal in promoting healthy food choices and physical activity. Thank you for your participation!