

# WELLNESS INITIATIVE 2007

Prompted by the New York State Education Department mandate that all schools establish a Wellness Policy by July 1, 2006 and in an ongoing effort to ensure the best health of the students and staff at Babylon Schools, the Babylon District Wellness Committee has established the following initiatives to commence January 1, 2007.

- The cafeterias in all buildings will offer (for a nominal fee) the option to order a fruit and/or vegetable platter, sensible snacks, fruit juice and water for any in-school celebration. Order forms may be obtained on the district website or at the main office of the building.
- Beverages provided for in-school celebrations are requested to be 100% fruit juice or water.
- Food provided for in-school celebrations is requested to meet the following nutritional guidelines per serving:
  - **Sugar – 15 grams or less**
  - **Fat – 7 grams or less**
  - **Saturated Fat – 2 grams or less**
  - **Sodium – 360 milligrams or less**

(Try to avoid Partially Hydrogenated Oils or High Fructose Corn Syrup. Look for products that have **no added sugar** and are **high in fiber**.)

- Food used for instructional purposes (except for Home & Careers) will be sent home for consumption.
- Food, beverage and/or candy cannot be sold as a fundraiser or through an individual or organization on campus during the school day unless it meets the aforementioned nutritional guidelines (**Effective September 1, 2007**).
- Elementary School parents should continue to follow the Elementary School brochure on food allergies. Grade School and High School parents are requested to refer to the Elementary School brochure on food allergies and follow suggested guidelines.

Taking advantage of healthier alternatives and prohibiting certain sales is just one step in enhancing nutritional and physical education. The aforementioned initiatives will minimize contributions to children's health problems, minimize negative financial impacts, maximize children's learning potential and protect children against potential food-related illness.

Just a reminder that the district Health & Fitness Expo '07 will be held on Friday, May 4, 2007 (raindate: Friday, May 11, 2007). Please contact Mr. Wiederkehr at 631-893-7900 with questions.

If you have any questions or concerns, please feel free to contact Mr. D'Amico at 631-893-7925.

Thank you.

Babylon Wellness Committee