



Attention Families!

Every D.C. Public School and most D.C. Public Charter Schools have a **Local Wellness Policy**.

The Local Wellness Policy (LWP) is a guide for schools to improve student health and ensure that schools are places where children can learn to be healthy and physically active.

What improvements will the LWP make in my child's school?

Here are some of the goals in D.C. Public Schools' Local Wellness Policy:

- Students should take physical and health education classes.
- There should be at least 20 minutes of recess every day.
- Breakfast will continue to be served for free. Some schools will offer "in-classroom breakfast" so more children can participate.
- School meals should include plenty of fresh produce and whole grains.
- All milk sold and served through school meals should be low-fat or fat-free.
- Food items sold in vending machines, sold through fundraisers, or served as snacks should be low in fat, very low in trans fat (or have no trans fat), low in sugar, low in sodium (salt), and come in small portions.
- Schools should not use food or drinks (especially junk foods) as rewards for good work.

Want to Learn More About the Local Wellness Policy?

You can ask your school for a copy of their LWP, and you can read DCPS' LWP online by visiting www.k12.dc.us. Use the Search tool in the top right corner and type in 'Local Wellness Policy.'

You also can contact:

- D.C. Action for Healthy Kids at rc.dcafhk@gmail.com or visit www.actionforhealthykids.org
- D.C. Hunger Solutions at 202-986-2200, ex. 3023
- Office of the State Superintendent of Education, Nutrition Services Department at 202-727-6436
- DCPS Office of Food and Nutrition Services at 202-576-7400
- DCPS Office of Teaching and Learning, Health, Physical Education, and Athletics at 202-442-5638

Parents and Guardians Can Help Schools Follow the Local Wellness Policy by...

_____ **Using healthy fundraisers.** There are lots of fun and interesting ways to raise money for your child's school besides selling junk food. You can host a car wash, sell wrapping paper, put on a walk-a-thon, and more!

_____ **Turning in your school meal application.** D.C. schools receive funding to put towards your child's nutrition and education – but this funding depends on families turning in their meal applications. If you haven't filled out an application yet, it's not too late!

_____ **Offering healthy options when your turn comes up to take food in for a party or celebration.** We want to show students that healthy foods can be part of the fun! Here are some low-cost and easy ideas that you might consider for the next time you are taking food for a party:

Tasty Trail Mix

Ingredients:

- 1 cup of dried fruit
- ½ cup raisins or craisins
- 1 cup of Chex cereal
- 1 cup of Cheerios
- 2 cups of pretzel sticks

Directions:

1. Add pretzel sticks, cereals, dried fruit, and raisins.
2. Gently mix ingredients in a large bowl and serve. You can put some in a sealed bag to take with you. Enjoy!

Turkey-and-Lettuce Roll-Ups

Ingredients:

- 1 slice low-fat turkey
- 1 leaf lettuce

Directions:

1. Place the turkey slice on top of a leaf of lettuce.
2. Roll the lettuce and turkey together.
3. Use a toothpick to hold your roll-up together. Enjoy!!!

Other snack ideas:

Fresh fruit and/or vegetables (with low-fat dip) ▪ pretzels ▪ graham crackers ▪ animal crackers ▪ low-fat pudding ▪ low-fat, whole grain granola bars ▪ trail mix ▪ vanilla wafers ▪ low-fat yogurt

_____ **Helping your child be active!** Ask your child to show you what he or she learned in physical education class that day.

_____ **Making sure your family is getting enough exercise outside of school.** You can help organize group activities at a local park so that many families can be active together and with adult supervision.

_____ **Helping spread the work about the Local Wellness Policy.** Join D.C. Action for Healthy Kids to learn about opportunities to get involved. Questions? Contact Rochelle at rc.dcafhk@gmail.com or Srinidhi at svijaykumar@frac.org. You can also visit www.afhk.org and scroll to the bottom to join the D.C. team.