

Steps Principals Can Take To Implement the DCPS Local Wellness Policy

- ✓ Promote the availability of FREE breakfast for all students by making morning announcements or placing information in your school newsletter (resources available at www.dchunger.org under "School Breakfast Program")
- ✓ Consider serving breakfast in the classroom, or using another alternative model, to ensure that more students start the day with a morning meal. Contact Srinidhi Vijaykumar at D.C. Hunger Solutions to learn more: 202-986-2200, ext. 3023
- ✓ Schedule 20 minutes of recess daily at elementary schools, and offer the option of structured physical activity to encourage students to get active (studies show that food waste is reduced when elementary school children have recess before lunch)
- ✓ Sign up for FREE technical assistance to create a Local Wellness Policy council through the Healthy Schools Project. Contact Precious Calloway at Alliance for a Healthier Generation to learn more: 202.905.3095
- ✓ Apply for the Fresh Fruit and Vegetable Program to offer FREE nutritious snacks to your students (for elementary schools only). Contact Whitney Bateson at Chartwells/Thompson to learn more: whitney.bateson@compass-usa.com
- ✓ Remove any posters or signage in your school that promote unhealthy foods
- ✓ Encourage healthy celebrations and keep junk food to a minimum for parties. For example, suggest that one celebratory item (e.g., cake) is sufficient and should not be supplemented with other sugary and/or high fat items. Great snack ideas are trail mix, cheese and crackers, frozen yogurt, popcorn, etc.
- ✓ If your school operates an afterschool program, find out if the program is getting reimbursed through the Afterschool Snack Program and if a physical activity component is offered
- ✓ Instruct staff that physical activity or the withholding of physical activity (e.g., recess) should not be used as punishment for disruptive behavior
- ✓ Distribute the Office of the State Superintendent's "A Parent's Guide to the Health and Physical Education Standards," available at: <http://www.osse.dc.gov> under "Education Excellence"
- ✓ Encourage the cross-teaching of health and physical education into other subject areas



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