

## CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

### WELLNESS POLICY

2.95+

#### I. General Statement of Policy

The Citrus County School District is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Citrus County School District that:

- A. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- C. Foods and beverages sold during the school day will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.
- D. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings with adequate time for the students to eat.
- E. To the maximum extent feasible, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program and Fruit and Vegetable Snack Program.
- F. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will enhance links between health education, school meal programs, and related community services.
- G. The School Board hereby designates the Wellness Committee, a subcommittee of the School Health Advisory Council, to assume the operational responsibility for ensuring that each school complies with the district’s local wellness policy. This subcommittee will develop administrative guidelines to support this policy and a plan for measuring the implementation of the policy.

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**STATUTORY AUTHORITY:** 1001.41, 1001.42 F.S.

**LAW(S) IMPLEMENTED:** P. L. 108-265, SECTION 204  
NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)  
CHILD NUTRITION ACT OF 1966 (42 USC 1771) *et seq.*)  
RUSSELL NATIONAL SCHOOL LUNCH ACT (42 USC 1758(F)(1) 1766(A)  
7 CFR PART 210 AND PART 220  
1001.43, 1003.42, 1003.453, 1003.455,  
1003.46, 1006.06, 1006.0606, F.S.

**STATE BOARD OF EDUCATION RULE(S)** 6A-7.040, 6A-7.041, 6A-7.042

**HISTORY:** ADOPTED: 04/11/06  
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