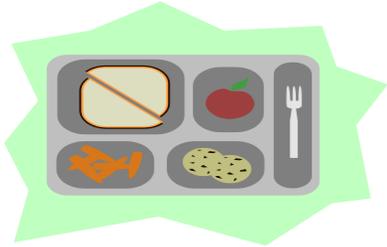


BPS BREAKFAST PROGRAM

Start the day out right by “breaking the fast”. Breakfast provides energy and contributes to success at school. It is important to eat breakfast, everyday!

School Breakfast provides:

- 1/2 cup of fruit, vegetable or 100% juice
- 8 ounces of milk
- 2 servings of grain or bread products
OR in some schools
- 1 serving of grain and one meat serving



BPS LUNCH PROGRAM

School Lunch provides:

- 2 ounces of meat/meat alternative
- 2 or more servings of fruits and/or vegetables
- 1 or more serving of grain or bread
- 8 ounces of milk



Packing a lunch from home? Try to follow the guidelines listed above.

Ala carte lines offer healthy choices, too. BUT, without careful selection does not provide a balanced meal.

BPS FUNDRAISER IDEAS

Traditionally, foods have been sold at extra-curricular school events. BPS supports using foods that fuel bodies, helps children grow and teaches lifelong wellness.

The following are some fundraising ideas the wellness policy supports:

- ◇ **Concessions**
-Fresh fruit, vegetables, 100% juice, water, low fat sandwiches, salads, salsa with whole grain chips, low fat popcorn, and 100 calorie snacks.
- ◇ **Auctions**
-Donated new or used items, gifts, gift certificates, lawn mowing/raking.
- ◇ **Sport Challenges**
-Student vs. teachers or parents, students vs. local TV or radio people.
- ◇ **Walk/Run/Bike-A-Thons**
-Pledges collected per lap, mile or hour.
- ◇ **Raffles**
-Prizes perceived as high-value, which could be donated by local businesses or organizations.
- ◇ **Non-food products**
-Magazines, candles, t-shirts, entertainment coupon packages.
- ◇ **Special Occasions**
-Christmas: wreaths, cards, caroling
-Valentine’s Day: balloons, roses, telegrams.
- ◇ **High-fat, high-sugar items are not good for families and should NOT be used to raise money.**

Developed by Bismarck-Burleigh Public Health to support BPS Wellness Policy.



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March 2009

Updated 2/2011

FUEL “UP” FOR SCHOOL



~Eating Smarter Moving More~

**BISMARCK PUBLIC SCHOOLS
(BPS)**

BPS Wellness Policy

- * Shows we value our children’s health and well-being.
- * Created a District-wide nutrition and physical activity policy.

Why Do We Need a Wellness Policy?

- * Increased childhood obesity rates.
(26.9% of ND’s children are overweight or obese)
- * Supports Healthy ND workforce.
(80% of overweight children become obese adults)

How has the Policy Impacted BPS?

- * Supports USDA school breakfast and lunch.
- * Promotes healthy snacks.
- * Supports non-food rewards, eliminates candy.
- * Encourages healthier foods for fundraising.
- * Supports healthy beverages, eliminates pop.

Source:

www.bismarckschools.org/uploads/resources/2019/bps-handbook08-10.pdf

BPS FOODSERVICE:

- BPS follows USDA guidelines for fat, saturated fat, calories, vitamins and minerals, that support health.
- BPS meals offer age-appropriate servings, leaving tummies “just right” and brains ready to learn.
- BPS students who eat meals at school will likely consume more fruits and vegetables, whole grain and dairy products.
- BPS offers at least 50% whole grain products.
- BPS offers low fat (1%) and nonfat (skim) milk as the main choice . Flavored low fat milk is ok.
- BPS meals are reasonably priced.

Free and Reduced Meals

Any child can receive a meal from the school breakfast or lunch program. Families with an income at, below or between 130-185 (WIC guidelines) percent of the poverty level are eligible for cost assistance.

To see if you qualify for free or reduced meals call your school office for more information.



BPS SNACK IDEAS

Snacks give bodies energy to learn, play, and grow. The best snacks are a variety of foods and beverages that are rich in nutrients. Healthy snacks are about 100-300 calories.

Try these snacks:

- ◆ Fresh fruit
- ◆ Raw vegetables
- ◆ Whole grain crackers
- ◆ Unsweetened cereal
- ◆ Low-fat popcorn
- ◆ Reduced fat cheese (string, cubes, slices)
- ◆ Yogurt
- ◆ Dried fruit (raisins, pineapples)
- ◆ Frozen yogurt
- ◆ Nuts/seeds
- ◆ Canned fruit (peaches, pears, fruit cocktail)
- ◆ Pretzels
- ◆ Fresh salsa with baked or whole grain chips



These snacks are great for during school, after school, bedtime or could be packed for sporting events and school field trips.



Let your child choose and help prepare snacks.

- ◆ Buy healthy snack options and let your child decide what they will eat and how much.
- ◆ Let them experiment preparing and sampling new foods.

BPS HYDRATION IDEAS

Bodies need to be hydrated throughout the day for concentration and learning.

Encourage these beverages everyday:

-Water: zero calorie, no sugar
6 or more glasses of water a day

-Milk: serve low-fat (1%) or nonfat (skim).
Calcium promotes strong bone development and healthy teeth.
2-3 glasses a day



-100 % Juice: no added sugar, full of vitamins, minerals and antioxidants.
ONLY 1/2 cup per day



Avoid or Limit these:

-Pop provides 9-12 teaspoons of sugar in one can. Pop has no nutritional value and promotes weight gain.

-Fruit Drinks (under 100% juice): Although, it has more nutrients than pop, like added Vitamin C, added sugar is a common ingredient.

-Energy drinks or sport beverages are poor hydration choices. These beverages may have sugar, unneeded electrolytes and even caffeine.

-Avoid beverages that have sugar listed as an ingredient.



The BEST drink ALL DAY,
EVERYDAY is **WATER!**

BPS PARTY FOOD IDEAS

Throughout the school year there are several days that call for celebration; birthdays, holidays, awards and jobs well done. The wellness policy supports good nutrition and physical activity habits. Parties give opportunity to teach healthy lifestyle choices.

Parents SHOULD:

- * Provide healthy foods for the party menu.
- * Offer fruits and vegetables as a choice at every event where food is offered.
- * Plan party games that promote physical activity.

Foods that are healthy choices:

- * Do not have sugar listed as the first ingredient.
- * Does not include candy.
- * Provide less than 35% total calories from fat.
- * Provide 30 grams or less carbohydrate.
- * Provide reduced sodium items when possible.
- * Include whole grains:breads, wraps and crackers.

Beverages that are healthy choices:

- Low fat (1%) or nonfat milk (flavored milk is ok)
- Milkshakes made with milk and fresh fruit
- 100% fruit or vegetable juice served plain or as a mixed flavored punch
- Water (may offer zero-calorie flavored water)

Portion sizes of food and beverages:

- 2oz. chips, crackers, popcorn
- 1oz. nuts or seeds
- 1oz. cookies
- 2oz. cereal bars, muffins, other bakery items
- 4oz. frozen desserts; including low-fat ice cream or frozen yogurt
- 8oz. non-frozen yogurt
- 12oz. beverages, except water

BPS REWARD IDEAS

Our kids work hard and deserve a reward for a job well-done. Food is meant to fuel bodies with energy, not to be a reward. Using food rewards promotes low nutritional value foods, extra calories when the body is not hungry, and poor lifelong eating habits.

Foods such as pop, candy and other high-fat high-sugar foods provide little nutritional value. These foods often replace healthier foods.

Parents, teachers or mentors working with well children SHOULD NOT:

- Withhold food as a punishment or consequence for inappropriate behavior or poor academic performance.
- Prohibit or deny participation in physical activity as a consequence for inappropriate behavior or poor academic performance.
- Cancel play time or physical activity and replace it with lesson make-up time.

Reward Ideas for Teachers:

- Sit by friends in class or at lunch
- Music while working
- Extra recess
- Class outside
- "No homework" pass
- Field trip
- Extra computer lab time

Reward Ideas for Parents:

- Allow your child to have a sleepover with friends
- Trip to the park or zoo
- Movie outing
- "No Chore" pass
- Extra allowance money
- Shopping at the mall

