



IDEA Louisiana - Wellness Policy

Updated 7/25/2023

Preamble

IDEA Louisiana ("IDEA") is committed to the optimal academic and personal development of every student. IDEA

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less

Fundraising Activities. To support children’s health and school nutrition education efforts, school fundraising activities during the school day will only sell non-food items or foods and beverages that meet or exceed the USDA Smart Snacks guidelines. Schools will also encourage fundraising activities that promote physical activity.

Campuses are allowed to organize offsite fundraising activities at food establishments, as this does not compete with Child Nutrition Program meals. Marketing for these events can be posted on school social media.

4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.
5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Nutrition Education and Promotion. IDEA aims to teach, encourage, and support healthy eating. Schools should provide nutrition education and engage in nutrition promotion that:

- Offers each grade level a nutrition program at least once a semester which promotes and protects their health whichn8(e)2-2 (upB)e2d (t)3.6 ()0.l.4 (l)1.u (am)1.7 ()0..5 (w)4pDn (i)1.5 .7 (og5 (w)4.5 (hi)1.4

Policy Review. IDEA shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, IDEA's compliance with the wellness policy shall be assessed at least once every three years. The evaluation will consider the extent to which each IDEA school is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. IDEA will use measures aligned with Alliance for a Healthier Generation's Healthy Schools Award to track schools' compliance and progress.