



Student Nutrition and Wellness

Colorado Early Colleges (CEC) Network of Schools strives to create a healthy school environment for all students by participating in the federal Child Nutrition Programs. CEC's Director of Food Services will work with the Charter School Institute Food Authority in pursuit of the following:

- CEC schools will provide a learning environment for developing and practicing lifelong wellness behaviors by:
 - Creating a school environment that positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- CEC schools will support and promote proper dietary habits contributing to students' health and academic performance by:
 - Participating in the federal School Breakfast and/or National School Lunch Program that complies with USDA regulations and state policies as they may be amended.
 - Ensuring beverages sold to students on school grounds during the regular and extended school day shall, at a minimum, meet the nutritional standards set forth in C.R.S. 22-32.5-517.
 - Following the trans-fat prohibitions as set forth in C.R.S. 22-30.5-524.
 - Providing access to healthy food choices, on campus, outside of the Child Nutrition Program in accordance with the most current Dietary Guidelines for Americans.
 - Providing adequate time to eat in settings that are clean and safe, and encourages displays of art and health education information, including nutrition promotion.
 - Not denying meals to a student as a disciplinary action and encourages staff to use non-food items as rewards and incentives.
 - Encouraging faculty and staff to model healthy eating behaviors to students.
- CEC schools will provide opportunities for students to engage in physical activity as described in C.R.S. 22-32-136.5.

CEC's Director of Food Services will complete the Local Wellness Policy Assessment Tool twice a year on behalf of all CEC schools.