



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 Executive Director of Operations 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.
 - Contributing to the basic health of students by facilitating learning through the promotion and support of good nutrition.
- 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 and in accordance with CRS 22-32-136.
 - Ensuring that the Federal National School Breakfast and Lunch Programs adhere to the USDA Smart Snacks Rule.
 - Ensuring that all food and beverages sold during the school day (including school cafeterias, school stores, fundraising activities, and vending machines) meet the requirements of the Smart Snack Rule unless a valid exemption applies.
 - Following the trans-fat prohibitions as set forth in C.R.S. 22-32-136.3. 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.

All school nutrition program directors, managers, and staff will meet USDA Professional Standards for Child Nutrition Professionals hiring and annual continuing education/training requirements.