

# Encouraging Healthy Foods from Home

## Standards for a Healthy School Community

It is important for your school to encourage healthy eating habits among the entire school community. Schools can do this by making sure that foods provided at school and offered to students, faculty, and staff are nutritious. Schools should also be involved with foods brought into school from home. High-calorie drinks and candy, and fried snacks that are brought to school contradict the school's efforts to promote wellness and healthy food choices.

Schools are responsible for addressing the types of foods brought from home. By making healthy eating a priority at school, it is important that the foods available for students, faculty, and staff are consistent with the goals of the Wellness Policy. In order to effectively handle the issue of

foods brought from home, schools should consider developing standards to be applied to all foods brought in to school. A standard, such as "No soda is permitted in the school building at any time before, during, or after school," would be predetermined and enforced at all times during school as well as during any school-sponsored events or activities.

Standards that are determined should be used to limit the types of foods brought from home for snacks, lunches, celebrations, faculty meetings, events, and after-school activities. The standards should be available for distribution to parents/guardians and could even be incorporated into the student handbook.

It is important for the goal of the

standards to focus on creating a healthy school environment. Be careful when discussing the idea of banning foods at school. Try to encourage a healthier school environment instead. Banning specific types of foods, for example, may not be as successful as limiting the availability of certain food varieties. Standards should be created to steer the school community in a healthy direction by actively promoting healthier foods for the students, faculty, and staff. By establishing criteria and enforcing the regulations, foods from home will be healthy choices!



**Foods brought from home should consist of healthy options and incorporate a variety of food groups.**

## Creating School Standards: *Steps to Encourage Healthy Foods from Home*

When deciding to create your school's standards for foods brought from home, the following steps should be part of the plan:

1. Discuss the creation of standards with faculty and staff members for feedback and support
2. Make the standards clear and detailed, with a common goal of creating a healthier school environment
3. Address all foods and beverages available for snacks, lunches, meetings, after-school events, and extracurricular activities and provided to students, faculty, and staff
4. Present the standards to parents/guardians after they have been reviewed by school faculty and staff
5. Reinforce that the purpose and goal of the standards is to create a healthier school environment

**Nutritional Development Services**

222 N 17th Street, Philadelphia, PA 19103  
(215) 895 - 3470  
[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)