**COLUMBUS ADVENTIST ACADEMY**

**LOCAL WELLNESS POLICY**

*Updated January 2024*

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**Preamble**

Columbus Adventist Academy (hereafter referred to as CAA) is committed to the optimal development of every student. CAA believes that in order for the students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) National School Lunch Program (hereafter referred to as NSLP) is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.[[1]](#endnote-2),[[2]](#endnote-3),[[3]](#endnote-4) In addition, students who are physically active through recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.[[4]](#endnote-5),[[5]](#endnote-6),[[6]](#endnote-7),[[7]](#endnote-8). Finally, there is evidence that adequate hydration is associated with better cognitive performance. 15,16,17

This policy outlines CAA’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

* Students in CAA will be served healthy lunches in accordance with federal and state nutrition standards;
* Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
* Students have opportunities to be physically active during and after school;
* Schools engage in nutrition, physical activity and other activities that promote student wellness;
* School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
* The community is engaged in supporting the work of CAA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.

This policy applies to all students, staff, and schools in CAA..

**School Wellness Committee**

***Committee Role and Membership***

CAA will convene a representative School Wellness Committee (hereto referred to as SWC) that meets at least four times per year *t*o establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Wellness Policy. SWC membership will include a teacher, parent, and administrative staff (Principal, Executive Assistant to the Principal, and the Director of the NSLP (hereafter referred to as “ the Director”).

***Leadership***

The Director will convene SWC and facilitate development of and updates to the Wellness Policy, and will ensure the school’s compliance with the policy.

The designated official for oversight is the Director.

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| --- | --- | --- | --- |
| **Name** | **Title / Relationship to the School or District** | **Email address** | **Role on Committee** |
| Evelyn Goodman | Principal of CAA & Director of Food Services | egoodman@caa4eternity.org | Coordinates the evaluation & assessment of the Wellness Policy |
| Rebecca Cuella | Office Administrator &Former Nurse | Secretary@caa4eternity.org | Assists in the assessment & implementation of the Wellness Policy  |
| Sean Maycock | Teacher & Parent | 8thgrade@caa4eternity.org | Assists in the assessment & implementationof the Wellness Policy |
| Jacqueline Parris | Assistant Director ofFood Services | jparris@caa4eternity.org | Assists in the Coordination of the assessment & implementation of the Wellness Policy  |

The Director will be designated as the School Wellness Policy Coordinator who will ensure compliance with the policy.

**Wellness Policy Implementation, Monitoring, Accountability and**

**Community Engagement**

***Implementation Plan***

CAA will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan delineates roles, responsibilities, actions and timelines specific to each age group; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

***Recordkeeping***

CAA will retain records to document compliance with the requirements of the Wellness Policy in the Principal’s office. Documentation maintained in this location will include but will not be limited to:

* The written Wellness Policy;
* Documentation demonstrating that the policy has been made available to the public;
* Documentation of efforts to review and update CAA Wellness Policy; including an indication of who is involved in the update and methods CAA uses to make stakeholders aware of their ability to participate on SWC;
* Documentation to demonstrate compliance with the annual public notification requirements;
* The most recent assessment on the implementation of the local school Wellness Policy;
* Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

 ***Annual Notification of Policy***

CAA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. CAA will make this information available via CAA website and/or district-wide communications. CAA will provide as much information as possible about the school nutrition environment. This will include a summary of CAA’s events or activities related to the implementation of the Wellness Policy. Annually, CAA will also publicize the name and contact information of the person who is coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

***Triennial Progress Assessments***

At least once every three years, CAA will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

* The extent to which CAA is in compliance with the Wellness Policy;
* The extent to which CAA’s Wellness Policy compares to the Alliance for a Healthier Generation’s model Wellness Policy; and
* A description of the progress made in attaining the goals of CAA’s Wellness Policy.

The person responsible for managing the triennial assessment and contact information is the Director of the NSLP, 3650B Sunbury Road, Columbus, OH 43219; (614) 471-2083; lunch.adm\_caa4eternity@outlook.com . CAAwill actively notify households/families of the availability of the triennial progress report.

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***Revisions and Updating the Policy***

SWC will update or modify the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

***Community Involvement, Outreach and Communications***

CAA is committed to being responsive to community input, which begins with awareness of the Wellness Policy. CAA will actively communicate ways in which representatives of CAA and others can participate in the development, implementation and periodic review and update of the Wellness Policy through a variety of means appropriate for the school. CAA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. CAA will use electronic mechanisms, such as email or displaying notices on CAA’s website, as well as non-electronic mechanisms, such as sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. CAA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that CAA and individual schools are communicating important school information with parents.

CAA will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. CAA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

**Nutrition**

***School Meals***

CAA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Currently CAA is participating in the Provision 2 Food Program and therefore, does not distribute meal applications. A public announcement is sent to the local newspaper at the time of distribution. As each application is received, it is thoroughly reviewed by the Director to determine eligibility for meal benefits (free, reduced-price, or full pay) according to government income guidelines. When a determination is made, the application is signed by the Director, the Principal, and the Executive Assistant to the Principal. Afterwards the Director notifies the parents by letter. Following the completion of the meal application, it is filed in a secure place. No distinction is made of the student’s category during lunch attendance which is taken at the point-of-sale. The Director keeps a daily record of the number of students in each category who receive lunch. The numbers are submitted in a report at the end of each month to the Ohio Department of Education through CRRS. A reimbursement check is issued to CAA based on the report of reimbursable meals that are listed in the monthly report.

CAA does not serve breakfast due to time constraints. Class begins at 8:45 A.M. and lunch starts 2 ½ hours later at 11:30 A.M. In order to enhance the learning and attention capabilities of a student who has not had breakfast, CAA provides something simple and nutritious snack such as a breakfast bar or a bowl of oatmeal and fruit juice.

CAA is committed to offering school meals through the NSLP programs. In addition, the school serves only lunch which are catered and

* Are accessible to all students;
* Are appealing and attractive to children;
* Are served in clean and pleasant settings;
* Will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (CAA offers reimbursable school meals that meet [USDA nutrition standards](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals).)

Menus will be posted in the common areas of CAA, distributed to students, teachers, parents and posted on online platforms.

Students will be allowed at least 30 minutes to eat lunch, beginning from the time they receive their meal and are seated (meets Healthy Schools Program Gold-level criteria).

Students are served lunch at a reasonable and appropriate time of day.

Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

CAA will implement at least four of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; mark/circle the four activities CAA plans to do):

Local and/or regional products are incorporated into the school meal program;

Messages about agriculture and nutrition are reinforced throughout the learning environment;

School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

School sponsors community gardens.

***Staff Qualifications and Professional Development***

All school nutrition program directors and staff will meet hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](http://professionalstandards.nal.usda.gov/) to search for training that meets their learning needs.

***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. CAA will make drinking water available where school meals are served during mealtimes.

* Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

***Competitive Foods and Beverages***

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students at CAA during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply to snack carts.

***Celebrations and Rewards***

Foods offered will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. CAA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/) and from the [USDA](http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations).
2. Rewards and incentives. CAA will provide teachers and other relevant school staff a [list of alternative ways to reward children](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/non-food_rewards/). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. *[Meets Healthy Schools Program Silver-level criteria]*

***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers at CAA. CAA will make available to parents and teachers a list of healthy fundraising ideas [*examples from the* [*Alliance for a Healthier Generation*](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/) *and the* [*USDA*](http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising)].

* Fundraising during school hours will sell non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)]

***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

CAA will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

***Nutrition Education***

CAA will teach, model, encourage and support healthy eating by all students. CAA will provide nutrition education and engage in nutrition promotion that:

* Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
* Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
* Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as taste-testing, farm visits and school gardens;
* Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
* Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
* Links with school meal programs, cafeteria nutrition promotion activities, school gardens;
* Includes nutrition education training for teachers and other staff. *:*
* In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).
* In middle school the same will guidelines apply. nutrition education will be offered as part of the sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).

***Essential Healthy Eating Topics in Health Education***

CAA will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

* Relationship between healthy eating and personal health and disease prevention
* Food guidance from [MyPlate](http://www.choosemyplate.gov)
* Reading and using FDA's nutrition fact labels
* Eating a variety of foods every day
* Balancing food intake and physical activity
* Eating more fruits, vegetables and whole grain products
* Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
* Choosing foods and beverages with little added sugars
* Eating more calcium-rich foods
* Preparing healthy meals and snacks
* Risks of unhealthy weight control practices
* Accepting body size differences
* Food safety
* Importance of water consumption
* Importance of eating breakfast
* Making healthy choices when eating at restaurants
* Eating disorders
* [The Dietary Guidelines for Americans](https://www.choosemyplate.gov/dietary-guidelines)
* Reducing sodium intake
* Social influences on healthy eating, including media, family, peers and culture
* How to find valid information or services related to nutrition and dietary behavior
* How to develop a plan and track progress toward achieving a personal goal to eat healthfully
* Resisting peer pressure related to unhealthy dietary behavior
* Influencing, supporting, or advocating for others’ healthy dietary behavior

**Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and CAA is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection). Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The Director will discuss with the teachers and other school staff ideas for alternative ways to discipline students. To the extent practicable, CAA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. CAA will conduct necessary inspections and repairs.

**Physical Education**

CAA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. CAA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All **elementary students** in each grade will receive physical education for at least 60-90 minutes per week throughout the school year.

All **secondary students** (middle school) are required to take the equivalent of one academic year of physical education.

CAA physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

* Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
* All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).
* Waivers for Physical Education will be granted upon a physician’s signed authorization .

***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades (K-8). CAA will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

* The physical, psychological, or social benefits of physical activity
* How physical activity can contribute to a healthy weight
* How physical activity can contribute to the academic learning process
* How an inactive lifestyle contributes to chronic disease
* Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
* Differences between physical activity, exercise and fitness
* Phases of an exercise session, that is, warm up, workout and cool down
* Overcoming barriers to physical activity
* Decreasing sedentary activities, such as TV watching
* Opportunities for physical activity in the community
* Preventing injury during physical activity
* Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
* How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
* Developing an individualized physical activity and fitness plan
* Monitoring progress toward reaching goals in an individualized physical activity plan
* Dangers of using performance-enhancing drugs, such as steroids
* Social influences on physical activity, including media, family, peers and culture
* How to find valid information or services related to physical activity and fitness
* How to influence, support, or advocate for others to engage in physical activity
* How to resist peer pressure that discourages physical activity.

***Recess (Elementary and Middle School)***

CAA will offer at least **30 minutes of recess** on all days during the academic year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the school to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. Students will not be allowed outside for recess except when the outdoor temperature is below freezing or extremely high. Other exceptions are wind chill factors, and storms with lightening or thunder.

In the event that the school must conduct **indoor recess,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent that is practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

***Classroom Physical Activity Breaks (Elementary and Middle School)***

CAA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. CAA recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

CAA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

***Before and After School Activities***

CAA offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. CAA will encourage students to be physically active before and after school by offering such activities as sports activities (girls and boys basketball and volleyball teams, for example), nutritional and exercise classes, along with physical.

**Other Activities that Promote Student Wellness**

CAA will integrate wellness activities across the entire school setting. CAA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

CAA is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or CAA’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the Wellness Policy, including but not limited to ensuring the involvement of SWC/SWC.

All school-sponsored events will adhere to the Wellness Policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Community Health Promotion and Family Engagement***

CAA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities (i.e., a community garden) and will receive information about health promotion efforts. As described in the “Community Involvement, Outreach, and Communications” subsection***,*** CAA will use electronic mechanisms (e.g., email or displaying notices on CAA’s website), as well as non-electronic mechanisms, (e.g., one call to parents, sending notices home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Staff Wellness and Health Promotion***

SWC will also focus on staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness in coordination with the teaching and administrative staff.

**References**

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