



LAUDERDALE COUNTY WELLNESS PROCEDURES



The Lauderdale County School System and all schools follow the federal guidelines in federal Public Law 108-265 and the Alabama State Board of Education regulations. Adopting a Wellness Policy, the policy and procedures are designed to help curb the childhood obesity problem and the Type II Diabetes epidemic plaguing the state.

Schools alone cannot achieve the desired results. It requires the cooperation of parents, students, school personnel, and community supporters. The policy encourages more student activity and healthier eating habits, including:

Elementary students will be limited to non-carbonated drinks of 8 ounces or less, baked chips, and other approved snacks.

Elementary birthday parties will be limited by the school and will have restrictions on the kind of beverages and snacks that can be served.

Middle and high school students will follow the established state guidelines for snacks.

Students on field trips, in cooking classes, and on athletic and band trips will be exempt from the nutrition guidelines in the policy.

Fundraisers outside the school are exempt from the nutrition guidelines, but cannot be done at a time that would interfere with the school breakfast or lunch program.

Candy, carbonated drinks, foods high in saturated fat, or foods that have sugar as the first ingredient cannot be used as a fundraiser or as a reward during the school day.

Parents may send snacks and lunches from home without restrictions, but the food must be in a non-commercial container, and drinks wrapped in foil. Students cannot share food brought from home with other students because of the numerous food allergies.

Students cannot bring food items to school to sell to other students.

