

REGULATION ANNE ARUNDEL COUNTY PUBLIC SCHOOLS

Related Entries: ~~Policy~~-AE, GAI

Responsible Office: DEPUTY SUPERINTENDENT FOR STUDENT AND SCHOOL SUPPORT

HEALTHY MEETINGS AND EVENTS

A. PURPOSE

To establish procedures for ~~all~~ staff activities and events to encourage the use of healthy foods, healthy beverages, and physical activity.

B. BACKGROUND

~~With h~~Heart disease, cancer and stroke ~~being are~~ the top three causes of death in Anne Arundel County. Many positive health benefits, such as prevention or delayed onset of various chronic diseases, can be attributed to eating such foods as fruits, vegetables, whole grains, low-fat dairy products, and increasing physical activity. As a result, Anne Arundel County Public Schools (AACPS) is committed to eating healthy, and promoting more physical activity, and wellness for all employees.

C. PROCEDURES

1. AACPS schools and offices that sponsor or conduct staff activities and events shall encourage the inclusion of healthy foods, healthy beverages, and physical activity by:

a. Utilizing restaurants and caterers with healthy and local choices;

b. Ensuring food safety;

c. Offering healthy options in vending services; and

d. Incorporating physical activity, as appropriate.

1.2. All AACPS schools and offices in Anne Arundel County Public Schools that sponsor or conduct staff activities and events (~~meetings, potlucks, catered events, community-sponsored events, celebrations, etc.~~) will endeavorshall encourage the inclusion to include opportunities forof healthy foods, healthy beverages, and

physical activity ~~by~~that may include:

- a. Offering water ~~as a beverage option~~ and other healthy beverage options;
 - b. Serving low-fat, low-calorie, low-sodium, and ~~or~~ low-sugar food choices;
 - c. Serving fruits and ~~or~~ vegetables;
 - d. Serving fat-free ~~or~~ low-fat milk and dairy products;
 - e. Serving foods made from whole grains; and
 - a) ~~Utilizing restaurants/caterers which make available healthy and/or local choices;~~
 - b) ~~Ensuring food safety;~~
 - e) ~~Offering healthy options in vending services; and~~
 - f. Including opportunities for physical activity at extended meetings, conferences, and events.
23. Staff ~~of~~ in the Office of Food and Nutrition Services; and the Office of Health, Physical Education, and Dance ~~are available to~~ shall provide guidance and counsel to individual offices as they plan activities, meetings, and events consistent with ~~the~~ this regulation.
- a. ~~The above s~~Staff ~~will~~ shall help organizational leadership serve as role models for healthy food choices and promoting healthy lifestyles by encouraging healthy food and physical activity practices in addition to utilizing the Wellness Toolkit and the Healthy Meetings and Events checklist located on the AACPS website.
 - b. Staff is encouraged to learn more about the Healthy Anne Arundel Coalition; ~~formed in December 2011, which is~~ inclusive of public sector providers, health care providers, community-based partners, the business community, and academic partners ~~(including AACPS)~~. The purpose of the Coalition ~~(www.healthyannearundel.org) is~~ shall be to develop and implement ~~actionable strategies to improve public health for Anne Arundel County~~ wellness activities.

Regulation History: Developed by Superintendent 09/18/13
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Note Previous Regulation History: None