

# REGULATION

## ANNE ARUNDEL COUNTY PUBLIC SCHOOLS

**Related Entries:** AE, AE-RA, GAI, GAI-RA

**Responsible Office:** OFFICE OF STUDENT AND SYSTEMIC SUPPORTS, FOOD AND NUTRITION SERVICES DIVISION, HEALTH, PHYSICAL EDUCATION, AND DANCE SECTION

### HEALTHY MEETINGS AND EVENTS

#### A. PURPOSE

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

#### B. BACKGROUND

Heart disease, cancer, and stroke 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.
2. AACPS schools and offices that sponsor or conduct staff activities and events shall encourage the inclusion of healthy foods, healthy beverages, and physical activity that may include:
  - a. Offering water and other healthy beverage options;

- b. Serving low-fat, low-calorie, low-sodium, and low-sugar food choices;
  - c. Serving fruits and vegetables;
  - d. Serving fat-free or low-fat milk and dairy products;
  - e. Serving foods made from whole grains; and
  - f. Including opportunities for physical activity at extended meetings, conferences, and events.
3. Staff in the Food and Nutrition Services Division and the Health, Physical Education, and Dance Section shall provide guidance and counsel to individual offices as they plan activities, meetings, and events that are consistent with this regulation.
- a. Staff 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 which is inclusive of public sector providers, health care providers, community-based partners, the business community, and academic partners. The purpose of the Coalition shall be to develop and implement wellness activities.

**Regulation History:** Issued 09/27/13; Revised 06/20/18; Technical Edit 06/16/26

**Note Previous Regulation History:** None

**Legal Reference:** None