



Strengthen Your Wellness Policy to Support the 5-2-1-0 Strategies

Commitment Statement:

The (*enter school district or school name*) is committed to the integration of the 5-2-1-0 *Healthy Choices Count* framework to provide an environment that promotes wellness with consistent messaging and fosters the development of life long healthy habits. The framework promotes daily goals of 5 servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity, and 0 sugary drinks - more water.

5-2-1-0 Sample Wellness Policy Language:

**5-2-1-0 Strategies of Success – evidence based and align with national recommendations to help increase healthy eating and active living.*

Nutrition Education and Promotion:

- Students and staff will receive consistent nutrition messages based on the latest Dietary Guidelines for Americans and the 5-2-1-0 framework throughout the school community, including classrooms and the school cafeteria.
- Validate healthy choices using the 5-2-1-0 healthy choices messages by promoting fruits, vegetables, and limiting sugary drinks.

Physical Activity:

- Provide opportunities to get physical activity every day* (recess, in-class physical activity breaks, classroom learning that incorporates movement, etc).

Other School Based Activities that Promote Wellness:

- Prohibit the use of food as a reward.*
- Limit recreational screen time.*
- Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.*
- Provide parents/guardians with information regarding healthy eating, beverage choices, and physical activity and screen time recommendations on an annual basis using the 5-2-1-0 framework.
- Engage community partners to help support healthy eating and active living* through the use of the 5-2-1-0 framework to provide consistent messages.
- Implement a staff wellness program that includes healthy eating and active living* and incorporates the 5-2-1-0 messages.*
- Participate in local, state and national initiatives that support healthy eating and active living.*

Standards for nutrition guidelines for all foods and beverages:

- Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.*
- Limit unhealthy choices for snacks and celebrations, while providing healthy choices.*
- Limit or eliminate sugary drinks – provide water.*