



Healthy Nutrition

School nutrition plays a key role in a child's academic achievement. Students that are not eating breakfast or are not consuming enough food or nutrients have lower grades, are absent from school more often, struggle focusing and have decreased cognitive performance. Opportunities to improve the [school nutrition environment](#) are available in the cafeteria, in the classroom, and at school and community events. School Wellness Committees should work together to improve school nutrition.

Source: Centers for Disease Control and Prevention. Health and Academic Achievement Overview. Atlanta, GA: U.S. Department of Health and Human Services; 2014.

Food and beverages sold to students during extended school day include healthy options

- [National Standards for Out-of-School Time](#)
- [USDA National School Lunch Program—Afterschool Snacks](#)
- [Best Practices for Afterschool Meals](#)
- [Healthy Out-of-School Time Roadmap](#)

Strategies utilized to maximize participation in the lunch and breakfast program

- [School Breakfast Program Fact Sheet](#)
- [Growing School Breakfast Participation](#)
- [School Breakfast Expansion Strategies](#)
- [Alternative School Breakfast Models](#)
- [National School Lunch Program Fact Sheet](#)

Collaboration between school nutrition staff and teachers

- [Alliance for a Healthier Generation—Framework of Best Practices](#)
- [Serving Up MyPlate: A Yummy Curriculum](#)
- [National School Lunch Program Fact Sheet](#)
- [School Breakfast Program Fact Sheet](#)
- [Summer Meal Program Fact Sheet](#)

Implementation of Farm to School activities

- [Louisiana Farm to School Program](#)
- [What is Farm to School?](#)
- [Louisiana Harvest of the Month Program](#)
- [Farm to School in the Cafeteria](#)
- [Louisiana School Garden Resources](#)
- [LSU AgCenter Cooperative Extension](#)

Marketing techniques used to promote healthy choices



SCHOOL

WELLSPOT BENCHMARKS



- [Eat to Win campaign](#)
- [USDA Team Nutrition Materials](#)
- [Alliance for a Healthier Generation—Framework of Best Practices](#)

Healthy foods and beverages are included at celebrations/events and nonfood items are offered for rewards

- [Non-Food Rewards](#)
- [Healthy Celebrations](#)