

Is your school ready to implement a *Local Wellness Policy*?

Do you need help meeting Alabama Course of Study Content Standards?

NEP is here to help. The Nutrition Education Program (NEP) supports the federally-mandated *Local Wellness Policy* and Alabama Course of Study for specific subjects. NEP provides nutrition education and promotes physical activities to enhance elementary student wellness. Students will be able to explore, analyze and synthesize information through flexible NEP instructional group practices. NEP educators are county-based employees of the Alabama Cooperative Extension System at Auburn University.

What is the *Local Wellness Policy*?

In June 2004, the Child Nutrition and WIC Reauthorization Act was signed, making it mandatory for all local education agencies participating in the Federal School Meals Programs to create a *Local Wellness Policy* to promote the health of students and address childhood obesity. By July 2006, school districts must have created a policy which sets goals for nutrition education and physical activity designed to promote wellness. The education and evaluation provided through NEP will help address *Local Wellness Policy* goals.

What are examples of Alabama Course of Study Content Standards that are addressed through NEP?

| Subject | 3 rd Grade - Content Standard |
|-----------------------|--|
| Science | 6, 7 |
| Mathematics | 1, 2, 11 |
| Health Education | 1, 6, 9, 10, 12 |
| English Language Arts | 1, 2, 3, 8, 11, 12, 14, 17, 19, 20, 21, 22, 23, 24, 27, 28, 29, 30 |
| Physical Education | 1, 2, 3, 9, 10 |

What does NEP have to offer?

- Hands-on, behavior-based learning
- Developmentally appropriate activities
- Activities to reinforce Alabama Content Standards for elementary grades
- Appealing foods for students to taste and enjoy

And more,

- Weekly visits: 30-50 minutes per lesson
- Physical activity integrated into lessons
- Supplemental handouts and activities for teachers to use
- Program evaluation exploring knowledge and behavior change

How can my school get these classes?

This is the easiest part. Just contact your county Extension office with the Alabama Cooperative Extension System. Look in the telephone directory under your county's name to find the number.