

Coastal Grove Wellness Policy

Updated 12/18/17

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Coastal Grove Wellness Policy

Preamble

Coastal Grove Charter School (hereto referred to as the School) is committed to the optimal development of every student. For students to have the opportunity to achieve personal, academic, developmental and social success, we need to create a positive, safe and health-promoting learning environment at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education and modeling that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Coastal Grove Charter School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

Coastal Grove Charter School will convene a representative school wellness committee (hereto referred to as the SWC) that meets at least four times per year to establish goals for and oversee

school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The SWC membership includes but is not limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal), Charter Council members; health professionals (e.g., county nurses,); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). The SWC will reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

The designated official for oversight is:

Bettina Eipper, Director,
 (707) 825-8804, ext. 0
 coastalgrove@coastalgrove.org

The names, titles, and contact information of these individuals are:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Heather Pearce	Administrative Assistant	heather@coastalgrove.org	Updating the Wellness Policy
Devin Butor	Physical Education teacher	dbutorcgcs@gmail.com	Updating the Wellness Policy
Jessica Bell	Food Services Director	kitchen@coastalgrove.org	Updating the Wellness Policy
Michelle Watson	Administrative Assistant	michelle@coastalgrove.org	Updating the Wellness Policy
Rachel Holm	Teacher/Parent	rholmcgcs@gmail.com	Updating the Wellness Policy
Lori Dunn	Administrative Secretary	coastalgrove@coastalgrove.org	Updating the Wellness Policy

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

This wellness policy and the progress reports can be found at: coastalgrove.org.

Recordkeeping

The School will retain records to document compliance with the requirements of the wellness policy in the school office. The written wellness policy will be available to the public on our website, the school handbook, and our school newsletter.

The implementation and success of our wellness plan will be measureable through annual physical fitness testing which includes BMI for 5th and 7th grade students.

Annual Notification of Policy

The School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available via the school website and/or school-wide communications. The School will provide as much information as possible about the school nutrition environment. This will include a summary of the School's events or activities related to wellness policy implementation. Annually, the School will also publicize the name and contact information of the School official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the School's wellness policy.

The position responsible for managing the triennial assessment and contact information is the Coastal Grove Charter School Director, 707-825-8804, ext. 0. The School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments, and new Federal or state guidance or standards are issued. **The wellness policy will be updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The School will actively communicate ways in which representatives of SWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The School will ensure that communications are culturally and linguistically appropriate to the community.

The School will actively notify the public about the content of or any updates to the wellness policy annually. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals and Nutrition Promotion

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

- The school participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The School also operates additional nutrition-related programs and activities including a school garden and a 4-H program.
- The School's meal program promotes healthy food and beverage choices using these [Smarter Lunchroom techniques](#):
 - Sliced or cut fruit is available daily.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - A serving of vegetables is incorporated into an entrée item at least once a week (e.g. beef and broccoli bowl, spaghetti, black bean burrito).
 - Self-serve condiments and seasonings are available for students to add.
 - White milk is the only milk served..
 - Students can pre-order lunch in the morning or the day before.
 - The lunchroom is branded and decorated in a way that reflects the student body.
 - All lights in the dining and meal service areas work and are turned on.
 - Compost, recycling and trash cans are at least 5 feet away from dining students.
 - There is a clear traffic pattern. Signs, floor decals or rope lines are used when appropriate.
 - At least two kinds of fruit are offered daily
 - At least two kinds of vegetables are offered.
 - Students have the opportunity to volunteer in the lunchroom.

- A monthly menu is posted in the main office and on the school bulletin board.
- A monthly menu is provided to students, families, teachers and administrators.
- Nutrition education is incorporated into the school day.
- Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.)
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Students eat in a calm, nurturing and relaxing environment with their teacher in their classrooms.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day in the classrooms, from water fountains and water bottle fillers.

Competitive Foods and Beverages

The School is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating and meet or exceed the USDA Smart Snacks in School nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold or given away.

A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Celebrations, Rewards, and Fundraising

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through: Snacks, Celebrations, Rewards and Parties. The School provides a list of healthy snack and party ideas to parents and teachers, including non-food celebration and reward ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#). The School provides teachers and other relevant school staff a [list of alternative ways to reward children](#).

Nutrition Education

The School will teach, model, encourage and support healthy eating by all students. The School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The School will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Preparing healthy meals and snacks
- Washing hands prior to eating or preparing food
- Risks of unhealthy weight control practices
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- Resisting peer pressure related to unhealthy dietary behavior

Food and Beverage Marketing in Schools

The School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The School strives to teach students how to make informed choices about nutrition, health and physical activity. Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family engagement. The school will ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

The School ensures that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

Physical Education

The School provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Kindergarten and 1st grade students receive 50 minutes of physical education per week and daily outdoor free play time of 30 minutes in addition to 20 minutes of recess twice per day. They also take a weekly nature walk. All 2nd through 8th grade students receive 100 minutes of physical education per week and 20 minutes of recess twice per day. In addition to this, we offer morning integration movement and circle times as well as developmental movement classes.

The School physical education program will measure student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the School will require middle school students to take and pass at least one health education course. The School will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Phases of an exercise session, that is, warm up, workout and cool down
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community

- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Social influences on physical activity, including media, family, peers and culture
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school must conduct **indoor recess**, teachers and staff will encourage students to be physically active to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Physical activity is integrated into academic lessons throughout the day on all or most days during a typical school week. This physical activity complements, not substitutes, for physical education class, recess, and class transition periods.

The School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The School supports classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual peer review and professional development opportunities and resources, including information on leading activities, activity options.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The School offers opportunities for students to participate in physical activity after the school day through our sports program. We offer cross country running and girls basketball in the fall, boys' basketball in the winter and track and field in the spring.

Active Transport

- The School supports active transport to and from school, such as walking or biking. We have encouraged this behavior by engaging the International Walk and Roll to School event in October. We have won the Carpe Menses award for 6 years in a row.
- Instruction on walking/bicycling safety is provided to students on walking and biking field trips.
- Students are instructed to use crosswalks on streets leading to schools.
- We have a bike rack for the safe keeping of bicycles during the school day.
- Many of our staff set a good example by walking or biking to school daily, as well as on field trips with students.

V. Other Activities that Promote Student Wellness

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

The School will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in anatomy and physiology lessons in middle school.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The school participates with the City of Arcata in the development of a Safe Routes to School Program which:

- Promotes activities such as participation in International Walk and Roll to School Month
- Promotes safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Documents the number of children walking and or biking to and from school
- Creates and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

The School will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the School will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

Our staff receives monthly wellness newsletters from our insurance group. Staff has the opportunity to receive free wellness screenings annually.

The SWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader is Bettina Eipper.

The School has implemented strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies as well as specific actions staff members can take include: exercising with the students during class and/or recess time, participating in the school’s healthy breakfast and lunch programs, taking full advantage of the health insurance benefits offered to full time employees.

Professional Learning

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). This year our staff will be offered the Bal a Visix training in February as well as ongoing training opportunities offered through our county office of education. Many of our staff attended Camp Wellagogy last summer and mindfulness training.

Professional learning will help School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

Date of Charter Council Approval: 12/18/17

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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