

WRHI Wellness Policy

Winslow Residential Hall, Inc. is committed to creating a healthy residential environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student wellness and achievement. Our goal is to have 95% of our students involved in Health Initiative activities.

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of WRHI. We also may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the residential program nutrition education.

- Provides students with the knowledge and skills needed to engage in sound nutritious behavior.
- Builds students esteem, confidence and competence in making healthy nutritional choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Provides adequate recreational and instructional time to build students confidence and competence in health-enhancing skills.
- Introduces cultural wellness, menu choices and dietary information.

The Foodservice department shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA) and the Arizona Department of Education (ADE). The WRHI staff shall encourage students to make food choices based on the most current dietary guidelines for Americans. Fast food and unhealthy beverages that do not comply with WRHI's policy of promoting a healthy residential hall environment shall be discourage.