

# Regulation IHAMD Las Cruces Public Schools

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Related Entries: IHAMD  
Responsible Office: Chief Academic Officer

## NUTRITION EDUCATION

### I. PURPOSE

The purpose of this regulation is to implement the policy of the Las Cruces Public Schools Board of Education with regard to nutrition education.

### II. PROCESS

- A. Schools shall provide nutrition education through classrooms and through special promotions, all designed to help students establish healthy eating habits.
- B. Nutrition education shall include a planned, sequential curriculum that is age appropriate and aligned with the K-12 New Mexico Health Education Standards as set forth in 6.29.6 NMAC.
- C. Nutrition Services and the Department of Instruction shall collaborate on providing monthly nutrition tasting learning units that are prepared and delivered to elementary classroom teachers by Nutrition Services on a rotating basis. These units shall focus on increasing preferences for fruits, vegetables, whole grains, and other healthy foods.
- D. Elementary students shall be provided opportunities to participate in nutrition campaigns such as the breakfast slogan and logo contest, water drinking campaign, and the annual menu calendar contest.
- E. Middle and high school students shall be provided opportunities to engage in special nutrition education activities such as school garden projects, recipe contests, video making projects, and tasting lessons in classrooms and cafeterias.
- F. School staff is encouraged to include healthy foods as part of school celebrations and school fundraisers as required in Policy JLJ – Student Nutrition and/or through Policy EFE – Competitive Food Sales and Vending Machines.



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*Approved, Andrea Fletcher  
Deputy Superintendent*

Dec. 7, 2015

*Date Approved*

**History:** New regulation 12.07.15

**Legal Reference:** 6.29.6 NMAC, Section 204 of Public Law 111-296 – The Healthy Hunger-Free Kids Act of 2010