



The vision of COACH, the Chesterfield County Coalition for Active Children, is “healthy kids becoming healthy adults.” Our mission is to create a healthy future by engaging children, youths and families in making healthy choices throughout their lives. COACH partners with Chesterfield County Public Schools to support healthy living for families.



Inducted into the YMCA Healthy Lifestyles Hall of Fame in 2008, Chesterfield County Public Schools supports wellness and healthy living in these ways:

### **Nutrition education**

- ▶ Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community with a focus on strategies to improve nutrition.
- ▶ Chesterfield County Public Schools will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families. The school system’s Office of Food and Nutrition Services will provide annual menus for the federal lunch program to families, along with nutritional information.



### **Nutrition standards**

- ▶ All foods made available in the federal program to students during the school day by the Office of Food and Nutrition Services will comply with or exceed the current federal and state requirements.
- ▶ Schools will encourage healthy snacks, where permitted or offered.



### **Physical activity**

- ▶ Physical education will include the instruction of individual activities as well as competitive and non-competitive sports to encourage lifelong physical activity.
- ▶ Chesterfield County Public Schools will provide information to families to help them incorporate physical activity into their students’ lives.

### **Other programs**

- ▶ Schools should encourage families to participate in programs that support physical activity.
- ▶ Where possible, schools are encouraged to host health clinics and health screenings and help enroll eligible children in Medicaid and other state children’s health insurance programs.



### **Resources**

- ▶ Go to [chesterfield.k12.va.us](http://chesterfield.k12.va.us) to read the school system’s wellness policy (policy 419) or view information from the Office of Food and Nutrition Services.
- ▶ To learn more about COACH, go to [www.chesterfield.gov](http://www.chesterfield.gov) and click COACH in the quick links section.