Local wellness policies provide the structure for districts, schools and families to build school environments that promote student, staff and community members’ health, well-being and ability to learn.

The Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), includes new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting progress.

To help Oregon districts and schools revise their own wellness policies, ODE Child Nutrition Programs worked with the Oregon School Board Association (OSBA) to develop sample Policy and Administrative Regulations. Check out the model policies and make adaptations for your school:

www.ode.state.or.us/wma/nutrition/snp/sample-policy.pdf

For more information, contact
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Many health factors can keep kids away from school, and contribute to chronic absenteeism (missing 10% or more of school days). But missing school can cause health problems, too! Kids who miss lots of days are more likely to fall behind and later drop out. Adults with less education are more likely to have worse health throughout their lives. Chronic absenteeism is now reported at the school and district level—so educators can intervene early when kids are missing out and falling behind. What is your school doing to support attendance?
Once the school year ends, many children may not have access to nourishing meals and snacks. Fortunately, Oregon has the Summer Food Service Program (SFSP) to meet this need during the summer months.

Although the primary intent of SFSP programs is to provide food for low-income children, any child 18 years of age and under, regardless of family income level, may participate! The meals are tasty and meet the strict USDA nutritional guidelines. (No registration or paperwork - kids just show up and eat.)

Inadequate nutrition and hunger are barriers to good health and academic success, no matter the time of year. Students who go hungry during the summer are at an academic disadvantage once school starts in September. Less than 20% of eligible children and youth take advantage of the free summer meals. We can do more to nourish our kids!

Please spread the word and check out summer meals. For information about sites near you visit: www.summerfoodoregon.org or oregonhunger.org.

### applesauce french toast

**Easy to find ingredients, fun to prepare together and perfect for families.**

**INGREDIENTS**
- 2 eggs
- 1/2 cup non-fat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup applesauce
- 6 slices whole wheat bread

**DIRECTIONS**
1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot.
5. Refrigerate leftovers within 2 hours.

**NOTES**
Top with applesauce, fresh fruit or yogurt. Serving Size 1 slice. Yield 6 Servings
Prep time: 5 minutes  Cooking time: 10 minutes

For nutrient facts and other delicious and economical recipes go to FoodHero.org