

## **FNS Policy on Physical Activity as a Component of Nutrition Education Efforts in FNS Programs**

### **Goal:**

FNS supports efforts to improve the health and fitness of our program participants consistent with the most current *Dietary Guidelines for Americans*, *The Food Guide Pyramid* and *The Food Guide Pyramid for Children*. These efforts include:

- ❑ Activities to help participants eat a nutritious diet by providing and linking nutrition education and program benefits
- ❑ Activities to encourage physical activity every day by promoting active living and connecting people with community based resources funded by appropriate entities.

### **Principles:**

- Educational and program materials developed to promote and reinforce physical activity for all target audiences must include messages that link nutrition and physical activity and the associated health benefits of active lifestyles, such as Eat Smart. Play Hard.<sup>™</sup>
- All programming such as workshops, conferences, and trainings that encourages physical activity must include a focus primarily on nutrition education to promote healthy eating behaviors as well. Activities may include one-time demonstration for participants and training for staff to develop skills and to help participants.
- FNS program cooperators may use nutrition education funds to develop nutrition education and physical activity materials that are reasonable and necessary. All physical activity materials must include a nutrition education messages that promote healthy eating and links nutrition and physical activity.
- FNS developed materials, such as Team Nutrition, Eat Smart. Play Hard.<sup>™</sup>, Loving Support should be used and /or adapted whenever possible rather than developing new materials. Using or adapting successful model interventions developed by others is preferable to developing new materials.
- FNS program cooperators are encouraged to coordinate with community, faith-based, youth and recreational organizations, and others whose primarily mission is to make regular opportunities for physical activity accessible and to make a listing of these resources available to Program participants.
- Incentives and reinforcement items must be reasonable and necessary based on established cost principles (OMB circular A-87, A-122 and A-21) and criteria of specific nutrition assistance programs and comply with policy on cost limitations.

