

San Bruno Park School District Nutritional Policies Rollingwood Elementary H and W Guidelines

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the district shall adopt nutritional guidelines which are consistent with state and federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the district may sponsor a summer meal program.

The Superintendent or designee shall provide access to free, potable water during meal times in the food service area in accordance with Education Code and shall encourage students' consumption of water by educating them about the health benefits of water and serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at district schools, including those available outside the district's food services program, should support the health curriculum and promote optimal health. Nutritional standards adopted by the district for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutritional standards.

School organizations are to use healthy food items or non-food items for fundraising purposes. School staffs are to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

Fundraising

School fundraisers will include non-food items such as books, gift-wrap, magazine and plant sales, white elephant sales, raffles, walkathons, fun runs, silent auctions, etc. If food items are sold, foods not meeting nutritional criteria cannot be sold during school hours and must comprise only 10% or less of product items offered in the fundraiser efforts.

School staff shall ensure parents/guardians or other volunteers support the district's nutrition education program by requiring nutritional quality when selecting any food or beverages which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible, limited to three times per year. Lists of acceptable snack foods and beverages are included in student handbooks and on the district website.

HEALTH AND WELLNESS POLICY

The federal Health and Wellness Policy (www.cde.ca.gov/ls/nu) became effective in July 2007. This policy is in direct result of the recent increases in childhood obesity and diabetes.

Help us have successful class parties. Be creative and follow the Health and Wellness Policy. Please make sure you speak to the teacher about food items and ask about allergies. If a snack does not meet the guidelines, your child will be unable to share it. Children eat what is put in front of them. If healthy food is presented, they will eat!

Non-food items are GREAT! stickers, pencils, erasers, etc.

• **Some examples of healthy snacks include:**

- Fresh fruit
 - Frozen Gogurt
 - Mozzarella (string) cheese sticks
 - Graham crackers
 - Muffins (not chocolate)
 - Baked chips and salsa
 - Peanut butter and crackers
 - Pumpkin or sunflower seeds
 - Raisins and peanuts
 - Graham crackers
 - Air popped popcorn- no butter (already popped)
- Yogurt
 - Vegetable sticks
 - Pretzels
 - Fruit juice bars (100% juice)
 - Dried fruits
 - Fruit smoothies
 - Cheese and crackers
 - Peanut butter/celery,
 - Bagels

The following snacks are not allowed:

- Donuts
- Cupcakes
- Cake
- Candy
- Ice-cream
- Cookies
- Fruit roll ups or fruit shapes (must be 100% fruit)
- Soda
- Gum
- Marshmallows
- Potato and corn chips

