

Wellness in Action!



Keyes Union School District Student Wellness Policy Guidelines

Revised April 24, 2012



For more information contact your school office or

www.keyes.k12.ca.us or

Jackie Navarro, Cafeteria Clerk, at 209-667-1660 x2315

Keyes Union School District's Wellness in Action

What is a wellness policy?

The Keyes Union School District developed a Student Wellness Policy to promote student health through teaching nutrition education, assuring that the foods students eat at school are healthy, and encouraging physical education and activity. Here are some of the important parts of the policy. The policy (BP 5030) is available at www.keyes.k12.ca.us.

- Students need to learn how to choose healthy foods so that their bodies are healthy, so they maintain a healthy weight, and so they can achieve academic success.
- Students are provided with physical education and other opportunities for students to be active during the school day.
- Classroom rewards and parties need to model healthy eating for students so that they learn how to make these healthy choices for themselves.
- School fund raisers must follow the nutrition guidelines for products sold.

Why change the food rules at school?

Our country is in the midst of an obesity epidemic, and some of our past practices at schools have contributed to this problem. For example, teachers used to give students candy or other sugary treats as rewards. Classroom parties featured cupcakes and sodas. School fund raisers sold candy, cookie dough, and other non-healthy products.

New nutrition laws have been adopted by the federal and state government that limit what schools can sell or serve to students from one-half hour before school and through one-half hour after school. The new guidelines are listed on the back side of this brochure. Our schools must change the way that we do business, as our children's health is at stake!

What benefits will my children/students receive from changing our policies?

- Healthy kids learn better. Research has found that good nutrition is linked to better behavior and better academic performance.
- Children will receive a consistent message about healthy eating at school. If we teach good nutrition, then we need to follow through and make sure that the other parts of our students' days at school are also healthy—cafeteria meals, rewards from staff, class parties, fund raising, and other treats.
- Healthier choices create an excitement in children about nutrition. For example, imagine that for a birthday celebration, students had an opportunity to sample some new kinds of fruits and vegetables they may have not tried. Each student could get a plate, some low-fat dips, and then could choose various fruits and vegetables to try. They may never have eaten or been willing to try some of these, which could change their eating habits for the better.
- Taking the focus off foods and using other kinds of rewards/celebrations helps our students who are overweight or who have food allergies. Refreshments should enhance the fun, not be the main event. For example, instead of something to eat or drink, maybe a parent (in consultation with the teacher) could bring in a craft for classmates to do or host a fun outdoor activity at school in celebration of a birthday.
- Involve children in planning treats or celebrations at school. This gives the child/student an opportunity to learn about nutrition while making healthy choices. Let them make the decorations or put together party bags for each student (pencil, eraser, bookmark, etc.)

What are some kinds of classroom rewards that are acceptable under the new guidelines?

As much as possible, do not reward children with food or beverages. Here are some ideas that teachers and parents can use as rewards that do not involve food:

- | | |
|---|--------------------------------------|
| • Make a delivery to the office | • Receive first in line privileges |
| • Sit by friends | • Earn classroom "bucks" for rewards |
| • Help in another grade/classroom | • Listen to appropriate music |
| • Stickers, pencils, bookmarks, erasers | • Select item from a treasure box |
| • Use the computer | • Receive a free homework pass |
| • Earn extra free reading time | • Be the teacher's special helper |

What can we serve at class parties? Special classroom celebrations for birthdays and holidays are part of our school culture. We just need to adjust what we serve and our portion sizes to meet new nutrition guidelines.

- | | |
|---|--------------------------------------|
| • Low fat/nonfat plain or flavored milk | • Pretzels, rice cakes, bread sticks |
| • Sparkling 100% fruit juices | • Frozen 100% juice bars |
| • Flavored water without added sugar | • Low-fat bagels with peanut butter |
| • Fruit: kabobs, salad, dried fruits | • Low fat yogurt or pudding |
| • Vegetables: trays with low-fat dip | • Low fat breakfast or granola bars |
| • Crackers: whole grain, graham | • Trail mix without candy |
| • Nuts or seeds, low fat popcorn | • Pizza with low-fat toppings* |
| • Baked chips with low fat salsa or dip | • Low fat packaged cheese |

*Pizzas that meet nutrition guidelines may be ordered from the school cafeteria.

What can we sell for fund raisers? School fundraising needs to follow the new nutrition guidelines when sales occur less than 30 minutes before or after school or when sales take place on school premises. Sales more than 30 minute before or after and sales off the school grounds do not. There are many ways to raise funds and not sell unhealthy products:

- | | |
|--|--|
| • Candles or other non food items | • Buttons or pins |
| • Greeting cards, gift wrap, calendars | • Hats or other clothing items |
| • Flowers or potted plants; balloons | • Raffle tickets for a donated prize |
| • Coupon books or gift certificates | • Coffee |
| • Magnets | • Christmas trees, wreaths, mistletoe |
| • Cook books created by students | • Walk or read-a-thon, spelling bee |
| • Kitchen or bath accessories | • Sell tickets to a school show or event |
| • First aid kits | • Reserved parking for a school event |
| • Batteries | • School night at a local restaurant |
| • Pre-paid phone cards | • Bumper stickers, decals |
| • Car washes | • Fruit baskets/boxes |

If you have questions or would like more information, the following websites will provide a wealth of ideas and information:

- Food Pyramid: www.mypyramid.gov

- Dairy Council of California: www.dairycouncilofca.org
- Non-Food Rewards for Kids:
http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4110.html
- Non Food Based Fund Raising Ideas: http://www.pasasf.org/nutrition/pdfs/nonfood_fundraising.pdf
- Keyes USD website: www.keyes.k12.ca.us/wellness

Keyes USD Food and Beverage Guidelines

Nutrition guidelines for healthy snacks (find this information on food labels):

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% sugar, by weight
- Not more than 175 calories per item/container for elementary students
- Not more than 250 calories item/container for secondary students

Exempt Items: The following can be served as snacks without meeting the guidelines above

- Nuts, nut butters, and seeds
- Eggs
- Cheese packaged for individual sale
- Fruit and vegetables that have not been deep fried
- Beans and other legumes

Healthy beverages:

- Plain water with no sugar or other sweeteners added
- Fruit or vegetable drinks that are not less than 50% fruit or vegetable juice with no added sweeteners
- Milk - 1%, 2%, nonfat, flavored, soy, rice, or other similar non-dairy milk
- Electrolyte beverages (like Gatorade) with no more than 42 grams of added sweetener per 20 oz. (for middle or high school only)

Foods must be commercially prepared and not homemade.

Suggested Foods and Beverages

Preferred items:

- Fruits: fresh (raw), dried, fruit snacks, canned fruits (no added sugar)
- Vegetables: fresh (raw), canned vegetables
- Cheese
- Nuts and seeds: whole or nut/seed butters
- Low fat popcorn or pretzels
- Low fat yogurt
- Bakery items, such as low fat muffins, low fat bagels
- Crackers: graham crackers, goldfish crackers, low fat Triscuit, low fat Wheat Thins
- Yogurt covered nuts or raisins
- Frozen juice/fruit bars (not less than 50% juice)
- Trail mix without added candy

Limited items, which must meet nutrition guidelines above, unless exempt:

- Baked potato, corn, or other chips
- Granola bars
- Frozen yogurt or sorbet
- Cookies (low fat, low sugar)
- Smoothies

Not allowed to be served at school:

- Sodas or other sugary beverages
- Candy or gum (unless sugarless)
- Fried potato, corn, or other chips or snacks
- Any foods containing trans-fats
- Cake, cupcakes, or other sugary desserts

Here is an online tool to help determine whether an individual food item meets the nutrition guidelines.
<http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>