

WHY DO WE HAVE TO HAVE A WELLNESS POLICY

- **IT'S THE LAW**
- **THIS MUST BE DONE BY JULY 1, 2006**
- **CONGRESS ESTABLISHED THIS REQUIREMENT FOR SCHOOL DISTRICTS THAT HAVE FEDERALLY FUNDED SCHOOL MEAL PROGRAMS**
- **PROVIDES AN OPPORTUNITY FOR SCHOOL DISTRICTS TO CREATE AN ENVIRONMENT FOR HEALTHY CHOICES**
- **SUPPORTS STUDENTS LEARNING AND HEALTH**
- **RECOGNIZES THE CRITICAL ROLE OF SCHOOLS IN CURBING THE EPIDEMIC OF CHILDHOOD OBESITY**
- **IMPROVED ATTENDANCE**
- **IMPROVED BEHAVIOR**
- **LESS VISITS TO THE HEALTH OFFICE**
- **INCREASED ATTENTION, CREATIVITY, AND TEST SCORES**

At the Buena Park Board of Education General Meeting on Monday, June 26, 2006, the State Mandated Wellness Policy was adopted.

The Buena Park School District's philosophy behind this Wellness Policy believes that children who begin each day as healthy individuals can learn more and learn better. The School Board also believes that staff can more effectively perform their duties and model appropriate wellness behaviors for students.

Nutrition guidelines require the use of products that are high in fiber, low in added fats, sugar and sodium and served in appropriate portion sizes consistent with United States Department of Agriculture (USDA) standards.

Nutrition guidelines for all ala carte foods available on school campuses during the school day will meet the objective of promoting student health and reducing childhood obesity.

Often times, there is confusion as to what is considered "healthy" and you might be wondering what foods and beverages do really measure up in terms of being healthful. In order to clear up this confusion and provide guidance to you in purchasing items, we are providing guidelines.

Elementary School *(schools that have grade 6 or lower)*

Eliminate the sale of all foods sold outside the school meal program during the school day. Individual items sold during breaks must meet the same standards as for the secondary school.

Young children should not have the opportunity to make unhealthful food choices at school. The school environment should model healthy choices.

Secondary Schools *(schools that have grades 7 - 12)*

Beverages:

- **contain at least 50% fruit juice with no added sweeteners**
- **water**
- **low fat (1%), nonfat (skim) milk - includes flavored milks**

- **beverages not recommended for sale include soft drinks, punch, iced tea, drinks containing less than 50% real fruit juice and beverages containing caffeine (except chocolate milk)**

This will eliminate beverages with little nutritional value and others that replace more healthful alternatives.

Snacks served during the school day or in after-school care will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.

Snack foods must meet the following criteria:

- **no more than 30% of total calories come from fat**
- **no more than 10% of calories come from saturated fat**
- **no more than 35% added sugar by weight (except fresh, dried or canned fruits and vegetables)**

Portion size is limited to:

- **Snack foods (baked chips, baked crackers, popcorn, trail mix, nuts, seeds, dried fruits) are 1.25 oz or less**
- **Cookies and cereal bars are 2 oz or less**
- **Bakery items (muffins) are 3 oz or less**
- **Frozen desserts, ice cream are 3 oz or less**
- **Yogurt are 8 oz or less**
- **Beverages (except water) are 12 oz or less**

Foods not recommended for sale include all large-sized portions, regular chips and candy.

In the 1.25 oz serving or less, these items have less than 40% fat calories, and less than 40% added sugar by weight (excluding nuts, seeds, peanut butter items and dried fruit). This list is subject to change. Items not found on this list doesn't necessarily mean they don't meet recommendations. Remember, packaging size makes a difference. Select small portion sizes and avoid large sizes that contain more than a "single" serving.

Grains:

Granola and Cereal Bars

General Mills Milk 'n Cereal Bars (all varieties)
General Mills Chex Morning Mix
General Mills Oatmeal Crisp (fruit 'n cereal) Bars
Keebler Journey Bars (apple cinnamon, peanut butter fudge)
**Kellogg's Nutri Grain Cereal Bars (strawberry, blueberry,
cinnamon apple)**
Kellogg's Nutri Grain Granola Bars (honey oats and raisins)
**Kellogg's Nutri Grain Yogurt Bars (strawberry, blueberry,
cinnamon apple)**
Kettle Valley Fruit Bars
**Nature Valley Chewy Trail Mix Bars (fruit and nut, apple
cinnamon)**
Nature Valley Crunchy Granola Bars (all varieties)
Quaker Fruit and Oatmeal Bars (all varieties)
Quaker Oats Chewy Granola Bars (all varieties)

Breads, Muffins and Bagels

Bagels, (all types) limit to 4 oz portions
**Muffins (banana nut, blueberry, lemon poppy seed, orange blossom)
limit to 4 oz portion or less**

Cookies

Famous Amos Oatmeal Raisin Cookies
Fig Newtons
Graham Crackers (regular and lot fat brands)
Keebler Animal Crackers
Nabisco Teddy Grahams (all varieties)
Rice Krispy Treats (original flavor)

Crackers, Chips, Pretzels and Popcorn

**Baked Chips (potato and corn variety: Frito Lay, Lays)
Pepperidge Farms Cheddar Cheese Goldfish
Popcorn (fat free or light varieties)
Rold Gold Pretzels
Sun Chips (all flavors)**

Protein Foods

**Dakota Gourmet Sunflower Seeds
Dakota Gourmet Sunflower Kernels (honey roasted, lightly salted)
Planter's Trail Mix
Nature Valley Trail Mix
Smuckers Uncrustables (peanut butter and jelly sandwich)**

Dairy Products

**Dannon D'animals Drinkable Yogurt
Puddings (fat free and regular)
Yogurt (low fat, light or non-fat)
Yoplait Go-Gurts**

Fruits and Vegetables

**Fresh or canned individually fruits in light syrup or natural juices
Dried fruit or fruit leather
Dreyers Whole Fruit (no sugar) Frozen Fruit Bars**

This list is not meant to be all-inclusive but provide ideas for healthful items to be sold during nutrition breaks

Healthy Snack Combinations

Try offering these items:

- *Bagel and Cream Cheese with 100% Fruit Juice*
- *String Cheese and Granola Bar*
- *Milk and Cookies*
- *Baked Tortilla Chips with Salsa*
- *Fresh Apple Slices with Peanut Butter*
- *Celery Sticks with Peanut Butter*
- *Fresh Vegetables with Light Ranch Dip*
- *Yogurt with a piece of fresh fruit*
- *Animal Crackers or Honey Grahams with Milk*
- *Fresh or Canned (lite syrup) Fruit, Cheese Sticks and Water*

Alternatives to Using Food as a Reward

Promoting Good Habits While Protecting Children's Health

Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Another counter-productive punishment is forcing children to do physical activity such as running laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children. The U.S. Department of Agriculture prohibits withholding meals as a punishment for any child enrolled in a school participating in the school meal program.

Social Rewards

“Social rewards” which involve attention, praise or thanks are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise, (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

Recognition

- **Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g. - “great job”)**
- **Recognizing a child's achievement on the school-wide morning announcements and/or the school's website**
- **A photo recognition board in a prominent location in the school**
- **A phone call, e-mail, or letter sent home to parents or guardians commending a child's accomplishment**
- **A note from the teacher to the student commending his or her achievement**

School Fund-raising Events

To support children's health and school nutrition-education efforts, school Fund-raising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage Fund-raising activities that promote physical activity.

Exceptions to the above food and beverage sale requirements:

Elementary schools may permit the sale of foods or beverages that do not comply with the above requirements if the items are sold by pupils of the school and the sale takes place:

- **off and away from the school premises; or**
- **at least one-half hour after the end of the school day**

The school district has a list of ideas for acceptable Fund-raising activities.

- **Gift Fruit Fund-raising**
- **Kids Flowers/Bringing Fund-raising to Life**
- **Candle Fund-raising**

Attached is the information for these Fund-raisers.

Implementation of the Local Wellness Policy

Only the Child Nutrition Department shall provide students food and beverages from the beginning of the school day through the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing foods.

Site administrators are responsible for ensuring that their school site implements the adopted local wellness policy. This shall be accomplished by completing a questionnaire once a semester.

Each school will post the district's wellness policy in public view within all school cafeterias or in other central eating areas