

## Nutritional Information

Bonita Unified School District believes that all food and beverages available to students should:

- Support the District's Wellness Policy/Regulations
- Promote optimal student health
- Maintain the integrity of the National School Breakfast and Lunch Program
- Follow all Safe Food Handling Guidelines

Nutrition Guidelines adopted by the District shall apply to:

- Food Service Sales
- ASB/Student Store Sales
- Vending Machines
- PTA Sales/Activities

Nutritional Guidelines adopted by the District will be recommended for:

- Classroom Celebrations
- Educational Events
- Classroom Incentives

Revised 11-17-16 sk

## RESOURCES

Alliance for a Healthier Generation  
<http://schools.healthiergeneration.org>

Healthy, Hunger Free Kids Act of 2010  
[http://www.fns.usda.gov/cnd/governance/legislation/cnr\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm)

LA County Public Health Programs and Services  
<http://publichealth.lacounty.gov/nut/index.htm>

Dairy Council of California  
[www.dairycouncilofca.org](http://www.dairycouncilofca.org)

U.S. Dept. of Agriculture TEAM Nutrition  
[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

California Project LEAN Competitive Food & Beverage Compliance Calculator  
[www.CaliforniaProjectLEAN.org](http://www.CaliforniaProjectLEAN.org)

## CONTACT

The BUSD Wellness Policy was developed by a District Wellness Committee comprised of parents, teachers and administrators. Please address questions or comments to:

Susan Kilgour, Food Service Director  
(909) 971-8200 ext. 5280

Visit us online at

<http://www.schoolnutritionandfitness.com/index.php?sid=0207151507364446>

The Bonita Unified School District

## Wellness Guidelines



The Bonita Unified School District recognizes the link between student health and learning. The district has developed a Local Wellness Policy that promotes student health and creates a healthy learning environment.

The Local Wellness Policy sets goals for health education, physical activity, nutrition standards and other school-based activities designed to promote student wellness.



## USDA Food & Beverage Guidelines

Effective 7/1/2014, the California Department of Education passed Smart Snacks In Schools- Senate Bill (SB) 12 and Senate Bill (SB) 965 set standards for food items sold to students at school.

### Snack items that can be sold must contain:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% of sugar by weight
- Not more than 175 calories for Elementary students; 200 calories for Secondary students

### Acceptable beverages include:

- Drinking water with no added sweetener
- Fruit-Vegetable juice drinks that are composed of no less than 100% juice and have no added sweetener
- Milk Plain—1% or nonfat, nonfat (flavored), soy or other similar non-dairy milk

SB-12 & SB 965 prevents non-compliant items from being sold at any Elementary school site, and from being sold at Middle & High School sites from midnight to 1/2 hour after school.

## What Are Recommended Snacks for Classroom Parties?

### Beverages:

Water

Milk—1% or Nonfat (flavored)

100% fruit or vegetable juice



### Suggested Snacks:

Fresh Fruit & Vegetables

Fruit Cups or Dried Fruit

String Cheese or Yogurt, Low or Nonfat

Graham, Goldfish, or Animal Crackers

Vanilla Wafers or Pretzels

1 1/8 oz. bag Baked Chips

Trail Mix (w/o candy) or Popcorn

Granola Bars

100% Fruit Juice Frozen Treats

Nuts & Seeds (consider allergies)

## What Are Not Recommended as Acceptable Snacks for Classroom Parties?

Soda

Candy

Gum

Fried Chips

Home Prepared Items -

(due to Health & Safety concerns)

## Alternatives to Using Food as a Reward:

- Sit by friends
- Teach the class
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Play a favorite game or puzzle
- Earn play money for privileges
- Be a helper in another classroom
- Eat lunch with a teacher or principal

