

Lennox School District
Wellness Policy



**Lennox School District
Board of Education**

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STUDENT WELLNESS

The federal government authorized, under the Healthy Hunger-Free Kids Act (HHFKA) of 2010, the United States Department of Agriculture (USDA) to establish nutritional standards for food available in schools and included a section that specifically addresses local school wellness policies. The objectives of the HHFKA include enhancing existing local school wellness policy requirements, strengthening implementation and assessment of the policies, and expanding public input in both local school wellness policy development and reporting.

STUDENT WELLNESS

The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program that promotes healthy eating and physical activity for Lennox students. It is recognized that schools have a responsibility to support the implementation of effective school nutrition and fitness programs. When students learn, establish and maintain healthy eating habits and activity patterns, it has been shown to support their behavior and academic achievement in school, as well as lifelong wellness.

(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5141 - Health Care and Emergencies)
(cf. 5141.22 - Infectious Disease)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 - Immunizations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.6 - School Health Services)
(cf. 5142 - Safety)

SCHOOL HEALTH COUNCIL/COMMITTEE

The Board's policy related to student wellness is developed, implemented and monitored with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives and other interested community members of the public. (42 U.S.C. 1751)

The Superintendent or designee may appoint a school health council or committee consisting of representatives of the above groups. The council or committee may also include district administrators, health educators, physical education teachers, counselors and others interested in school health issues.

The school health council or committee assists with policy development and advises the district on health-related issues, activities, policies and programs. At the discretion of the Superintendent or designee, the council's charges may include planning and implementing activities to promote health within the school or community.

STUDENT WELLNESS (Continued)

(cf. 1220 - Citizen Advisory Committees)
(cf. 9140 - Board Representatives)

NUTRITION

Nutrition Education

The district's nutrition education programs shall be based on current research, consistent with the expectations established in the state's curriculum framework and the content standards.

As appropriate, nutrition education shall be integrated into core academic subjects and offered through after-school programs and extracurricular activities. (EC 51210, EC 51890)

To encourage consistent health messages between the home and school environment, the Superintendent and/or Wellness Committee may disseminate information to parents/guardians through District or school newsletters, handouts, parent/guardian meetings, the District or Child Nutrition Services website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. Health fairs may be provided bi-annual with the cooperation and support of the District's collaborative partners.

(cf. 5148.2 - Before/After School Program)
(cf. 6142.8 - Comprehensive Health Education)

Nutrition Promotion

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. 1325 - Advertising and Promotion)

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meals programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Information for nutrition promotion shall be provided to parents and students via Child Nutrition Services website, in cafeteria and displayed on cafeteria digital menu boards.

STUDENT WELLNESS (Continued)

GUIDELINES FOR FOOD AVAILABLE AT SCHOOL

Competitive Food Sales

The superintendent or designee shall ensure the nutritional quality and adequacy of the quantity of all foods served or made available to students and staff. Nutrition standards shall be adopted by the district for all foods and beverages sold to students, including foods and beverages provided through the district's food service program, student stores, fundraisers, or other venues.

Each school shall ensure foods and beverages sold and served on school campus starting at midnight and up to one half hour after the school day will comply with the California Education Code and California Code of Regulations. (EC 48931; 5 CCR 15500) (*Appendix A: Competitive Food Regulations Summary*)

Classroom Celebration, Donation and Rewards

Classroom celebrations for K-8 involving food are limited to no more than four celebrations per year and occur after the last lunch period. Foods and beverages provided through food service department for these classroom celebrations will meet or exceed state and federal regulations that pertain to Nutrition Services (*Appendix A: Competitive Food Regulations Summary, Appendix C: Project Lean*).

The superintendent or designee shall promote school organization to use healthy food items or non-food items for fundraising purposes. He/she also shall not participate in a food incentive program that rewards pupils by providing foods or beverages that do not comply with USDA nutritional standards.

School staff shall require parents/guardians or other volunteers to support the district's nutrition education program by meeting or exceeding nutritional guidelines set forth by United States Department of Agriculture (USDA) when selecting any snacks which they may donate for occasional classroom parties. Classroom celebrations shall be held after the lunch period when possible.

Schools shall support healthy eating by providing non-food rewards for recognition of classroom success and achievement (*Appendix D: Healthy Fundraisers & Celebrations Tip Sheets and Examples*).

Homemade foods shall not be allowed for students during the school day. This does not apply to student's lunches and snacks brought from home for individual consumption.

Food and Nutrition Services

The Child Nutrition Service Department shall adopt nutrition guidelines that support the health guidelines and promotes optimal health for all foods available on each campus during the school day and afterschool, with the objective of promoting student health and reducing childhood obesity. (42 USC 1751 Note)

STUDENT WELLNESS (Continued)

The department shall offer appealing fresh fruit, vegetables, particularly California grown, as well as whole grains and low fat dairy products in portion sizes that will meet the caloric needs of the child. In addition, all students shall have access to free, safe, fresh drinking water during meal times.

Documentation of nutrition information for foods sold outside of Nutrition Services on school campus shall be kept on file by the school at which the event occurs.

(cf. 3312 - Contracts)

(cf. 3550 - Food Service/Child Nutrition Program)

(cf. 3554 - Other Food Sales)

(cf. 5148 - Child Care and Development)

(cf. 5148.3 - Preschool/Early Childhood Education)

Maximum participation in the school meal program is achieved through a coordinated, comprehensive outreach and promotion plan and ensures that:

- All qualified students are eligible for free meals through direct certification and coordination with county services.
- The district has put in systems in place to enhance confidentiality and eliminate the stigma of accepting "free" meals through the implementation of a computerized point-of-sale system.

The District and schools shall, to the extent possible, arrange bus schedule and take other appropriate steps to encourage participation through school cafeteria prior to study trips to ensure accurate count of reimbursable meals.

(cf. 3553 - Free and Reduced Price Meals)

Food Safety

Nutrition Services staff shall be regularly trained in food safety and food requirement regulations.

Food safety and sanitation standards must be followed at all school-related events. Certificated Food Safety Managers or Certificated Food Handlers staff must be present when using kitchen facility or when handling kitchen utensils. This is done to protect students by eliminating the possibility of cross-contamination.

Any persons handling food or utensils will: (refer to www.foodsafety.gov for more details.)

- Wash their hands properly

STUDENT WELLNESS (Continued)

- Properly hold foods at correct temperatures: cold foods at or below 40 degrees Fahrenheit and hot foods at or above 140 degrees Fahrenheit
- Clean and sanitize utensils and work surfaces
- Not handle food or utensils when sick
- Not handle ready to eat foods with bare hands

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations that apply to schools. (42 USC 1751 Note)

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.

PHYSICAL EDUCATION

The District's physical education programs shall be based on research, and will align with the California State Physical Education IC-12 Standards and curriculum framework.

Students in each grade, Pre-K through eighth, shall participate, per ED code, in daily physical education for the entire school year, including students with disabling conditions and those in alternative education programs. Students in elementary grades shall participate in physical education for a minimum of 200 minutes every ten days and students in middle school/secondary grades shall participate for a minimum of 400 minutes every ten days.

Schools shall establish specific learning goals and objectives for physical education. These goals and objectives shall be consistent with the Physical Education Content Standards for California Public Schools. A sequential, developmentally appropriate curriculum shall be designed, implemented and evaluated to help students develop the knowledge, motor skills, self-management skills attitudes and confidence needed to adopt and maintain activity throughout their lives. (EC 51210, 51222, 51223, 51224)

(cf. 6142 - Physical Education)

(cf. 6011 - Academic Standards)

(cf. 6143 - Course of Study)

PHYSICAL ACTIVITY

It is recommended that all elementary school students have at least 20 minutes per day of supervised recess, preferably outdoors, and middle school have at least 40 minutes per day, during which schools should encourage moderate to vigorous physical activity that is age and

STUDENT WELLNESS (Continued)

developmentally appropriate. Preschools will offer 30 minutes per half-day program. (EC 51210, 51222, 51223)

All elementary and middle are encouraged to offer extracurricular physical activity programs, such as clubs or intramural programs. All middle schools should offer interscholastic sports programs that include a range of activities that meet the needs, interests and abilities of all students, including boy, girls, students with disabilities and students with special health-care needs.

- For grades k-6, 20 minutes of recess is available daily, not including lunch
- Classroom teachers are encouraged to provide a minimum of two classrooms physical activity breaks a day totaling a minimum of 10 minutes.
- Schools are encouraged to provide opportunities for extra physical activity before and/or after school such as: Running/walking club, Sports, Dance, Hiking and Yoga.
- Schools are encouraged to provide safe route to schools resources to parents to promote active transportation to and from school
- The district shall develop an indoor recess policy to ensure all elementary students receive at least 20 minutes of recess during inclement weather day.

Recognizing the health needs of our children and with the intent of instilling a love for exercise and movement, physical activity should not be used for disciplinary purposes. (EC 49001) Alternative disciplinary measures are encouraged in lieu of withholding physical education/activity or recess.

The Superintendent or designee shall support staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

FAMILY, STAFF AND COMMUNITY INVOLVEMENT

The Superintendent or designee shall implement strategies for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

- Staff wellness program should support employees' efforts to improve their personal health and fitness, so they can serve as role models and promote health of others, including students.
- The community and students' families are encouraged to promote a healthy lifestyle for students. Community-based partnerships can help promote these behaviors through health promotion materials, lessons and community activities.

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development)

(cf.4331 - Staff Development)

STUDENT WELLNESS (Continued)

SCHOOL HEALTH, SAFETY AND ENVIRONMENT

The Lennox School District will continue to provide and promote a safe environment during the day and during all school related events and activities.

Physical Environment, Health & Safety

- The Lennox School District's Safe Schools Committee will meet each trimester to review safety procedures and policies that can be implemented at the school sites. (i.e. district security team)
- All Schools will continue to conduct scheduled emergency drills in accordance with state regulations and requirements.
- School sites will continue to monitor equipment/grounds and refer potential hazards for repair promptly.
- Students will be taught campus safety rules. School employees will address infractions appropriately. (i.e. Red Ribbon Week)
- Staff will be informed and updated of all safety regulations.
- School sites will promote a drug- and substance-free environment and will encourage making healthy life choices at school and in the community.
- School sites will enforce an "anti-bullying" policy and promote social tolerance and respect for others. (i.e. Character Counts Grant)

(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6145 - Athletic Competition)

Social/Psychological Health

- All Lennox School sites have counseling staff available to support students, parents and staff. This includes that each elementary site have one full-time Pupil Personnel Services counselor and middle school have one full-time PPS counselor per grade level on staff.
- School sites will have a protocol in place for detection and referral of students who have potential for harm to self or others.
- In order to ensure that students have access to comprehensive health services and mental health services, the District will provide access or referrals to free and low cost health services and mental health services at or near District schools and/or may provide referrals to community resources.

(cf. 6164.2 - Guidance/Counseling Services)

Health Services

- The District's health services are a critical means to improve student educational performance and also the well being of our students.

STUDENT WELLNESS (Continued)

- School staff shall be fully supportive of Wellness Policy regulations and will promote all health and wellness activities.
- School staff will promote attendance by encouraging healthy habits and injury prevention during the month of September which is Health Awareness month
- School staff will provide local community resources (i.e. T.H.E. Health and Wellness Center, Curtis Tucker Health Center and St. Margaret Center) for health care, health insurance, and health education, including low- and no-cost resources to students and their families.
- For the 40th straight year the Lennox School District will continue to collaborate with UCLA's Medical program to conduct the bi-annual Lennox Health Fairs. This fair provides free medical and dental services to the community at large.
- The Lennox School District will also continue to explore resources and grants for training and material for health education.

(cf. 6146 - Married/Pregnant/Parenting Students)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

IMPLEMENTATION, EVALUATION AND MONITORING OF THE WELLNESS POLICY *(Appendix L: Timeline for Implementation, Evaluation and Monitoring)*

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the District and at each school who is charged with operational responsibility for ensuring that the school sites implement the District's wellness policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other board policies related to nutrition and physical activity.

Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the Lennox Wellness Policy. The Superintendent or designee shall assess the implementation and effectiveness of this policy every year. The evaluations shall include the following.

- The extent to which District schools are in compliance with this policy.
- A description of the progress made in attaining the goals of the Lennox Wellness Policy.
- Description of the district's nutrition education, physical education, health education curricula

STUDENT WELLNESS (Continued)

- Number of minutes of physical education instruction offered at each grade span
- Result of the state's physical fitness test
- An analysis of the nutritional content of meals served based on a sample menu
- Student participation rates in school meal programs
- Feedback from food service personnel, school administrators, the wellness council, parents/guardians, students and other appropriate persons.
- Any other indicators recommended by the Superintendent and approved by the Board

The Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Any curriculum used for instruction shall be approved, sequential, developmentally appropriate, medically accurate, and science-based or research-validated. The District and Wellness Policy Committee will meet each year and evaluate the policy to fit the goals and needs of the District. The evaluation process shall assess whether the issues identified in the policy are making a difference on student, parent and staff awareness and to identify successes, as well as barriers to success.

In addition, the evaluation results shall be submitted to the Board every year for the purposes of assessing the policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus District resources and effort on actions that are most likely to make a positive impact on student health and achievement.

Triennial Assessments

The District shall assess compliance with the wellness policy requirement as a part of the general areas of the administrative review every 3 years. This assessment will determine compliance by comparing it to model wellness policies and examining for progress made in attaining the goals of the wellness policy.

Documentation, Posting and update requirements

The District will keep records and make available documents associated with the wellness policy including:

- A current copy of the wellness policy
- The most recent assessment of implementation of the policy, and
- Documentation efforts to review and update the policy and people involved

The Superintendent or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and the evaluation results.

Each school shall post the District's policies and regulations on nutrition and physical activity in public view in all school cafeterias or in other central eating areas. (EC 49432)

USDA NONDISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at [http://: www.ascr.usda.gov](http://www.ascr.usda.gov), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) [email: program.intake@usda.gov](mailto:program.intake@usda.gov).

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ELEMENTARY SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An elementary school contains no grade higher than grade 6.
Effective from midnight to one-half hour after the end of the official school day.
Applies to ALL foods sold to students by any entity.
Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

Compliant foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least $\frac{1}{2}$ cup fruit or vegetable. AND must meet the following nutrition standards:
 - 5 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
 - < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
 - 5 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
 - < 0.5 grams trans fat per serving (no exceptions), and
 - 5 200 milligrams sodium per item/container (no exceptions), and
 - 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above. If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

***A whole grain item contains:**

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...", or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An elementary school contains no grade higher than grade 6.
Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.
Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. \geq 50% juice and
 - b. No added sweeteners
 - c. \geq 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - \geq 25% of the calcium Daily Value per 8 fl. oz., and
 - 5 28 grams of total sugar per 8 fl. oz.
 - d. \geq 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3) must contain per 8 fl. oz.:
 - \geq 276 mg calcium
 - \geq 8 g protein
 - \geq 500 IU Vit A
 - \geq 100 IU Vit D
 - \geq 24 mg magnesium
 - \geq 222 mg phosphorus
 - \geq 349 mg potassium
 - \geq 0.44 mg riboflavin
 - \geq 1.1 mcg Vit B12, and
 - b. 5 28 grams of total sugar per 8 fl. oz., and
 - c. 5 5 grams fat per 8 fl. oz.
 - d. \geq 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS

Reference: *California Code of Regulations* Section 15500

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district.
Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND all of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be pre-approved by the governing board of the school district.
3. The sale must occur after the last lunch period has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed four sales per year.
6. The food or beverage item cannot be the same item sold in the foot service program at that school during the same school day.

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

high school contains any of grades 10 to 12.

effective from midnight to one-half hour after the end of the official school day.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least % cup fruit or vegetable. AND must meet the following nutrition standards:
- 5 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), and
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), and
- 5 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), and
- < 0.5 grams trans fat per serving (no exceptions), and
- s 200 milligrams sodium per item/container (no exceptions), and
- 5. 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

"Entrée" foods must be intended as the main dish and be a:

- MeaYmeat alternate and whole grain rich food, or
- Meat/meat alternate and fruit or non-fried vegetable, or
Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- 5 400 calories, and
- s 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entree sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), or
- Be a combination food containing at least % cup fruit or vegetable AND meet the following nutrition standards:
- 5 35% calories from fat, and
- < 10% calories from saturated fat, and
- 5 35% sugar by weight, and
- < 0.5 grams trans fat per serving, and
- 5 480 milligrams sodium, and
- 5 350 calories

*A whole grain item contains:

- The statement "Diets rich in whole grain foods and low in total fat may help reduce the risk of heart disease..." or
- A whole grain as the first ingredient, or
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), or
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or upped figs that contain added sugar are exempt from fat and sugar standards. 4ned fruit in 100% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10.

A high school contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. L. 50% juice and
 - b. No added sweeteners
 - c. s 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, and
 - b. 1% (unflavored), nonfat (flavored, unflavored), and
 - c. Contains Vitamins A & D, and
 - d. L 25% of the calcium Daily Value per 8 fl. oz., and
 - e. s 28 grams of total sugar per 8 fl. oz.
 - f. s 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), and
 - b. s 28 grams of total sugar per 8 fl. oz., and
 - c. 5 5 grams fat per 8 fl. oz.
 - d. 5 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (HIGH SCHOOLS ONLY)
 - a. Must be either s 5 calories/8 fl. oz. (no calorie) OR 5 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. s 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. s 20 fl. oz. serving size (no calorie) OR s 12 fl. oz. serving size (low calorie)
6. Flavored Water (HIGH SCHOOLS ONLY)
 - a. Must be either 5 5 calories/8 fl. oz. (no calorie) OR s 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. s 20 fl. oz. serving size (no calorie) OR s 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS

Reference: California Code of Regulations Section 15501

Student organization is defined as a group of students that are NOT associated with the curricula or academics of the school or district. Effective from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards AND all of the following:

1. Up to three categories of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be pre-approved by the governing board of the school district.
3. Only one student organization is allowed to sell each day.
4. Food(s) or beverage(s) cannot be prepared on campus.
5. The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.
6. In addition to one student organization sale each day, any and all student organizations may sell on the same four designated days per year. School administration may set these dates.

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also supports efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

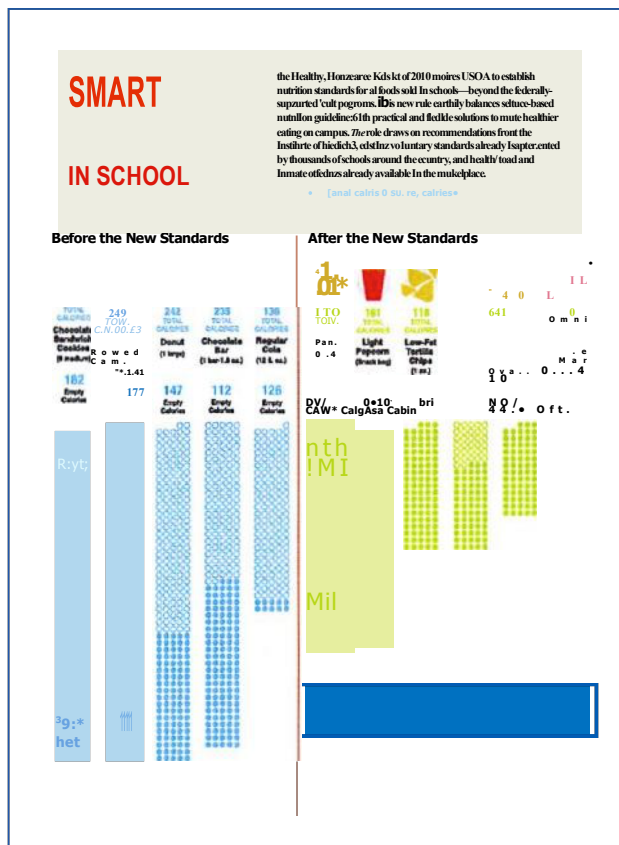
Nutrition Standards for Foods

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: 200 calories
 - Entrée items: 350 calories
- Sodium limits:
 - Snack items: 200 mg
 - Entrée items: 5_ 480 mg
- Fat limits:
 - Total fat: 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - 5 35% of weight from total sugars in foods



Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or 60 calories per 12 fluid ounces.

Other Requirements

Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.



United States Department of Agriculture

California Food and Beverage Standards* - Quick Fact Sheet

MIDDLE, JUNIOR, AND HIGH SCHOOLS

ALLOWABLE SNACKS AND ENTREES (Applies during the school day and

SNACKS (Generally regarded as supplementing a meal)
Individually sold food items must meet the following:

- Not more than 250 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)

EXEMPT SNACKS: Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, hulls and non-fried vegetables, and legumes that do not contain added sugars. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; and non-fried vegetables are exempt from the sugar limit. All must meet the limit of 250 calories or less.

NOTE: Food items for sale containing non-exempt foods or ingredients combined with exempt items shall comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

ENTREES (Generally regarded as the primary food in a

Entrees shall:

- Contain no more than 400 calories per item
- Contain no more than 4 grams of fat per 100 calories (36% fat)

Entrees must contain:

- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g. turkey sandwich, baked potato with chili, fruit and cheese platter) or
- A meat/meat alternative alone (e.g. sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

To determine if an individual snack or entree meets California's nutrition standards, check the Nutrition Facts label. Visit our on-line snack calculator at: www.cdf.ca.gov/food/entree-calculator, which allows you to input information from the Nutrition Facts label to determine if the food meets the standards.

ALLOWABLE BEVERAGES (Applies for all levels)

The following may be sold:

- Fruit and vegetable-based drinks that are composed of a 50% fruit or vegetable juice and have no added sweetener
- 2%, 1%, nonfat milk (cow's or goat's), soy milk, rice milk or other similar nondairy milk alternative that contains Vitamin A, Vitamin D, and at least 25% of the Daily Value for calcium per 8 ounces, contains no added sweeteners exceeding 28 grams of total sugars per 8 ounces. Soy milk, rice milk, and other similar nondairy milk must contain no more than 5 grams of fat per 8 ounces.
- Water with no added sweetener
- Electrolyte replacement beverages that contain no more than 2.1 grams of added sweetener per 8 ounces. List water as the first ingredient.

TRANS FAT IN FOODS (Applies to all levels)

States and districts may not make available to student enrollment in Kindergarten through grade 12 food containing artificial trans fat. This pertains to vending machines and school food service operations. A food is considered to contain artificial trans fat if it contains vegetable shortening, margarine, or any kind of partially hydrogenated vegetable oil, unless the

California's Food and Beverage Standards* - Quick Fact Sheet

ELEMENTARY SCHOOLS

ALLOWABLE FOODS: The items that can be sold to elementary students are full meals or breakfasts and dairy or whole grain foods that meet specific calorie, fat, and sugar requirements.

EXEMPT FOODS

These foods can be sold and do not have to meet calorie and fat limits; however, they cannot have added sugars or fat (check the ingredients list to ensure).

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)
- Eggs
- Cheese packaged for individual sale
- Fruits and non-fried vegetables
- Legumes

NOTE: Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

Ala carte entrees cannot be sold in Elementary Schools. Outside entities (e.g. PTA) may sell a 'full meal' provided it meets a USDA meal pattern.

To determine if an individual snack meets the standards, check the Nutrition Facts label and ingredient list. Visit our on-line snack calculator at: www.cdf.ca.gov/food/snack-calculator, which allows you to input information from the Nutrition Facts label to determine if a food meets the standards.

DAIRY & WHOLE GRAIN FOODS

Individually sold dairy or whole grain foods can be sold if they contain:

- Not more than 175 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)
- No artificial trans fat (see details below)

Dairy: A food made from milk with the exception of cheese packaged for individual sale.

Whole grain:

- For purchased grain or bread products:
 - > Label contains the statement "Diets high in whole grain foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers, or"
 - > The first listed grain ingredient is a whole grain, or
 - > If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within previous 12 months that lists a combination of whole grains that combined represent at least 51% of the weight of the total grains.
- For bread or grain products prepared by the school:
 - > The weight of the whole grains is at least 51% of the total grain weight of the product.

ALLOWABLE BEVERAGES (Applies to all levels)

The following beverages that can be sold to elementary students are:

- Fruit and vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener
- 2%, 1%, nonfat milk (cow's or goat's), soy milk, rice milk or other similar nondairy milk that contains Vitamin A, Vitamin D, and at least 25% of the Daily Value for calcium per 8 ounces, contains no added sweeteners exceeding 28 grams of total sugars per 8 ounces. Soy milk, rice milk, and other similar nondairy milk must contain no more than 5 grams of fat per 8 ounces.
- Water with no added sweetener

manufacturer's documentation on the label lists trans fat content at less than 0.5 grams of trans fat per serving.

Based upon SB 12 and SB 665 enacted 2005. For more information on competitive food and beverages, see <http://www.cdf.ca.gov/food/competitive-food>

ARTIFICIAL TRANS FAT IN FOODS: Schools and districts may not make available to students enrolled in elementary schools and districts may not make available to students enrolled in middle, junior, and high schools

*Based upon 55 12 and 50955 enacted 2005, and SS 400 enacted 21:101. For more information on competitive food and beverages, see <http://plan.wvde.cagavgen.ithemomfoodsasp>.

MIDDLE/JUNIOR HIGH SCHOOL—FOOD RESTRICTIONS
 References: *Education Code sections 49430, 49431.2, 49131.7, California Code of Regulations sections 15575, 15577, 15578*

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10. A high school contains any of grades 10 to 12. Effective during school hours up through one-half hour after school.

Applies to ALL foods sold to students by any entity. Compliant foods must meet the following criteria:

1. "Snack" food items must be:
 - a) 5 35% calories from fat, and
 - b) 5 10% calories from saturated fat, and
 - c) 5 35% sugar by weight, and
 - d) 5 250 calories per dem/container
2. "Entrée" food items must be:
 - a) 5 400 calories, and
 - b) 5 4 grams fat per 100 calories, and
 - c) Must either consist of:
 - Two or more groups (meat/alternate, fruit/vegetable, grain/bread), or
 - A meat/alternate alone

Exemptions:

- Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, non-fried vegetables, and legumes are exempt from the fat restriction.
- Eggs and cheese packaged for individual sale are exempt from the saturated fat restriction.
- Fruit and non-fried vegetables are exempt from the sugar restriction.
- Dried blueberries, cranberries, cherries, and tropical fruit that contain added sugar are exempt from the sugar restriction.
- Mixed foods containing ONLY exempt items are exempt from all restrictions.
- Food items containing a mixture of exempt ingredients AND at least one non-exempt ingredient must meet the nutrition restrictions set for either snacks or entrees (see 1 & 2 above).

Artificial trans fat foods cannot be sold or provided to pupils on K — 12 school campuses.

NOTE: Non-compliant foods may be sold at a school-sponsored event that occurs directly after school.

MIDDLE/HIGH SCHOOLS—STUDENT ORGANIZATIONS
 Reference: *California Code of Regulations Section 15501*

Effective during or after school hours.

Applies ONLY to food and beverage sales by student organizations

1. **No more than six (6) items of food or beverages from three (3) categories may be sold each day.**
2. **Food or beverage item(s) must be pre-approved by the Director of Nutrition Services.**
3. **Only one student organization may be allowed to sell each day.**
4. **No open foods or potentially hazardous foods can be sold on campus.**
5. **The food or beverage categories sold cannot be the same as the categories sold in the food service program at that school during the same school day.**
6. **Any and all student organizations may sell on the same four designated days per year.**

California Department of Education, Office of Nutrition Services

MIDDLE/JUNIOR HIGH SCHOOL — BEVERAGE RESTRICTIONS
 References: *Education Code Section 49437.5, California Code of Regulations Section 15576*

A middle/junior high contains grades 7 or 8, 7 to 9, 7 to 10. A high school contains any of grades 10 to 12

Effective from one-half hour before to one-half hour after school. Applies to ALL beverages sold to students by any entity. Compliant beverages are:

1. Fruit juice:
 - a) 5 50% juice **and**
 - b) No added sweeteners
2. Vegetable juice:
 - a) 5 50% juice **and**
 - b) No added sweeteners
3. Milk:
 - a) Cow's or goat's milk, and
 - b) 2%, 1%, nonfat, and
 - c) Contains Vitamins A & D, and
 - d) 5 25% of the calcium Daily Value, and
 - e) 5 28 grams of total sugar per 8 fl. oz.
 Non-dairy milk:
 - a) Contains Vitamins A & D, **and**
 - b) 5 25% of the calcium Daily Value, and
 - c) 5 28 grams of total sugar per 8 fl. oz., and
 - d) 5 5 grams fat per 8 fl. oz.
4. Water.
 - a) **No added sweeteners**
5. Electrolyte replacement beverage:
 - a) Water as first ingredient, and
 - b) 5 2.1 grams added sweetener per 1 fl. oz., and
 - c) At least 10 **but** no more than 150 milligrams of sodium per 8 fl. oz., and
 - d) At least 10 but no more than 90 milligrams of potassium per 8 fl. oz., **and**
 - e) **No added Caffeine**

NOTE: Noncompliant beverages **may be sold by any** entity starting one-half hour after school.

MIDDLE/HIGH SCHOOL —PROHIBITED FOODS/BEVS SOLD TO PUPILS (FMNV)

Reference: *Code of Federal Regulations, Title 7, Section 210.11, Appendix B (Foods of Minimal Nutritional Value)*

Effective during the meal period in any location on a school campus where the federally reimbursable meal may be served and/or eaten.

Applies to the following foods sold to students by any entity:

- Carbonated and Aerated water
- Water ices— except if made only with 100% juice
- Chewing gum
- Hard candies
- Jelly and gum candies
- Marshmallow candies
- Fondant
- Licorice
- Spun candy
- Candy coated popcorn

Healthy Fundraising 101

Struggling to find profitable fundraisers that are healthy as well? This is the resource for you! Read on for ideas that will help you earn money for your school while promoting a healthy lifestyle at the same time.

Why Focus on Healthy Fundraisers?

"It is important that all foods and beverages sold at and by schools make a positive contribution to children's diets and health. Given rising obesity rates and children's poor diets (only 2% of children eat a healthy diet), it is no longer acceptable to sell junk food to children through school fundraisers. Healthy fundraisers set a positive example and support healthy eating by children, nutrition education, and parents' efforts to feed their children healthfully."

-Center for Science in the Public Interest

Fundraisers in schools often involve selling foods with minimal nutritional value. By encouraging students to sell things like candy bars and soda, schools contradict nutrition education lessons taught in the classroom. As a district, let's send the message to students that we care about student health and want to give consistent, positive health messages.

District 6 Wellness Policy Guidelines Regarding Fundraising

District 6 wants to create a culture of wellness, where the healthy choice is the easy choice for students, employees, and visitors. In October of 2011, District 6 updated the Wellness Policy to include the following regarding fundraising:

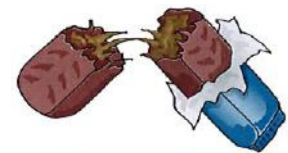
- Only nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs for all fundraisers that occur during the school day
- Students have access to healthful food items for fundraisers outside of the school day. While food fundraisers are discouraged outside of the school day, they are permitted; however, foods sold must meet the following nutritional guidelines:
 - Not more than 30% of the total calories of the food item, excluding nuts or seeds, is from fat
 - Not more than 10% of the total calories of the food item, excluding reduced-fat cheeses, eggs, and nut butters, is from saturated fat
 - Not more than 35% of the total weight of the food item, excluding fruits or vegetables, is composed of sugar

Fundraising with Food

Unhealthy fundraisers in schools make it difficult to sustain a healthy environment where the healthy choice is the easy choice. In addition, this practice contradicts nutrition education in the schools and undermines parents' efforts to promote healthy eating for their children.

It is critical that foods marketed to students and promoted throughout the school be healthy and that messages be consistent with wellness. However, many schools do use unhealthy fundraisers as a means to raise money. Some of these fundraisers that should be avoided include:

- Candy bars, lollipops, cookie dough, donuts, butter braids, and sweets
- Bake sales
- Pizza and pizza kits
- Fast-food restaurant and ice-cream parlor fundraisers



Healthy Food Fundraisers

Fundraisers that involve students selling food are discouraged, but they are allowed outside of school hours. These fundraisers have to meet the nutritional guidelines in the Wellness Policy. Healthy food fundraisers can be very profitable. Even better, they teach students about nutrition and show that the school cares about their health. Some exciting healthy food fundraisers include:

- Bottled water- You can even add the school's logo or mascot! Here are just a few websites that can help you with this fundraising opportunity!
www.amandahills.com, www.plwc.net, www.championfundraising.com, & www.fundraising.com
- Healthy, organic local produce
www.colorado.doortodoororganics.com
- Grocery store fundraisers where the supporter buys groceries, swipes the club card, and money is raised for the school
www.kroger.com/mykroger/gl/FundRaising.htm, & <http://shop.safeway.com/superstore/default.asp?brandid=1.&page=corphome>
- Fresh and dried fruit sales
www.amandahills.com, www.plwc.net, www.championfundraising.com, & www.fundraising.com



Nonfood Fundraisers

There are great fundraisers that don't involve selling food at all! Many of these fundraisers can help your school earn even more money than expected. Here are just a couple of ideas:

- Sell gift wrap
- Magazine sales
- Sell flowers for holidays like Mother's Day or Valentine's Day
- Host a student talent show or craft fair
- Have an auction or drawing with donated items
- Organize a school carnival
- Have classes compete in a penny wars competition
- Bags, apparel, mugs, notebooks, and more with student art or school logo
- Publish a cookbook with healthy recipes
- Use student artwork to create greeting cards



Fundraisers that Promote Physical Activity

Even better fundraisers encourage students to get active. In addition to raising money, these great fundraisers get family and community involvement and promote healthy movement. Here are a couple of ideas:

- Family fun night with games and activities
- Bowling night or bowl-a-thon
- School dances
- Skate night

Walkathons & Jogathons

Hosting a jogathon or walkathon is simple. All students in the school receive a pledge form and solicit flat-rate donations from family members and friends to walk or run laps at the event. The event is held on a marked course around school grounds, during the school day. Students typically come out to the course by grade level and walk or run for approximately 30 minutes.

What are the advantages?

- All students are actively involved.
- They're tons of fun!
- They are successful, with schools raising between \$5000 and \$20,000.

Need help organizing the event and sponsorship money for t-shirts for the students? For sponsorship information, contact Healthy Kids Club at 970-495-

References:

Center for Science in the Public Interest. *Sweet Deals: School Fundraising Can Be Healthy and Profitable*. February 2007. Available at: www.cspinet.org/new/pdf/schoolfundraising.pdf. Accessed May 14, 2012.

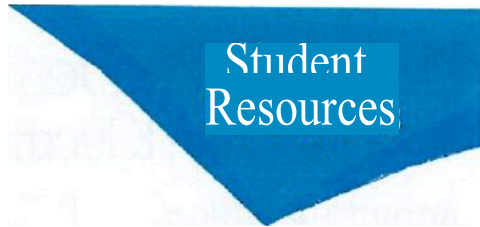
Coalition for Activity and Nutrition to Defeat Obesity. School Wellness Resource Kit. Available at: www.candoonline.org/schools#resource-kit. Accessed May 14, 2012.

Colorado Springs School District 11. *Fundraising Ideas for a Healthier School Environment*. March 2012. Available at: www.D11.org/FNS/Pages/D11GoodFoodProject.aspx. Accessed May 14, 2012.

Materials Request Form

Free Nutrition Education Programs

Each kit includes: Teacher Guide, Student Workbooks, Supportive Materials



Kindergarten

Building A Healthy Me!

Students will learn about food groups, the importance of breakfast, healthy snacks and mixed foods.

Reid

Building A Healthy Mel



4th or 5th Grade

Nutrition Pathfinder's

Students will learn about main nutrients and their health benefits, analyze food advertisements and set goals. Individual programs for each grade level.

1st or 2nd Grade

Healthy Choices, Healthy Me!

Students will learn how to balance a meal and meet physical activity requirements. Individual programs for each grade level.



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Middle School

Exercise Your Options

Students will learn to consider their options, develop realistic plans and identify roadblocks to improve their daily food and activity choices.

3rd Grade

Shaping Up My Choices

Students will learn about main nutrients, how to read a food label and ways to measure proper portion sizes.



High School

Activity + Eating Raisin El

Students will learn the essential connections between being physically active, making healthful food choices and maintaining long-term health.

At Dairy Council of California, we believe that students should be educated and empowered to make the best food choices from all five food groups. Plus, we know that healthy eating helps students perform better in school and contributes to life-long health.

All programs are aligned with Common Core State Standards in Math and English-Language Arts, California content standards in Health Education and Physical Education and Nutrition Competencies for California Public Schools.

First and Last Name:	_____
School Name:	_____
District:	_____
Grade Level:	_____
Phone: () _____	_____
Subject (Middle and High School Only):	_____
# of Student Workbooks:	_____
English	Spanish

First and Last Name	Grade <i>it</i> of Student Workbooks

Place your order today! Mail this form to:
 Dairy Council of California
 1418 N. Market Blvd., Suite 500
 Sacramento, CA 95834
 or fax to: 888.540.9890

DAIRY COUNCIL
 of CALIFORNIA!
 Healthy Eating Made Easier*

Please see reverse side for additional materials to implement comprehensive nutrition education. For more information about Dairy Council of California's nutrition education programs, visit HealthyEating.org.

Adult + Parent Resources

Materials Request Form

Free Nutrition Education Booklets

Activity + Eating

A Healthier You

This eight-page booklet provides adults with action steps to make balanced food choices and add physical activity to their daily routines.



Making Meals Matter

Healthy Eating for Your Young Child

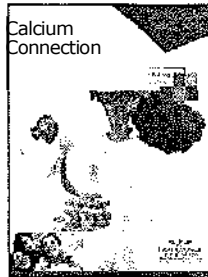
(Tips to feed ages 2 to 5)

This eight-page booklet provides parents of preschoolers with action steps to offer balanced food choices to their young children. It includes information on how much kids need to eat for healthy growth and development.

Calcium Connection

Healthy Bodies, Healthy Bones

This 10-page booklet is designed for women and men, boys and girls—from adolescents to older adults. It contains action steps to boost calcium and vitamin D in the diet.



Making Meals Matter

Healthy Eating for Your School-Age Child

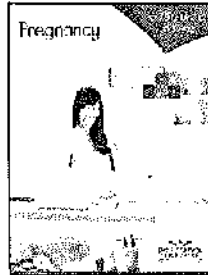
(Tips to feed ages 6-12 year olds)

This eight-page booklet equips parents of school-age children with practical tips for teaching healthy eating and physical activity habits that will last a lifetime.

Pregnancy

Healthy Moms and Babies

This eight-page booklet provides pregnant and breast-feeding women with helpful information about nutrition. It includes recommendations on healthy weight gain, physical activity, breastfeeding and postpartum nutrition.



Each of these self-instructional booklets incorporates a behavior change model and reinforces making small, tangible steps to a healthier lifestyle.

Name: _____

Title: _____

Organization: _____

Business Address: _____
(No P.O. Box)

City: _____ State: _____ Zip: _____

Phone: () _____ Fax: () _____

Email: _____

Free Materials

PLEASE REQUEST NUMBER OF BOOKLETS FOR A SIX-MONTH PERIOD.
MINIMUM ORDER FOR EACH IS 50 BOOKLETS.

Activity + Eating: = _____ English Spanish _____

Calcium Connection: English _____ Spanish _____

Meals Matter—Young Child: English _____ Spanish _____

Meals Matter—School-Age Child: English _____ Spanish _____

Pregnancy: English _____ Spanish _____

Place your order today! Mail this form to:
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Sacramento, CA 95834
or fax to: 888340.9990

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or CALIFORNIA
Healthy Eating Made Easier

Please see reverse side for additional materials to implement comprehensive nutrition education. For more information about Dairy Council of California's nutrition education programs, visit HealthyEating.org.

