

# Healthy Fundraising

## Healthy Fundraising

### The Wellness Policy at South Bay Union School District

Is focused on providing schools with options to successfully raise funds for various student activities and to celebrate student achievement

- Fundraisers are encouraged to sell non-food items or foods that are low in fat, sodium and added sugars.
- Non-Food rewards are encouraged for recognition of classroom success and achievement.
- Please refer to the Wellness Policy for further guidelines



## Ideas

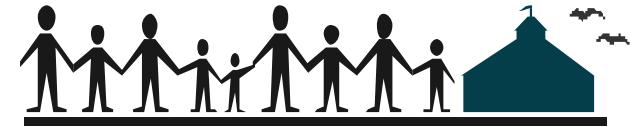
### For Food Sales Try:

- 100% Fruit Juice
- Fruit Baskets
- Fruit Smoothies
- Trail Mix, Nuts and Seeds



### For Non-Food Fundraisers Try:

- Artwork
- Calendars
- Candles
- Coupon Books
- Gift Certificates
- Refillable Water Bottles
- T-Shirts and Sweatshirts with School Logo



All Students, All of Us; Achieving Success Together!

**SOUTH BAY UNION SCHOOL DISTRICT**

## STUDENT WELLNESS

## POLICY BROCHURE

What is in our school wellness policy?

The full school wellness policy is online at:

[sbusdnutrition.com](http://sbusdnutrition.com)

Major topics in the policy are:

- **Nutrition education and promotion**
- **Physical activity**
- **Wellness activities (such as school gardens and walk/bike to school)**
- **Nutrition standards for all foods and drinks sold to kids at school**
- **Classroom Celebrations and foods given as rewards for behavior.**
- **Food and Beverage marketing**

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning.

**Better Health =  
Better Learners**

# South Bay Union School District Wellness Policy

South Bay Union School District is committed to providing safe and nurturing school environments that promote and protect children's health, well-being and allow a child to learn by supporting healthy eating and physical activity. We support our students and encourage them to develop healthy behaviors that will benefit them for their entire lives.

## Nutrition

The Child Nutrition department provides healthy, appealing meal options for breakfast and lunches every school day that meet or exceed the strict guidelines for the National School Lunch program and the School Breakfast program

## Physical Activity

Students will be provided with opportunities for moderate to vigorous physical activity that follow the California State Physical Education K-12 Standards.

## Health & Nutrition Education

Students will be provided the nutrition education they need to adopt a healthy lifestyle.

## Staff Support

S.B.U.S.D staff members are encouraged to serve as positive role models and encourage all students to lead a healthy and active lifestyle.



## School Celebrations

**Support classroom and school events** to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations



## Birthdays

Instructional time is so precious and important, individual birthday celebrations at school sites are not allowed. If you would like to send a snack to be passed out to the students at the end of the day, this can be accommodated but you must notify you teacher in advance. Please note that students in your child's classroom may have special dietary restrictions

## Guidelines for Snacks:

Food must be store bought and arrived in original packaging.

- Food must meet the student Wellness Policy Guidelines.
- No Cupcakes, Cake, Doughnuts, Candy, Sugary Treats, Soda or Sugary Drinks.
- No Balloons, Flowers, etc. will be delivered to students while they are at school.

Clowns and party companies are not allowed on school campus under any circumstance.

This institution is an equal opportunity provider.

## Celebrations Continued..

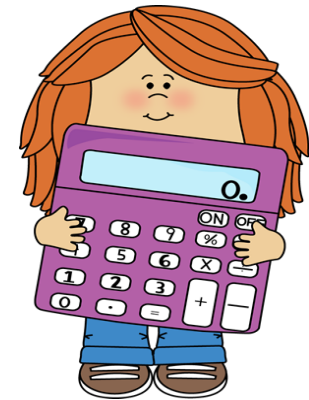
## Approved Snack List

Approved Snack Lists Are Available at [www.sbusd.org](http://www.sbusd.org) Access the Child Nutrition webpage from the link list on the left hand column of the home page.

## Competitive Food Calculator

Check out the link below to determine if the food you plan to bring meets the federal and state regulations

<http://www.californiaprojectlean.org/doc.asp?id=180>



- Teachers: Let Child Nutrition Help You!
- Classroom Award Celebrations
- Child Nutrition can help you plan your next classroom celebration!
- Child Nutrition can provide your classroom or classrooms with a healthy fun Pizza Party or a special BBQ.

For More Information Regarding Wellness Please Contact Child Nutrition at 619-628-5390 for more information.