

MAKING THE CASE FOR SCHOOL WELLNESS

- Children spend around 900 hours per year in school and schools provide opportunities to practice healthy behaviors.
- Studies show that students with better nutrition have better attention spans, better class participation, and higher test scores.
- Good nutrition and increased physical activity are linked with improved health and decreased school absences.
- Teachers, administrators, and school staff are key role models.

DID YOU KNOW?

TTUSD Food & Nutrition Services is committed to providing fresh, healthy, and tasty food for all students. Look for the following at your school:

- Salad bars at ALL schools
- Fresh and local produce
- More whole food cooking
- “Meatless Mondays”



Nutrition Standards

The USDA has defined detailed standards for foods and beverages served, sold, and given to students at school.

Foods must be:

- A “whole grain-rich” grain product
- Have the first ingredient be a fruit, vegetable, dairy product, or protein
- Be a combination food that contains at least 1/4 cup fruit and/or vegetable
- Contain 10% of the Daily Value (DV) of Calcium, Potassium, Vitamin D, or Dietary Fiber
- Adhere to specific calorie, sodium, fat, and sugar limits. (Specific requirements are available through USDA Smart Snack in School)

See if your snack meets the guidelines by plugging the nutrition information into the USDA Smart Snacks in school Calculator:

<https://foodplanner.healthiergeneration.org/calculator/>

You can access the entire **TTUSD Wellness Policy** at TTUSD.org, under *Departments; Food & Nutrition Services*

CONTACT DIRECTOR OF FOOD & NUTRITION SERVICES

Kat Soltanmorad, RD

Phone: 530-582-2528

E-mail: ksoltanmorad@ttusd.org



TTUSD Wellness Policy

SCHOOL
IS A
HEALTHY
FOOD
ZONE



What is the Student Wellness Policy?



A healthy school environment is important for student academic success and long term health and wellbeing. When we improve the quality of foods and drinks that are

served at school, we are modeling healthy eating habits and supporting the lessons we teach our kids about nutrition.

DID YOU KNOW? ... Students can learn a lot about nutrition just by the foods that are - or aren't - served to them.

The student Wellness Policy is a Federal and State requirement that outlines the policies for all foods and beverages served, sold, and given to students at school.



Making Food Choices at School an “EASY A”

Healthy Food Zones

Celebrations

At TTUSD, when we celebrate we also promote health. School and classroom parties offer opportunities to model and reinforce that healthy eating and active living mean a healthy body and a sharper mind!

- Only **ONE** classroom celebration per month can include food. Classroom celebrations include holidays, birthdays, 100th day of school, etc.

Celebration Ideas

Fresh Fruit or Dried Fruit—Kabobs, fruit cups, add to low fat yogurt, serve frozen for added fun!

Cut up Veggies—serve with hummus, salsa, black bean dip, salad dressing or guacamole

Fruit Smoothies—blend unsweetened fruit with fruit juice and/or water, milk, or non-dairy beverage, and yogurt

Frozen Bananas—spread with sunflower seed butter and roll in granola, shredded coconut, or chopped dried fruit

Popcorn—add parmesan cheese or other seasoning

Extra recess time or Have a Dance Party

Have a scavenger hunt for items or information in the classroom or around school campus. Have students search for items related to a party theme.

Allow students to pick a book of their choice and ask a special guest (Principal or a parent) to read in class.

Healthy Beverages

1st choice: Water—flavor with oranges, lemon, mint, etc. “Spa Waters” are a big hit for all ages!

2nd choice: Milk (low fat or non fat)

DID YOU KNOW? ... To meet nutrition needs, try making almost all of the snacks served to children fruits and vegetables.

Allergies

Student safety is of utmost importance. Due to the high incidence of food allergies, limiting exposure to nuts, dairy, and grains is encouraged.

- Fruits and Vegetables are suggested as safer alternatives for any classroom celebration or activity.

Rewards

Using food as a reward or punishment can undermine healthy eating habits. Encouraging children to indulge in foods that are “bad” for them as a reward for doing something good sends a mixed message.

- Foods/beverages will not be offered as rewards for positive behavior nor will they be withheld as a form of disciplinary action.