

Healthy Tips

- Use non- food related rewards such as: pencils, erasers, stickers and novelty items.
- Contact the Nutrition Services Department of the Alisal Union School District for healthy recipes, fundraising ideas, and celebration. Visit our *Nutrition Services page at Alisal.org*.
- Consider the Nutrition Services Department of the Alisal Union School District to provide healthy foods for your celebration.

Please visit the Alisal Union School District website for more information or if you are interested in being part of our wellness committee. If you have questions, please contact:

Irene Vargas, Director of Nutrition Services at 831-753-5776 or irene.vargas@alisal.org



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Wellness Policy Guide



Working towards a healthy community

Wellness Policy Guide

The Alisal Union School District Governing Board recognizes that students need adequate nourishing food in order to grow and learn and to have a good foundation for their future physical well-being. The Alisal Union School District Board is committed to support a school environment that will promote student health by providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. The Board recognizes that the food on our campuses is an important component for the nutritional responsibilities of parents and guardians.

Young people today have poor eating habits, resulting in high percentages of obesity among students. Approximately 25 percent of children in Monterey County are overweight and face an increased risk of chronic diseases later in life such as asthma and diabetes. Studies show that healthy nutrition increases student performance. Studies suggesting a connection between physical activity and increased levels of alertness, mental function and learning abilities have shown that participation in the garden, farm and culinary activities increases the consumption of fresh fruits and vegetables.



- **Compliant Food and Beverages** that are sold raise funds starting at midnight until ½ hour after school, including classrooms and other places on campus, **must meet the requirements of Smart Snack in Schools** and the Board's wellness policy of the Alisal Union School District.
- Sales of non-conforming food and beverages on school ground: From 3:11pm to midnight. These sales must follow the district's welfare policies and procedures.
- Classroom **celebrations will follow the approved nutritional standards** and will not replace breakfast, lunch or school snacks.
- Any **food sent** to the school by parents, whether for the individual consumption of the student or for the consumption of the class, must have nutritional value in accordance with the policies of the district. Consult the snack calculator located in the Nutrition Services Department section at alisal.org.
- The Local Food Authority (AUSD) will follow all Federal, State and Local Laws with current calculator and competitive resource rules.
- California Food Facility Law allows for **four fundraising events per year without permit** and unlimited fundraising with permit.
- **Compliant Food and Beverages sold during the school day cannot be sold during reimbursable meal service.**
- Teachers and staff **must model good nutrition and fitness** for their students. Teachers and staff should not have drinks and foods in classrooms that do not meet the standards.



- The Board encourages that all schools have a school garden and the implementation of a nutrition / garden plan in all schools in the district. Students will be taught the nutritional competencies developed by the State of California.
- Principals, teachers, staff and parents will **promote an additional 40 minutes of physical activities** that are offered during the school day.
- Promote and provide opportunities to be **physically active**, monitor the amount of time spent on physical education, ensure the quality of physical programs, and the provide other opportunities such as maintaining current recreational programs and before / after school programs.
- There will be a **District Wellness Committee** that will be comprised of parents, students, teachers, Nutrition Services department staff, Board representatives, school administrators, and the public in the development and review of all district wellness policies.

For more information about the Alisal Union School District Welfare Policy or to participate in the wellness council, it is available on the Alisal Union School District website. Click on Business Services and then Nutrition Services:

<http://www.alisal.org>