

Torrance Unified School District  
Wellness Policy

# **Resource Guide**

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*From The Nutrition Services Department (2015)*

# Wellness Policy Resource Guide

Torrance Unified School District (TUSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The purpose of the Wellness Policy Resource Guide is to provide the District's administrators, teachers, staff, parents and volunteers with a compilation of resources which promote the components of TUSD's Wellness Policy. The Wellness Policy Resource Guide was created to assist you with any questions regarding the policy and to provide you with some useful ideas and materials that will make implementing the Wellness Policy much less stressful.

TUSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. TUSD believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

**\*\*The TUSD Wellness Policy is located on the Nutrition Services Website at [tusdfoodservice.org](http://tusdfoodservice.org).**

*Materials included may not be the opinion of TUSD. Please check with your Principal, Administration, or the Wellness Policy Committee for rules on your school's campus.*

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# 1. School Health, Safety and Environment



\*Please refer to page 5 of the Wellness Policy for information on School Health, Safety Policies and Environment on your school's campus.

# Local School Wellness Policies

## Where Do They Stand and What Can You Do?

Local school wellness policies provide an opportunity to create and support a healthy school environment, promote student health, and reduce childhood obesity. Because they are required for all school districts participating in the federal Child Nutrition Programs including the National School Lunch Program and the School Breakfast Program, millions of children can be reached through implementation of these policies which focus on creating supportive school nutrition and physical activity environments. Research has documented that although almost all districts have adopted a wellness policy, they lack specificity related to competitive foods as well as requirements for implementation and compliance.

### BACKGROUND

The Child Nutrition and WIC Reauthorization Act of 2004, and more recently the Healthy, Hunger-Free Kids Act of 2010, required that school districts participating in the federal Child Nutrition Programs adopt, implement, and most recently, report on local school wellness policies.



### What Do Experts Recommend?

The U.S. Department of Agriculture (USDA) has issued a guidance memo for State agencies and child nutrition directors to guide districts on wellness policy implementation, compliance and reporting; and, a USDA, U.S. Department of Education, and Centers for Disease Control and Prevention (CDC) interagency workgroup have developed a 5-year technical assistance plan to guide local efforts. In addition, many organizations including the Institute of Medicine and the American Academy of Pediatrics, recommend that schools implement policies and practices supportive of healthy eating and physical activity.

### WHAT ACTIONS HAVE SCHOOLS TAKEN?

#### Nutrition Education and Promotion

Schools can provide nutrition education as part of the k-12 health education curriculum and engage in nutrition promotion activities. Nutrition education should teach specific skills and knowledge, such as understanding caloric balance, energy expenditure, Nutrition Facts labels, and media awareness. During the 2011 - 2012 school year, the BTG study found that

- Nearly 93% of districts included required nutrition education goals in their wellness policies.
- Slightly more than one-half of districts required skill-based nutrition education.
- Only 35% of districts required a nutrition education curriculum be provided for each grade level.
- 71% of districts had no policy regarding the promotion of healthy food choices in schools.

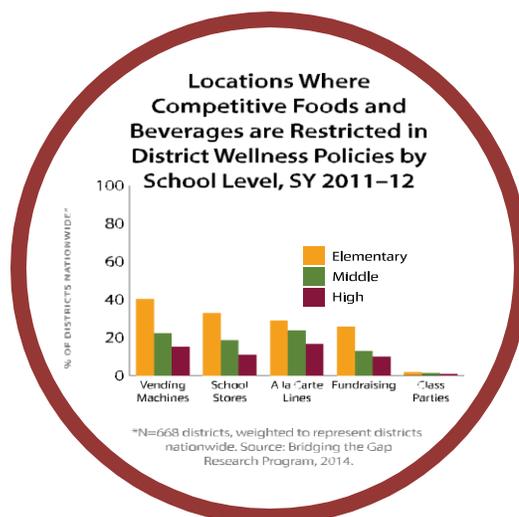
Schools can also engage in nutrition promotion efforts that encourage healthy choices by favorable pricing healthy options, or developing strategies to increase participation in school meals. During the 2011-2012 school year,

- Nearly 14% of districts prohibited advertising of unhealthy choices.
- 13% of districts' policies included provisions to increase participation in school meals.

#### Nutrition Education and Promotion

Competitive food and beverage policy provisions varied by location of sale within the school, specific nutrition restrictions, and grade level. During the 2011-2012 school year,

- The most common restrictions for competitive foods and beverages were for vending machines, followed by school stores and a la carte lines in the cafeteria. Few districts had policy restrictions regarding class parties as seen in the figure below.



## School Meals

Wellness policies are required to include an assurance that school meals at least meet the federal standards. Districts may also include other requirements related to school meals. During 2011 – 2012 school year,

- Approximately 85% of districts included an assurance in the wellness policy that school meals meet federal standards
- Nearly 51% of districts required participation in the School Breakfast Program.

## Physical Activity

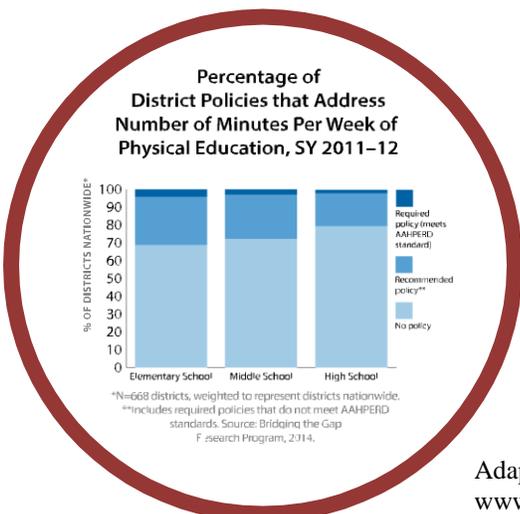
Federal guidelines recommend that school-age youth participate in 60 minutes or more of physical activity each day and avoid prolonged periods of inactivity. School districts can adopt and implement policies that maximize opportunities for students to be physically active and help them meet the national recommendation. During the 2012 school year,

- 89% of district policies included goals for PA.
- 44% of districts required PA opportunities to be provided for every grade level.
- 14% of districts required that PA be integrated throughout the school day
- Only 7%, 3%, and 2% of districts specified an amount of time for PA at the elementary, middle, or high school levels, respectively.

## Physical Education

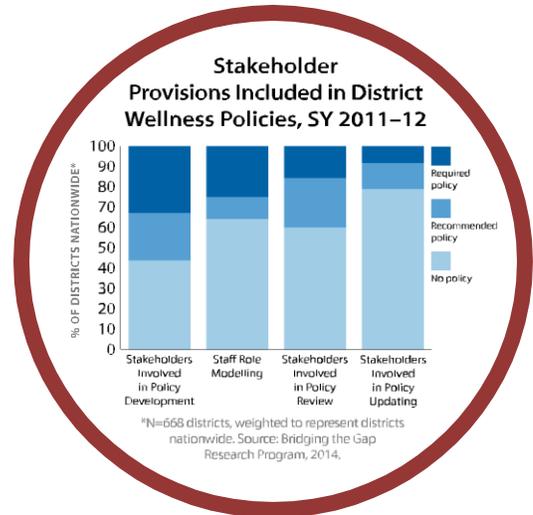
The American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) recommends that elementary students receive 150 minutes and secondary students receive 225 minutes of PE each week. During the 2011 – 2012 school year,

- Over 70% of district policies did not address time requirements for physical education across grade levels and very few district policies (less than 5%) met the AAHPERD-recommendation.



## Stakeholder Involvement

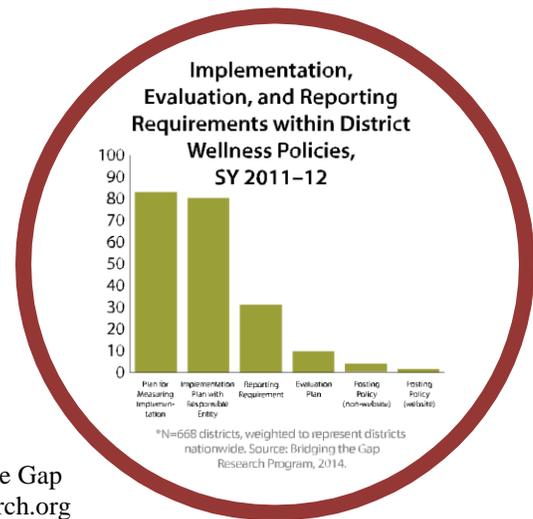
The Healthy, Hunger-Free Kids Act of 2010 included provisions to increase stakeholder involvement implementing, monitoring and reporting about wellness policies. Policies can also encourage district staff members, a key stakeholder group, to model healthy behaviors as a part of daily life. During the 2011-2012 school year, few district policies required stakeholder involvement.



## Monitoring, Evaluating, and Reporting

The Healthy, Hunger-Free Kids Act of 2010 included new language to require that districts periodically measure and report on policy implementation, compliance, and progress. During the 2011 – 2012 school year,

- Although the majority of districts required implementation plans and assigned responsibility for implementation, few required reporting, evaluating, or making the policies publicly accessible such as on the district website.
- When specified, implementations review typically was required every 1-3 years and annual reporting was the most common reporting time frame.
- 48% of districts required an ongoing health advisory or wellness committee.





# 2. Nutrition

- ❖ Healthy Food Choices
- ❖ Healthy School Celebrations
- ❖ Non-Food Rewards
- ❖ Healthy Fundraising Alternatives
- ❖ Food Safety



\*Please refer to page 6 of the Wellness Policy for information on Nutrition on your school's campus. Additional resources are available on pages 22-28.

## Compliant Food/Drinks for Elementary, Middle and High School Snacks

**2014-2015**

*Here is a list of compliant food and drinks that may be bought at a commercial grocery store.*

### Food:

Food	Brand	Flavor	Serving Size
*Applesauce	GoGo Squeez	All Flavors	1 pouch (3.2oz)
*String Cheese	Frigo CheeseHeads (Light)	-	1 piece
*Popcorn	Pirate Brands	White Cheddar	½ oz
Fresh Fit for Kids, Kid's Meal: includes sandwich (may add milk and/or apple slices)	Subway	Veggie Delite, Roast Beef, Black Forest Ham, or Turkey Breast	1 ea
Apple Slices	Subway	-	1 bag
<i>Dessert</i>			
Premium Fudge Bars	Healthy Choice	-	1 bar
The Original Fudge Bar	Fudgsicle	-	1 bar

### Drinks:

Drinks	Brand	Flavor	Serving Size
*Fruit Punch Juice	Juicy Juice	Fruit Punch	6.75 oz
*Apple Juice	McINTOSH	Apple	8 oz
*Apple Juice	Great Value	Apple	8 oz
*Organic 100% Juice Boxes	Hansen's	Apple, Apple Berry, Fruit Punch	1 box
*100% Juice Boxes	Kirkland Signature	Crisp Apple, Fruit Punch, Apple Berry	1 box
Milk	Subway	Low- Fat	8 oz

\*Gluten Free and Peanut Free    \*\*Peanut Free, but not Gluten Free

This is not a comprehensive list, only suggestions. Please contact Nutrition Services at (310) 972 - 6350 if you have any questions regarding a product.

# Compliant Dessert Items for Sale on School Campus

(Available for order through Nutrition Services)

\*Additional items are available\*

2014-2015

Type of Food	Brand	Flavors	Serving Size (each)	Case count	Price (each)	Elementary	Middle	High
*100% Juice Sorbet	Luigi's	Orange, Grape, Lime, Blue Raspberry	4 fl oz	96	\$0.50	✓	✓	✓
*SideKicks 100% Fruit Juice	Ridgefield's	SourCherry-Lemon, Kiwi-Strawberry, BlueRaspberry-Lemon, Strawberry-Mango	4 fl oz	84	\$0.50	✓	✓	✓
*100% Juice Fruit Bar	Whole Fruit	Berry, Cherry, Sour Apple	2 fl oz	100	\$0.25	✓	✓	✓
Chocolate Fudge Bar	Driftwood	Chocolate	2.5 oz	24	\$0.50	✓	✓	✓
Goodyman <i>Let's Celebrate</i> Cupcakes	Super Bakery	Chocolate, Vanilla	1.5 oz	72	\$0.40	✓	✓	✓
*Goodyman Whole Grain Rice Crispy	Super Bakery	-	0.8oz	100	\$0.50	✓	✓	✓
**Snickerdoodle Cookie	Fat Cat	Snickerdoodle	1.3 oz	140	\$0.40	✓	✓	✓
**Celebration Cookie, IW	Fat Cat	Celebration Cookie	1.3 oz	140	\$0.40	✓	✓	✓
**Chocolate Chip Cookie, IW	Fat Cat	Chocolate Chip	1.75 oz	140	\$0.50		✓	✓
**Chocolate Chip Cookie, IW	Fat Cat	Chocolate Chip	1.3 oz	140	\$0.40	✓	✓	✓
**Low Fat Fudge Brownie with Oat Fiber	Buena Vista Foods	-	2 oz	96	\$0.50		✓	✓

\*Gluten Free and Peanut Free    \*\*Peanut Free, but not Gluten Free

In addition, Papa John's or Domino's Pizza (Cheese or Pepperoni) may be ordered for \$12/pizza. However, it may vary by site.

Other catering entrée options are available for order. Please contact Nutrition Services at (310) 972-6350 with orders or questions. Please give a two week notice for all orders.

\*For additional food items visit [www.tusdfoodservice.org](http://www.tusdfoodservice.org) or contact Nutrition Services.

## Healthy School Parties & Celebrations

**Nutrition Services can help you plan your next classroom celebration!**

Nutrition Services can provide your classroom with healthy food items such as:

- Pizza Parties with whole-grain pizza
- Birthday Party Celebrations with healthier dessert options
- Holiday Events with festive holiday treats

We can take the guesswork out of choosing what items are compliant to serve in the classroom by catering your next classroom celebration!



Contact the TUSD Nutrition Services Department for pricing and availability

Tel: 310.972.6350

Web: [WWW.TUSDFOODSERVICE.ORG](http://WWW.TUSDFOODSERVICE.ORG)

## Wellness Policy Resource

### Competitive Food Calculator

Check out the link below to determine if the food(s) you plan to sell or bring onto school campus (starting at midnight and up to one half hour after the school day) meet the federal and state regulations.

Please choose the appropriate category (Elementary, Middle/High, or Entrée) when entering the nutrition information.

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

Remember to check with your school's principal to see if there are any additional rules regarding foods on campus before you plan your celebration.

*\*The Competitive Food Calculator is updated on a periodic basis and is to be used as a reference tool.*

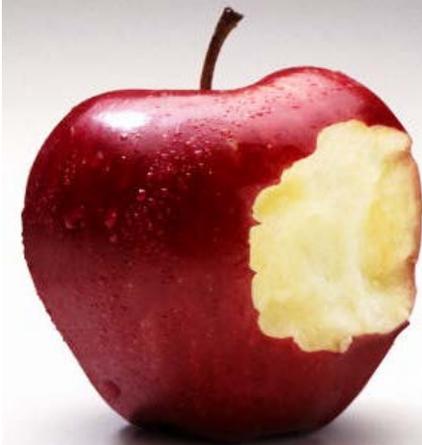
*If you have questions, please contact Leeza in the TUSD Nutrition Services Office.*



Tel: 310.972.6350

Web: [WWW.TUSDFOODSERVICE.ORG](http://WWW.TUSDFOODSERVICE.ORG)

## Healthy Fundraisers & Celebrations Brochure



Created as a Resource by the Nutrition Services Department

# TUSD Wellness Policy

The Wellness Policy at Torrance Unified School District is focused on providing schools with options to successfully raise funds and plan celebrations while keeping school wellness a priority.

This pamphlet is designed to help you, the parents and staff, navigate the standards of the policy:



Classroom celebrations involving food are limited. See current policy for more details.



Foods and beverage items provided for these celebrations must meet or exceed the state and federal regulations that pertain to nutrition services.



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.

# Healthy Fundraising

## Are food sales a big part of your fundraising efforts? If so, try healthier foods like:

- 100% fruit juice
- Fruit baskets
- Fruit smoothies
- Yogurt parfaits
- Trail mix, nuts and seeds
- Granola bars
- Popcorn
- Unsalted pretzels

## Non-Food Fundraiser Ideas:

- Artwork
- Calendars
- Candles
- Coupon books
- Gift Certificates or baskets
- Greeting cards
- Magazine subscriptions
- Refillable water bottles, T-shirts and sweatshirts (with school logo)

*Warning: A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds make sure none of the children have an allergy.*

# Healthy Celebration Ideas

## Try these ideas for fun activities and healthy foods at school parties and other classroom celebrations:

- Have a classroom show-and-tell
- Give children extra recess time instead of a class party
- Create a special birthday event – the birthday child wears a sash and crown, sits in a special chair and can be the teacher’s assistant for the day
- Have a dance party
- Provide a “free choice” activity time at the end of the day



- Fruit smoothies
- Fruit salads with low-fat cottage cheese
- Yogurt parfaits
- Popcorn
- Pretzels
- Low-fat pudding
- Applesauce or other fruit cups
- Berries with low-fat whipped topping
- Whole-grain crackers with reduced-fat cheese, jam or peanut butter
- Whole-grain tortilla chips with salsa
- Hard-boiled eggs
- Oatmeal or granola

# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



**A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.** Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

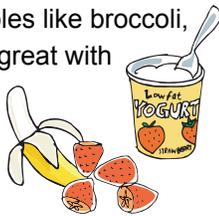
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



# 10 tips

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# make celebrations fun, healthy & active



## 10 tips to creating healthy, active events

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

### 1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

### 2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

### 3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

### 4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

### 5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

### 6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

### 7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

### 8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

### 9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

### 10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



# How to Reward and Motivate Kids Without Using Food

*Providing food based on performance or behavior not only encourages children to eat outside of meal and snack times, but also to eat when they are not hungry. This practice has the potential to create a lifelong habit of rewarding or comforting themselves with food. It can undermine healthy eating messages and reinforce unhealthy eating habits.*

## Examples of Beneficial and Inexpensive Rewards for Children

### ❖ Social Rewards



- These types of rewards affirm a child's worth as a person. They may involve attention, praise, or thanks – which are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise, nods, or even smiles can mean a lot.

### ❖ Recognition



- Trophies, plaques, ribbons, certificates, or stickers with an affirming message are great ways to commend a student on their achievement

### ❖ Responsibility

- Children love to be put in charge, or to be given extra responsibilities that indicate their maturity. Finding ways to help students feel like “grown-ups” will motivate even the most reluctant child.



- For example:
  - ☆ Take messages to the office
  - ☆ Choose an activity for the class
  - ☆ Lead the class to recess or lunch
  - ☆ Make announcements
  - ☆ Feed the class pet
  - ☆ Helping in another classroom

### ❖ Privileges



- Privileges give children an activity to aspire to, something to strive toward, and as such should be deemed appropriate as rewards for great behavior.
- For example:
  - ☆ Going first
  - ☆ Having an extra few minutes of recess with a friend
  - ☆ Sitting by friends or in a special seat next to the teacher
  - ☆ “Free Homework” pass
  - ☆ Playing an educational computer game
  - ☆ Eat lunch with a teacher or principal

### ❖ School Supplies

- School supplies are a great alternative because the students may utilize their reward in class!

- For example:



- ☆ Rulers
- ☆ Erasers
- ☆ Pens/Pencils
- ☆ Notebooks
- ☆ Crayons
- ☆ Markers
- ☆ Bookmarks

### ❖ Toys/Trinkets

- Let students have fun by picking from the “treasure chest” when a reward is earned.

- For example:



- ☆ Frisbees
- ☆ Yo-Yos
- ☆ Finger puppets
- ☆ Slinkies
- ☆ Magnifying glasses
- ☆ Marbles
- ☆ Cards

### ❖ Point System

- A point system will give children the opportunity to earn points that accumulate toward a bigger prize. Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned.

- A point system may also be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class’s “account.” When the class has earned a target number of points, then they receive a group reward.

- For example:



- ☆ Gift certificate to a bookstore
- ☆ Movie pass
- ☆ Ticket to a sporting event
- ☆ Puzzle
- ☆ Book
- ☆ Stuffed animal

# Healthy Fundraising

## Promoting a Healthy School Environment

*Schools have many options to successfully raise money and keep school wellness a priority – without relying on sales of unhealthy foods such as candy and cookies. When schools hold healthy fundraisers, they send positive and consistent messages about the importance of good nutrition and physical activity.*

## Why Should Schools Promote Healthy Fundraising?

- ❖ Healthy kids learn better
- ❖ Schools have a responsibility to encourage healthy eating habits
- ❖ Students get the wrong message when unhealthy foods are sold “for a good cause”
- ❖ Supports mandated local school wellness policies

### Items You Can Sell:

- ❖ Air Fresheners
- ❖ Bath Accessories
- ❖ Balloon Bouquets
- ❖ Books
- ❖ Bumper Stickers
- ❖ Calendars
- ❖ Coffee Mugs
- ❖ Coloring Books
- ❖ Cookbooks
- ❖ Crafts
- ❖ Customized Stickers
- ❖ First Aid Kits
- ❖ Flowers
- ❖ Football Seats
- ❖ Gift Baskets
- ❖ Gift Certificates
- ❖ Gift Wrap
- ❖ Hats
- ❖ House Decorations
- ❖ License Plates
- ❖ Plants
- ❖ Pet Toys/Treats

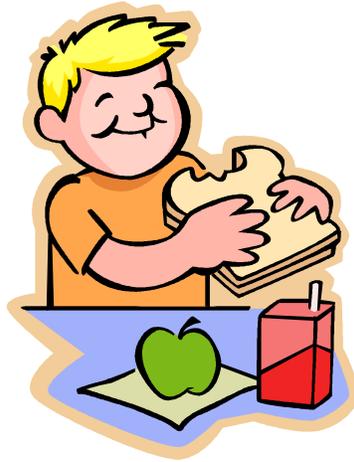


### Profitable Fundraising Ideas:

- ❖ Bike-a-thons
- ❖ Bowling Night
- ❖ Car Wash
- ❖ Carnivals
- ❖ Dances
- ❖ Festivals
- ❖ Fun Runs
- ❖ Garage Sale
- ❖ Gift Wrapping
- ❖ Horseshoe Competition
- ❖ Jump-rope-a-thons
- ❖ Magic Show
- ❖ Read-a-thons
- ❖ Recycling
- ❖ Science Fair
- ❖ Singing Telegrams
- ❖ Skate Night
- ❖ Spelling Bee
- ❖ Talent Show
- ❖ Scavenger Hunt
- ❖ Walk-a-thons
- ❖ Workshop/Classes



# Food Safety Tips for Serving a Safe & Healthy Meal



- Wash hands thoroughly for 20 seconds with soap and warm water
- Put on a pair of clean gloves (do not reuse gloves)
- Please do not touch the food or the part of the utensils used to serve the food with your bare hands
- Use the appropriate serving utensils when plating the food (each food item should have a separate serving utensil)

*\*Please be careful of what you touch with your gloves.*

*Do not touch your face, hair, dirty surfaces, etc.*

*If necessary, please re-wash your hands and replace with a new pair of gloves each time before serving the food.*

# 10 tips

# be food safe

Nutrition  
Education Series

**10 tips** to reduce the risk of foodborne illness



**A critical part of healthy eating is keeping foods safe.** Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

## CLEAN

### 1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

### 2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

### 3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

### 4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

### 5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.



## SEPARATE

### 6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

### 7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

## COOK AND CHILL

### 8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.



### 9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F ([www.isitdoneyet.gov](http://www.isitdoneyet.gov)).

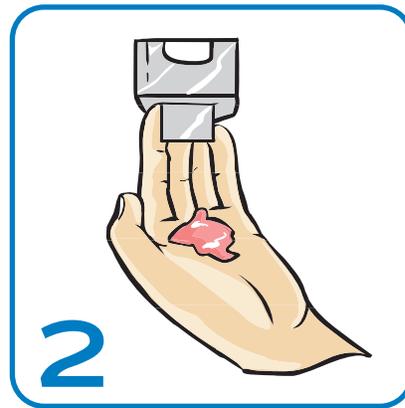
### 10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

Don't  
Forget to  
**WASH**  
your  
**HANDS!**



Run water over  
your hands.



Put soap on  
your hands.



Rub hands together  
for 20 seconds.



Rinse well.



Dry hands with  
a paper towel.

# 3. Physical Activity and Physical Education



\*Please refer to page 7 of the Wellness Policy for information on Physical Activity and Education on your school's campus. Additional resources are available on page 29.

## Supporting the PE and PA Environment

There are a number of evidence-based strategies and expert recommendations that can help improve PE and PA in schools.<sup>3,6-15</sup> The actions below can help you implement these strategies and recommendations. See the Resource section at the end for links to documents and Web sites that provide additional information.

### STATES

- Provide districts with professional development and technical assistance for revising district wellness and PE and PA policies.
- Assist districts with monitoring and reporting on the implementation of district wellness policies.
- Partner with key organizations such as the state AAHPERD affiliate and state Action for Healthy Kids team to support the implementation of PE and PA policies and practices.
- Provide professional development opportunities for district PE staff.

### SCHOOL DISTRICTS AND SCHOOLS

- Create a school health council or wellness committee that includes district and community stakeholders to implement activities that align with wellness policy goals.
- Review and revise the district wellness policy to align with national PE and PA recommendations and assist schools with implementing the policy.
- Involve parents and other stakeholders in reviewing and revising district wellness, PA, and PE policies.
- Require quality PE for all students that aligns with national and state recommendations and standards.
- Prohibit waivers that allow students to be exempted from taking physical education for participation in interscholastic and intramural sports.

### What Can You Do?

- Require that state licensed or credentialed teachers instruct all PE classes.
- Provide ongoing professional development for PE teachers, as well as for other teachers, to incorporate PA as part of non-PE classroom exercises.
- Offer daily recess for elementary school students.
- Work with local public works, zoning boards, and police departments to ensure that students have safe routes to walk and bike to and from school.
- Increase opportunities for children, their families, and the community to be physically active by opening up school facilities, such as gymnasiums, playgrounds, and tracks outside of school hours.
- Form agreements with local governments (e.g., Parks and Recreation) and community agencies (e.g., YMCA) that set terms for shared use of property to enhance physical activity opportunities for students and their families.

## ENCOURAGING DAILY RECESS

There are a number of evidence-based strategies and expert recommendations to improve recess in schools.<sup>2,4,9</sup> The actions below can help you implement these strategies and recommendations. See the Resources section at the end for links to documents and websites that provide additional information.

### STATES

- Develop and adopt daily recess policies, and monitor district and school implementation.
- Provide districts with training and technical assistance for revising district wellness and recess policies that align with national recommendations.

### SCHOOL DISTRICTS AND SCHOOLS

- Work with districts to upgrade and maintain PA equipment, sports fields, courts, and playgrounds that are used for recess.
- Assist districts with monitoring and reporting on the implementation of district wellness policies.
- Create a school health council that includes district and community stakeholders to implement, monitor, and evaluate activities that align with wellness policy goals.
- Review and revise the district wellness policy to

### What Can You Do?

- align with national recess recommendations and assist schools with implementing the policy.
- Make the district wellness policy available to parents and other stakeholders (e.g., district website).
- Involve parents and other stakeholders in reviewing and revising district wellness and recess policies.
- Offer daily recess for elementary school students in addition to PE.
- Maintain safe and age-appropriate equipment for students to use during recess.
- Ensure that well-trained supervisors are present during recess.

# Benefits of Recess Before Lunch

## Fact Sheet

*Creating a Healthier Classroom*

### Why recess before lunch?



“When students go to recess before lunch they do not rush through lunch and tend to eat a more well-balanced meal including more foods containing vitamins, such as milk, vegetables, and fruits”

*(The National Food Service Management Institute)*

“Complete nutrition is related to overall health and improved test scores at schools”

*(Vancouver Coastal Health Promoting Wellness: Ensuring Care)*

**When recess is before lunch, research shows that students:**

- ❖ Waste less food (as much as from 27% to 40%)
- ❖ Consume more calcium and protein as much as 35%
- ❖ Have decreased number of nurse visits for headaches and stomachaches after recess
- are calmer and ready to get to work immediately instead of needing cool-down time
- ❖ Have an increase in classroom time on-task
- ❖ Have decreased discipline referrals
- ❖ Need less supervision in cafeteria
- ❖ Have fewer accidents during lunch break
- ❖ Litter less on school ground and inside the school



# 4. Family, Staff and Community Involvement

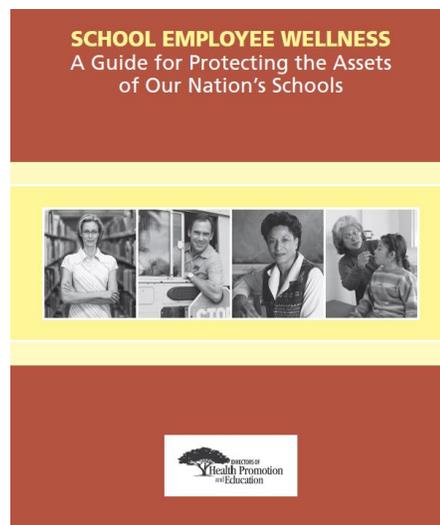


\*Please refer to page 7 of the Wellness Policy for information on Family, Staff and Community Involvement on your school's campus. Additional resources are available on pages 30-31.

# SCHOOL EMPLOYEE WELLNESS

## A Guide for Protecting the Assets of Our Nation's

**Schools** is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It will help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity and reduce the costs of employee absenteeism and health care.

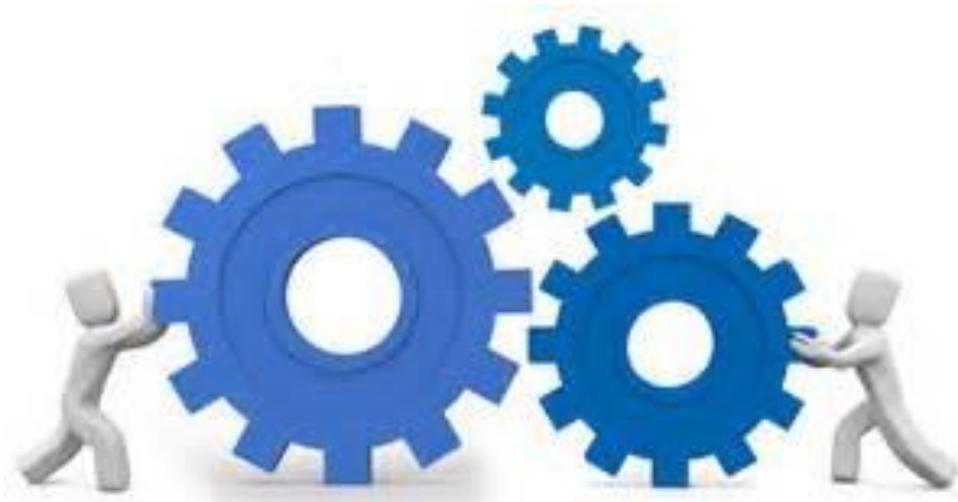


*Developed by the Director of Health Promotion and Education under a cooperative agreement with the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Coordinating Center for Health Promotion of the Centers for Disease Control and Prevention.*

*\*Please refer to Appendix K of the Wellness Policy, pg. 30-32, for more information on TUSD Staff Employee Assistance Program (EAP)*

Download a copy at: [www.healthyschoolsms.org/staff\\_health/documents/EntireGuide.pdf](http://www.healthyschoolsms.org/staff_health/documents/EntireGuide.pdf)

# 5. Implementation



## Supporting the School Nutrition Environment

### What Can You Do?

*The following evidence-based strategies and expert recommendations provide examples of policies and practices that could be implemented locally.<sup>6,7,11-15</sup> See the Resources section at the end for links to documents and Web sites that provide additional information.*

#### STATES

- Provide training and technical assistance to districts on revising district wellness policies to align with national recommendations.
- Assist districts with monitoring and reporting on the implementation of district wellness policies.
- Educate districts and relevant state groups on elements of a healthy school nutrition environment including nutrition standards that meet or exceed the United States Department of Agriculture's (USDA) "Smart Snacks in School" nutrition standards for all foods sold in school.
- Work to develop Farm to School programs.
- Work with districts to update school kitchens with the equipment needed to prepare

healthy meals (e.g., slicers, sectioners, and reach-in coolers to prepare and store fruits and vegetables).

- Provide nutrition training and professional development opportunities for district and food service staff.
- Support standards-based nutrition education for districts and schools.

#### SCHOOL DISTRICTS AND SCHOOLS

- Create a school health council that includes district and community stakeholders to assess, implement, monitor, and evaluate the district wellness policy.
- Review and revise the district wellness policy to align with national recommendations, and assist schools with implementing the policy.
- Implement strong nutrition standards that meet or exceed the USDA's "Smart Snacks in School" nutrition standards for all foods sold in school.
- Make the district wellness policy and nutrition standards publicly available to parents and other stakeholders (e.g., district Web site), and involve them in reviewing and revising these policies.
- Prohibit marketing of unhealthful items, and promote more healthful items.
- Encourage school staff to model healthy eating behaviors.
- Link nutrition education activities with State Health Education Frameworks or Standards.
- Provide nutrition training and professional development opportunities for all school staff.
- Provide parents with nutrition education materials.
- Adopt strategies to improve school meal participation rates, including ensuring adequate time for students to eat meals, incorporating alternative breakfast options, and conducting taste tests.
- Ensure that all students have access to free drinking water during the school day.

# 6. Additional Resources



# Additional Resources

## *For Promoting Healthy Habits on Your School Campus*

Action for Healthy Kids- [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Alliance for a Healthier Generation- <https://www.healthiergeneration.org>

Bridging the Gap- <http://www.bridgingthegapresearch.org>

USDA's Team Nutrition Popular Events Idea Booklet- provides creative ideas and how-to instructions for themed events that focus on nutrition and physical activity for elementary and middle schools.

\*There is a copy of this booklet in the Nutrition Services Office or you can find it online.

*These organizations and websites contain materials pertinent to Local School Wellness Policies. The viewpoints expressed in these resources may differ from TUSD's Wellness Policy, but they can provide useful tools and resources to assist with implementing a better understanding of the Wellness Policy.*

## Frequently Asked Questions:

### **1. Why did the Nutrition Services department come out with the Wellness Policy this school year (2014-15)?**

The Wellness Policy is a District policy, not a Nutrition Services policy. Any school district participating in the National School Lunch Program must have a Wellness Policy. Torrance USD's was originally created in 2006 and was updated during the 2013-2014 school year with an effective date of July 1, 2014.

### **2. How do I become a member of the Torrance USD Wellness Policy Committee?**

You can contact the Chair of the committee at [wellnesspolicy@tusd.org](mailto:wellnesspolicy@tusd.org).

### **3. Who do I contact if I need clarification or have a question about the Wellness Policy?**

You can contact the Chair of the committee at [wellnesspolicy@tusd.org](mailto:wellnesspolicy@tusd.org).

### **4. Do I have to purchase food through Nutrition Services if my child's class is having a celebration involving food?**

No, you do not have to purchase food through the Nutrition Services Department. All of the foods purchased through Nutrition Services are compliant with the Wellness Policy and are typically less expensive than purchasing retail. However, you are always more than welcome to call or email the Nutrition Services department (310-972-6350 or [Lindsay.Leeza@tusd.org](mailto:Lindsay.Leeza@tusd.org)) and we will let you know if an item you are planning to purchase is compliant. Please be sure to have a copy of the Nutrition Facts label and ingredient list.

### **5. How did the Wellness Committee decide what to include in the Wellness Policy?**

There are government regulations that the Wellness Committee referred to when creating this policy. The committee also used current Board Policy and referred to other school district's policies for guidance as well.

The purpose of the Wellness Policy is to promote healthy habits to our students through a healthy school environment, foods available on campus and physical activity/education.