



WELLNESS COMMITTEE

Our Wellness Committee is made up of parents, school administrators, child nutrition staff, school professionals, and community members with a collective goal of striving for student wellness throughout our district. Interested in joining our Wellness Committee? Contact us at Child Nutrition Services (909) 797-0174

RESOURCES

Check out these websites for great ideas for both teachers & parents!

- Choose My Plate: www.choosemyplate.gov
- California Project Lean: www.californiaprojectlean.org
- Centers for Disease Control: www.cdc.gov/healthyschools
- Fuel Up to Play 60: www.fueluptoplay60.com
- Dairy Council of California: www.healthyeating.org

INTERESTED IN MORE INFORMATION?

Visit our website www.childnutrition-ycjUSD.com to read our full wellness policy

OR

Speak with your school site and see how you may take part of the school site committee and become a Wellness Champion!

YUCAIPA- CALIMESA
JOINT UNIFIED SCHOOL
DISTRICT

Wellness



Yucaipa-Calimesa JUSD
12797 Third Street
Yucaipa, CA. 92399

DID YOU KNOW?

- 1 in 5 children ages 6 to 19 years are classified as obese in the United States
- Rates of obesity have increased 3 times since the 1970's
- Major factors of obesity are contributed from poor eating & physical activity behaviors
- Obesity has been linked with sleep apnea, type 2 diabetes, heart disease risk, and asthma



YCJUSD STUDENT WELLNESS

- The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity
- Since 2010, Nutritional Guidelines were set to make all sold school meals more nutritious through the Healthy Hunger-Free Kids Act (HHFKA) in providing lean proteins, whole grains, fresh fruit and vegetables, and low fat and non-fat milk options
- Under (HHFKA) Smart Snacks are required to be rich in nutrients for foods and beverages provided in student stores, vending machines, and fundraisers
- Nutrition Education and Physical Activity opportunities will be provided on a regular basis
- Donated snacks from staff and parents are encouraged to be nutritious pre-packaged snacks



HOW TO TAKE

ACTION

- Choose non-food rewards such as: stickers, pencils, erasers, activity sheets ,etc.
- Participate in Healthy Fundraising ideas as food items must be Smart Snack compliant from *midnight until 30 mins after school*
- Become a healthy role model, as parents and teachers you could positively impact our children
- Participate in Healthy Celebrations that must be held after the lunch period
- Visit www.childnutrition-ycjUSD.com for Smart Snack Ideas that follow guidelines for food and beverages in the classroom

HEALTHY FUNDRAISING IDEAS:

- Coupon Book Sales
- Candle Sales
- Run-a-thons
- Cook Book Sales
- Car Washes
- Water bottles, coffee mug, and t-shirt sales