

## Policy Highlights

### Foods Available on Campus

- *Fundraising food sales can only take place on campus 30 minutes after the end of the school day. Only healthy, compliant foods and beverages are permitted to be sold.*
- *Only healthy, compliant snacks are permitted to be served during the school day.*
- *Only healthy, compliant foods are permitted to be used as rewards.*
- *Birthday celebrations that include food items must take place after lunch. Cupcakes and other non-compliant foods are not allowed.*

### Physical Activity

*Students will be provided physical education no less than 200 minutes per every 10 days of class. This will include moderate to vigorous physical activity.*

### Health & Nutrition Education

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

### Staff Support

*NSD staff members are encouraged to serve as positive role models, and will encourage all students to lead a healthy and active lifestyle.*

# Help Fight Childhood Obesity



**Child Nutrition Services**  
**1500 N Avenue**  
**National City, CA 91950**  
**Phone: 619-336-7730**  
**Fax: 619-336-7531**

[www.nsd.us/departments/nutrition](http://www.nsd.us/departments/nutrition)

**Always consider allergies  
before giving out any food  
or beverages.**



## Wellness Policy Guidelines for Staff and Parents



# Guidelines for Food and Beverage Sales

## SB 12 compliant snacks contain

- No more than 30% of calories from fat and zero trans fat.
- No more than 10% of calories from saturated fat.
- No more than 35% calories from sugar as portioned per package
- No more than 175 calories per individual food/snack item.

## SB 12 Compliant entrées contain

- No more than 400 calories per entrée.
- No more than 4 grams of fat per 100 calories.
- Entrées do not need to meet the above listed snack standards.

## SB 965 compliant beverages

- Fruit-based drinks with no less than 50 percent fruit juice and are without added sweeteners.
- Vegetable-based drinks no less than 50 percent vegetable juice and are without added sweeteners.
- Drinking water that is without added sweeteners.
- Milk (one percent fat, nonfat)

SB 12 and SB 965 are the state laws regulating standards for on-campus food and beverage sales. More information on SB 12 and SB 965 can be found at

[www.publichealthadvocacy.org](http://www.publichealthadvocacy.org)

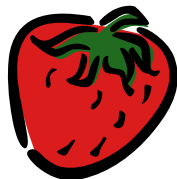


## Examples of compliant foods:

- Bottled water with no added sweeteners
- 1% and Non-Fat Milk (any flavor)
- 100% Fruit juice
- Fresh fruit & vegetables
- Baked chips
- Whole grain breads and crackers
- Pretzels
- Whole grain graham crackers
- Frozen 100% juice bars
- Reduced fat and sugar ice cream

## Examples of non-compliant foods:

- Soda or other carbonated drinks
- Water with added sweeteners
- Fortified sports drinks
- Chewing gum, Candy
- Snow cones, Ice cream cups
- Non-baked chips or other fried foods
- Cupcakes, Cookies, Cakes
- Muffins, Donuts
- Candy coated popcorn



## Please Note:

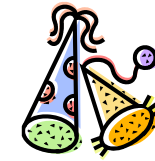
This list is not intended to be all-inclusive. Certain kinds of crackers, popcorn, etc., may or may not meet the nutritional requirements.

## Rewards

Class/Student rewards from Teacher/Staff to students



When rewarding students for academic performance or good behavior, non-food items are recommended. If food items (snack or entrée) are given as a reward, they must meet or exceed SB 12 & SB 965 as listed. Consider allergies before giving out any food.



## Celebrations

Birthdays, Good Citizen Awards, Graduation, Attendance Rewards

All persons providing beverages and snacks for class celebrations and school sponsored events shall provide items that adhere to SB 12 and SB 965 as listed. **Class and/or birthday celebrations will be planned for after lunch.** Consider allergies before giving out any food.

## Fundraising Activities

See also the "Healthy Fundraising" brochure

During the school day, student organizations may sell only one food item on campus upon approval. **The sale must be after the noon meal**, and the food cannot be prepared on campus. They may only have four sales per school per year, and the food item offered must not be the same as offered in the school cafeteria on the same day. Consider allergies before giving out any food.



**All other fundraising or food sales may take place no sooner than 30 minutes after the end of school day.**