

Adopted: 01/27/16

Revised:

Attachment A - Food and Beverage Guidelines

1. Foods and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
3. Food and beverages available during the school day will minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
4. Food and beverage providers should offer modest portion sizes age-appropriate for elementary students, respectively.
5. Foods offered for after school activities will include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains, and low fat or nonfat dairy foods.
6. Nutrition information for products offered in after-school activities should be available when possible. Healthy food and beverage choices should be available at these events.
7. Drinking and hand-washing facilities should be conveniently available for students at all times.
8. Carbonated beverages should not be available to primary students during the school day.
9. Classroom snacks will reinforce the importance of healthy choices.
10. Classroom celebrations should encourage healthy choices and portion control, and will not include soda pop as a beverage.
11. School-based fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events, will be emphasized.

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Attachment B – Nutrition Education Guidelines

1. School programs should ensure that students in kindergarten through grade 6 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups, calorie, sugar and fat intake; healthy cooking methods; the role of diet in preventing health problems; the recognition of the role media plays in marketing and advertising food and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition concepts should be reinforced by all school personnel.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities to effectively delivery quality nutrition education.
5. The school should provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engages as a critical part of the team responsible for teaching children about health and nutrition.

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Attachment C – Physical Activity and Education Guidelines

1. Students from kindergarten through grade 6 will receive regular, age-appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
3. The physical education curriculum should be coordinated with the health education curriculum.
4. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
5. Whenever possible, the primary school should provide daily recess that encourages physical activity.
6. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating in to their children's lives.

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Attachment D- Acceptable and Unacceptable Student Snack Options

This healthy snacks list is designed to help you make the healthy choice the easy choice. Children who eat well do better in school.

Fruits:

Apples	Kiwi halves	Pineapple chunks	Apricots
Jicama Plums	Cherries	Mango slices	Pomegranate
Melon chunks	Bananas	Clementine's	Nectarines
Raspberries	Oranges slices	Strawberries	Blueberries
Grapes	Peaches	Tangerines	Pears

Vegetables:

Cauliflower	Celery sticks	Avocado	Baby carrots
Cherry tomatoes	Radishes	Bell peppers	Cucumber slices
Broccoli	Green beans	Zucchini pieces	Tomatoes

These individual food service snack items meet Academia Cesar Chavez's nutritional standards:

California Natural Juice Bars	Cambell's 100% Tomato Juice	Fruit Gushers	Fruit Lather
Keebler Journey Chewy Multi-Grain Cereal Bars	Fruit Rollups	Kelloggs Nutri-Grain Bars	Quaker Chewy Granola Bars
Rold Gold Classic Tiny Pretzel Twists	Chez Morning Mix	Gardetto's Reduced Fat Snack-Ems	Keebler Reduced Fat Cheez-its
RW Knudsen Light Spritzers	Clif Luna Soy Bars	General Mills Fruit & Cereal Bars	Keebler Wheatables

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Kelloggs Rice Krispie Treats	Santa Cruz Organics Yogurts	DelMonte Diced Peaches	Genisoy Soy Crisps
Goldfish Giant Goldfish	Lays Munchie Snack Mix	Snyder's Pretzels	Stacy's Pita Chips
DelMonte Pineapple Tidbits	Graham Crackers	Healthy Snacks Bare Fruit	Luigi's Italian Ice
Sunkist Sliced Apples and Oranges	Dole Carrots Kidders	Lowfat Kettle Chips	Minute Maid Fruit Snacks
Healthy Choice Muffins	Healthy Valley Granola	Nature Valley Granola Bars	Frito Lay Baked Doritos
Frito Lay Baked Potato Chips	Honey Maid Graham Crackers	Organics Salted Round Pretzels	Teddy Grahams
Jimmy Dean Beef Jerky	Fruit by the Foot	Very Berry Fruit & Oatmeal Bar	Dole Tropical Fruit Bars
HI-C Fruit Snacks	Keebler Honey Grahams	Sunshine Animal Crackers	Dole Pineapple Tidbits
V-8 Juice			

Unacceptable Snacks:

- Treats that include peanuts or peanut products (out of respect and safety for students with serious peanut allergies)
- Treats in which a form of sugar is the first ingredient listed in the nutritional information (look for less than 10 grams of sugar per serving)
- Treats high in fats or saturated fats (look for less than 7 grams of fat or 4 grams of saturated fat per serving)
- Chocolate or candy, including gummy candies
- Fried food
- "Fast food"
- Chips
- Soda of any kind
- Pastries (cupcakes, donuts, cookies, etc.)

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*Teachers may request a waiver for a snack from administration if a treat does not meet the general guidelines listed above. If you are unsure if a treat is appropriate, parents shall contact the teacher *before* sending the snack to school.