



The Bonita Unified School District



# Wellness Policy

The Bonita Unified School District recognizes the link between student health and learning. The district has developed a Local Wellness Policy that promotes student health and creates a healthy learning environment.

The Local Wellness Policy sets goals for health education, physical activity, nutrition standards and other school-based activities designed to promote student wellness.

## USDA Food & Beverage Guidelines

Senate Bill (SB) 12 and Senate Bill (SB) 965 set standards for food items sold to students at school.

### Snack items that can be sold must contain:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% of sugar by weight
- Not more than 175 calories for Elementary students; 200 calories for Secondary students

### Acceptable beverages include:

- Drinking water with no added sweetener
- Fruit-Vegetable juice drinks that are composed of no less than 100% juice and have no added sweetener
- Milk Plain—1% or nonfat, nonfat (flavored), soy or other similar non-dairy milk

SB-12 & SB 965 prevents non-compliant items from being sold at any Elementary school site, and from being sold at Middle & High School sites from midnight to 30 minutes after school.

## Nutritional Guidelines

Bonita Unified School District believes that all food and beverages available to students should:

- Support the District's Wellness Policy/Regulations
- Promote optimal student health
- Maintain the integrity of the National School Breakfast and Lunch Program
- Follow all Safe Food Handling Guidelines

Nutrition Guidelines adopted by the District shall apply to:

- Food Service Sales
- ASB/Student Store Sales
- Vending Machines
- PTA Sales/Activities

**Nutritional Guidelines adopted by the District will be recommended for: Classroom Celebrations, Educational Events, and Classroom Incentives.**

## **What Are Recommended Snacks for Classroom Parties?**

### **Beverages:**

- Water
- Milk—1% or Nonfat (flavored)
- 100% fruit or vegetable juice

### **Suggested Snacks:**

- Fresh Fruits & Vegetables
- Fruit Cups or Dried Fruit
- String Cheese or Yogurt, Low or Nonfat
- Graham, Goldfish, or Animal Crackers
- Vanilla Wafers
- Pretzels
- 1 1/8 oz. bag Baked Chips
- Trail Mix (w/o candy) or Popcorn
- Granola Bars
- 100% Fruit Juice Frozen Treats
- Nuts & Seeds (consider allergies)

## **What Are Not Recommended as Acceptable Snacks for Classroom Parties?**

- Soda
- Candy
- Gum
- Fried Chips
- Cakes/Cookies or other Home Prepared Items - (due to Health & Safety concerns)

## **Alternatives to Using Food as a Reward:**

- Sit by friends
- Teach the class
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Play a favorite game or puzzle
- Earn play money for privileges
- Be a helper in another classroom
- Eat lunch with a teacher or principal

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## **RESOURCES**

- Alliance for a Healthier Generation  
[http://schools.healthiergeneration.org/focus\\_areas/snacks\\_andbeverages/](http://schools.healthiergeneration.org/focus_areas/snacks_andbeverages/)
- Healthy, Hunger Free Kids Act of 2010  
[http://www.fns.usda.gov/cnd/governance/legislation/cnr\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm)
- LA County Public Health Programs and Services  
<http://publichealth.lacounty.gov/nut/index.htm>
- Dairy Council of California  
[www.dairycouncilorca.org](http://www.dairycouncilorca.org)
- U.S. Dept. of Agriculture TEAM Nutrition  
[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)
- Action for Healthy Kids  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- USDA Smart Snacks in Schools (effective 7-1-14)

