



Wellness Policy

What is a school wellness policy?

School wellness policies focus on improving health and preventing childhood obesity. The goal is to create a school environment that includes healthy food choices and encourages physical activity.

Why do schools need a school wellness policy?

School wellness policies are required for all schools participating in USDA's Child Nutrition Programs - school breakfast, school lunch or the after-school snack program. Any school with one of these programs had to have a school wellness policy in place by the beginning of the 2006-07 school year. The Federal law, enacted in 2004, outlines key requirements, including nutrition guidelines for all foods served on campus, and nutrition education and physical activity goals.

Who developed the EGUSD policy?

The Federal law specified that anyone who will be affected should be involved, including students, school food service staff, school Board members, school administrators / district employees, teachers and parents. Elk Grove Unified School District used a team of 24 people to develop the policy.

What snacks items can be sold during the school day at school?

At Elementary Schools:

To encourage students to eat balanced meals, federal regulations limit what foods can be sold individually. At elementary schools, only dairy and whole grain products can be sold individually. Those products must follow these guidelines:

- No more than 35% of calories from fat.
- No more than 10% of calories from saturated fat.
- No more than 35% of the weight from sugar.
- Not more than 175 calories per item.

At Secondary Schools:

At secondary schools snacks must meet these standards:

- No more than 35% of calories from fat.
- No more than 10% of calories from saturated fat.
- No more than 35% of the weight from sugar.
- Not more than 250 calories per item.

Why can't my child purchase a second entrée?

Entrée items sold a la carte to students in middle school or high school shall meet the following standards:

- Contain no more than 400 calories per entrée
- Contain no more than 4 grams of fat per 100 calories.

What beverages can be sold at school?

At Elementary Schools:

The only beverages that can be sold during the schools day to elementary students are:

- 50% fruit juice with no added sweeteners,
- 50% vegetable juice with no added sweeteners,
- drinking water with no added sweetener, and
- 2%, 1% and nonfat milk, and soy milk.

At Secondary Schools:

The only beverages that can be sold during the school day to secondary students is:

- 50% fruit juice, vegetable- based drinks with no added sweetener
- drinking water with no added sweetener
- 2%, 1% and nonfat milk, and soy milk
- electrolyte replacement beverages with no more than 42 grams of added sweetener per 20 ounce serving.

continued next page

How will the school wellness policy affect school fundraisers?

Schools are encouraged to select fundraising activities that involve the sale of healthy food and/or focus on physical activity.

At Elementary Schools:

During the school day at elementary schools, the sale of food for fundraising is limited to no more than four food sales per school year and are limited to a single item on those four days. These items must meet the nutrition standards.

An elementary school may permit the sale of food or beverage items that do not comply with the above regulations as part of a school fund raising event in any of the following circumstances:

- The sale of those items takes place away from school premises.
- The sale of those items takes place from one-half hour before the start of the school day until one-half hour after the end of the school day.

At Secondary Schools:

Foods That Comply: Any secondary school may permit the sale of food or beverage items **that do** comply with the nutrition standards as part of a school fund raising event in any of the following circumstances:

- The sale of food for fundraising is limited to ONE organization each school day selling from three food categories which each site selects each semester.
- Student organizations may have FOUR food sale days to sell any food items in compliance with the regulations, but the sales will be held on the same four days for ALL organizations.

Foods That Do Not Comply: Any secondary school may permit the sale of food or beverage items that **do not** comply with the nutrition standards as part of a school fund raising event in any of the following circumstances:

- The sale of those items takes place away from school premises.
- The sale of those items takes place from one-half hour before the start of the school day until

one-half hour after the end of the school day.

- The sale of those items occurs during a school-sponsored pupil activity at the end of the school day.

How will the school wellness policy affect classroom parties?

Class parties are a tradition in public education. However, parents and staff are encouraged to provide party snack items that are consistent with the goals of the policy and schedule celebrations after the lunch hour whenever possible. The district has disseminated a list of healthy party ideas to parents and teachers.

Can food be used as an incentive for students?

Staff should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

How does the Wellness Policy address physical education?

Schools will provide physical education according to the following guidelines:

- Regular high-quality, comprehensive and developmentally appropriate PE
- Elementary students - 200 minutes every 10 days
- Secondary students – 400 minutes every 10 days
- FITNESSGRAM results in school accountability report card
- Class size consistent with requirements for good instruction and safety
- Encourage students to meet minimum fitness standards at all grade levels