



TORRANCE UNIFIED SCHOOL DISTRICT  
WELLNESS POLICY

# RESOURCE GUIDE

2019-2020



**wellness  
committee**

# Wellness Policy Resource Guide

Torrance Unified School District (TUSD) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The purpose of the Wellness Resource Guide is to provide the District's administrators, teachers, staff, parents and volunteers with a compilation of resources which promote the components of TUSD's Wellness Policy. The Wellness Resource Guide was created to assist you with any questions regarding the policy and to provide you with some useful ideas and materials that will make implementing the Wellness Policy much less stressful.

TUSD believes that all students should be educated in learning environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. TUSD believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

The overarching goal of the Wellness Policy Committee is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

**\*The TUSD Wellness Policy is located on the Nutrition Services Website at [tusd.org/nutrition-services](http://tusd.org/nutrition-services).**

*Materials included may not be the opinion of TUSD. Please check with your Principal, Administration, or the Wellness Committee for rules on your school's campus.*

# Table of Contents

I. School Health, Safety and Environment .....	1
II. Nutrition .....	3
III. Physical Activity and Physical Education .....	30
IV. Family, Staff and Community Involvement .....	34
V. Additional Resources .....	38

# I. School Health, Safety and Environment



*\*Please refer to page 9 of the Wellness Policy for information on School Health, Safety Policies and Environment on your school's campus.*

# Resources

**South Bay Families Connected** <http://www.southbayfamiliesconnected.org/>

South Bay Families Connected is a not-for-profit whose mission it is to improve the social and emotional wellness of our area youth by supporting parents in their efforts to help their kids reach their full potential and live healthy, fulfilled lives. With this shared community goal in mind, SBFC offers parents the following free resources, education, and opportunities to connect around the issues and challenges we face, from helping our kids navigate the new social media landscape, to reducing the likelihood that they will use drugs and alcohol:

*A centralized online gallery of national and local parenting resources, including mindful parenting approaches and age-appropriate alcohol and drug prevention communication tools and information*

*An up-to-date community calendar which offers parents a one-stop-shop for free parent education events occurring throughout our community.*

*Parent education provided by local and national experts is available through our monthly Teen Wellness Speaker Series (co-sponsored by Beach Cities Health District) and Partner School Education events.*

*A means to connect with other parents and share their parenting challenges in a supportive, non-judgmental environment. Opportunities to stay connected include the education events noted above, as well as small group discussion and a parent blog.*

*Ongoing communication about the latest teen wellness articles and resources via a monthly e-newsletter and social media.*

*A way to share their concerns and shape the South Bay Families Connected project through participating in our parent survey, parent and teen focus groups, and Families Connected task force meetings.*

SBFC was created in response to the high level of community concern regarding social emotional wellness of our area youth, as well as teen alcohol and drug use in the beach cities.

**TUSD Parents Engage** <https://sites.google.com/etusd.org/parentsengage>

Provides a wide variety of tools and resources for TUSD families!

**Parent Toolkit** <http://www.parenttoolkit.com/>

Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Education Nation and supported by Pearson and includes information about almost every aspect of your child's development, because they're all connected. Healthy, successful children can excel in many areas – in the classroom, on the court, and in their relationships with peers and adults. Our advice also covers important topics for navigating life after high school.

# II. Nutrition

- ❖ Healthy Food Choices
- ❖ Healthy School Celebrations
- ❖ Non-Food Rewards
- ❖ Healthy Fundraising Alternatives
- ❖ Food Safety



*\*Please refer to pages 10-11 of the Wellness Policy for information on Nutrition on your school's campus.*

# Food/Beverages on Campus

**Step 1.** Are you serving or selling a food/beverage to students (on campus, during the school day)?

- a. YES – please see Step 2
- b. NO – Wellness Policy Regulations do not apply

**Step 2.** Refer to the list of *Compliant Food/Beverages* in this section to see if your food/beverage is Smart Snack Compliant.

**OR**

Refer to the *Quick Reference Cards from the California Department of Education* in this section to complete your own analysis.

**OR**

Submit the **Nutrition Facts Label(s)** AND **Ingredient List(s)** of the food/beverage you will be serving or selling to the California Department of Education (CDE) for analysis. Submit to [competitivefoods@cde.ca.gov](mailto:competitivefoods@cde.ca.gov). Ask them to determine if the food or beverage item is “Smart Snack Compliant” – you will need to provide the grade level of the students being served. *Please allow enough notice for submissions to be reviewed.*

**Step 3.** Does your food/beverage meet the Smart Snacks regulations?

- a. YES – please see Step 4
- b. NO – you may not serve or sell this food/beverage item to students, on campus, during school hours

*School Hours: Midnight up to 30 minutes after the end of the official school day.*

**Step 4.** Document the food/beverage you will be serving or selling.

- a. Provide copies to Nutrition Services (Attn: Kathleen Cole).
- b. Log event and foods/beverages served/sold.
- c. Keep a copy of your food/beverage Nutrition Facts Label(s) AND Ingredients List(s) on campus.



**wellness  
committee**

**ELEMENTARY SCHOOL-FOOD RESTRICTIONS**

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6. **Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** foods sold to students by any entity.

**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**Compliant foods**

**Must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

**AND must meet the following nutrition standards:**

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

**Paired foods:**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

\* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

\*\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.**

**Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**ELEMENTARY SCHOOL-BEVERAGE RESTRICTIONS**

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

An **elementary school** contains no grade higher than grade 6. **Effective** from midnight to one-half hour after the end of the official school day.

**Applies to ALL** beverages sold to students by any entity.

**Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.**

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 8 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
  - e. ≤ 28 grams of total sugar per 8 fl. oz.
  - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(j)(3)), must contain per 8 fl. oz.:
    - ≥ 276 mg calcium
    - ≥ 8 g protein
    - ≥ 500 IU Vit A
    - ≥ 100 IU Vit D
    - ≥ 24 mg magnesium
    - ≥ 222 mg phosphorus
    - ≥ 349 mg potassium
    - ≥ 0.44 mg riboflavin
    - ≥ 1.1 mcg Vit B12, **and**
  - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 8 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

**ELEMENTARY SCHOOL-STUDENT ORGANIZATIONS**

Reference: *California Code of Regulations* Section 15500

**Student organization** is defined as a group of students that are NOT associated with the curricula or academics of the school or district.

**Effective** from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Only one food or beverage item per sale.
2. The food or beverage item must be **pre-approved** by the **governing board** of the school district.
3. The sale must occur **after the last lunch period** has ended.
4. The food or beverage item cannot be prepared on campus.
5. Each school is allowed **four sales** per year.
6. The food or beverage item cannot be the same item **sold in the food service program** at that school during the same school day.

**MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS**  
 References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.  
 A **high school** contains any of grades 10 to 12.  
**Effective** from midnight to one-half hour after the end of the official school day.  
**Applies to ALL** foods sold to students by any entity.  
**Sold** means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**“Snack” foods must meet one of the following general food standards:**

- Be a fruit, vegetable, dairy, protein, or whole grain item\* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

**AND must meet the following nutrition standards:**

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit\*\*, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

**Paired foods:**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

**“Entrée” foods must be intended as the main dish and be a:**

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a “snack” food).

**AND**  
 A competitive entrée **sold by District/School Food Service the day of or the day after** it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée **sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.)** must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least ¼ cup fruit or vegetable

**AND meet the following nutrition standards:**

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

\* A whole grain item contains:

- The statement “Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease...,” **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

\*\* Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

**CHECK YOUR DISTRICT’S WELLNESS POLICY FOR STRICTER RULES.**  
**Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.**

**MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS**  
 References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.  
 A **high school** contains any of grades 10 to 12.  
**Effective** from midnight to one-half hour after the end of the official school day.  
**Applies to ALL** beverages sold to students by any entity.  
**Sold** means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

**A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.**

**Compliant beverages:**

1. Fruit or Vegetable juice:
  - a. ≥ 50% juice **and**
  - b. No added sweeteners
  - c. ≤ 12 fl. oz. serving size
2. Milk:
  - a. Cow’s or goat’s milk, **and**
  - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
  - c. Contains Vitamins A & D, **and**
  - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
  - e. ≤ 28 grams of total sugar per 8 fl. oz.
  - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
  - a. Nutritionally equivalent to milk (see 7 *CFR* 210.10(d)(3), 220.8(i)(3)), **and**
  - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
  - c. ≤ 5 grams fat per 8 fl. oz.
  - d. ≤ 12 fl. oz. serving size
4. Water:
  - a. No added sweeteners
  - b. No serving size limit
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
  - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
  - b. Water as first ingredient
  - c. ≤ 16.8 grams added sweetener/8 fl. oz.
  - d. 10-150 mg sodium/8 fl. oz.
  - e. 10-90 mg potassium/8 fl. oz.
  - f. No added caffeine
  - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
  - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
  - b. No added sweetener
  - c. No added caffeine
  - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

**MIDDLE/HIGH SCHOOL-STUDENT ORGANIZATIONS**  
 Reference: *California Code of Regulations* Section 15501

**Student organization** is defined as a group of students that are NOT associated with the curricula or academics of the school or district.  
**Effective** from midnight to one-half hour after the end of the official school day.

Student organization sales must comply with all food and beverage standards **AND all** of the following:

1. Up to **three categories** of foods or beverages *may* be sold each day (e.g., chips, sandwiches, juices, etc.).
2. Food or beverage item(s) must be **pre-approved** by the governing board of the school district.
3. Only **one student organization** is allowed to sell each day.
4. Food(s) or beverage(s) **cannot be prepared on campus.**
5. The food or beverage categories sold **cannot** be the same as the categories **sold in the food service program** at that school during the same school day.
6. In addition to one student organization sale each day, any and **all student organizations** may sell on the **same four designated days** per year. School administration may set these dates.

# Compliant Dessert Items for Sale on School Campus

(Available for order through Nutrition Services)

*\*Additional items may be available\**

Type of Food	Brand	Flavors	Serving Size (each)	Case count	Elementary	Middle	High
100% Juice Sorbet	Luigi's	Orange, Grape, Lime, Blue Raspberry	4 fl oz	96	✓	✓	✓
SideKicks 100% Fruit Juice	Ridgefield's	SourCherry-Lemon, Kiwi-Strawberry, BlueRaspberry-Lemon, Strawberry-Mango	4 fl oz	84	✓	✓	✓
100% Juice Fruit Bar	Whole Fruit	Berry, Cherry, Sour Apple	2 fl oz	100	✓	✓	✓
Chocolate Fudge Bar	Driftwood	Chocolate	2.5 oz	24	✓	✓	✓
Let's Celebrate Cupcakes	Super Bakery	Chocolate, Vanilla	1.5 oz	72	✓	✓	✓
Whole Grain Rice Crispy	Super Bakery	-	0.8oz	100	✓	✓	✓
Snickerdoodle Cookie	Fat Cat	Snickerdoodle	1.3 oz	140	✓	✓	✓
Celebration Cookie, IW	Fat Cat	Celebration Cookie	1.3 oz	140	✓	✓	✓
Chocolate Chip Cookie, IW	Fat Cat	Chocolate Chip	1.75 oz	140		✓	✓
Chocolate Chip Cookie, IW	Fat Cat	Chocolate Chip	1.3 oz	140	✓	✓	✓

In addition, Papa John's or Domino's Pizza (compliant Cheese or Pepperoni with whole-grain crust) may be ordered by the whole pizza. However, it may vary by site.

Other catering entrée options are available for order. Please contact Nutrition Services at (310) 972-6350 with orders or questions. Please give a two week notice for all orders.

*\*For additional food items visit [tUSD.org/nutrition-services](http://tUSD.org/nutrition-services) or contact Nutrition Services.*

### Elementary School Compliant Snack List

Brand	Name/Description	Serving Size
<b>Cereal/Breakfast Bars</b>		
Fiber One	Streusel Bar - Strawberry or Blueberry <b>only</b>	1 bar (1.42 oz)
Kellogg's	Nutri-Grain Soft Baked Cereal Bars - all flavors	1 bar (37 g)
Quaker	Soft Baked Bars - Banana Nut Bread or Cinnamon Pecan <b>only</b>	1 bar (42 g)
<b>Chips/Pretzels/Popcorn/Corn Nuts</b>		
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package
Motts	Fruit Snacks, all flavors	1.6 oz
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Pirate's Booty	Pirates Booty - Aged White Cheddar	0.75 oz
Quaker	Popper Rice Snacks - Apple Cinnamon or Chocolate <b>only</b>	1 oz
Quaker	Rice Cakes - all flavors	1 cake
<b>Cakes/Cookies/Crackers</b>		
Annie's	Bunny Grahams - Honey, Chocolate, and Chocolate Chip	1.25 oz
Dick & Jane	Educational Snacks - all varieties	1 pack (1 oz)
Hostess	Mini Muffins - Banana <b>only</b>	1 pack (1.61 oz)
Nabisco	Honey Maid Grahams	8 crackers (2 sheets)
Nabisco	Honey Maid Fresh Stacks	1 pack (30 g)
Nabisco	Teddy Grahams Pouches - Chocolate, Cinnamon, or Honey	1 pouch (28 g)
Nabisco	Teddy Grahams - Honey, Cinnamon, Chocolate, or Chocolate Chip	24 pieces
Nabisco	Triscuit - all flavors	6 crackers
Nabisco	Triscuit Thin Crisps -all flavors	15 crackers
Nabisco	Wheat Thins - Original, Reduced Fat, Multigrain, Toasted Chips	14 pieces (1 oz)
<b>Ice Cream/Frozen Novelties</b>		
CLIF	Kid Zbar - Iced Oatmeal <b>only</b>	1 bar (36 g)
Kashi	Chewy Granola Bars - Peanut Peanut Butter or Honey Almond Flax <b>only</b>	1 bar (35 g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35 g)
Nature Valley	Crunch Granola Bar - Oats N Honey, Peanut Butter or Cinnamon <b>only</b>	1 bar (42 g)
Quaker	25% Less Sugar Chewy Granola Bar - all flavors	1 bar (24 g)
Quaker	Chewy Granola Bar - all flavors	1 bar (24 g)
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	88 g
Blue Bell	Fruit Bars - all flavors	1 bar (67 g)
Fudgsicle	No Sugar Added	1 bar (65 g)
Fudgsicle	100 Calorie Bar	1 bar (65 g)
Healthy Choice	Premium Fudge Bars	1 bar (64 g)
Luigi's	100% Juice Sorbet - Orange, Grape, Lime, or Blue Raspberry <b>only</b>	4 fl oz
Ridgefield's	Sidekicks 100% Fruit Juice, cup - Sour Cherry Lemon, Kiwi Strawberry, Blue Raspberry Lemon, or Strawberry Mango <b>only</b>	4 fl oz
Skinny Cow	Bars - Fudge <b>only</b>	1 bar (69 g)
Whole Fruit	100% Juice Fruit Bar - Berry, Cherry, or Sour Apple <b>only</b>	1 bar (2 fl oz)
<b>Drinks</b>		
Treetop	100% Apple Juice	≤ 8 fl oz
Treetop	100% Juice Assorted	≤ 8 fl oz
Treetop	Fresh Pressed Juice	≤ 8 fl oz
Welch's	100% Juice - Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, or Strawberry Kiwi	≤ 8 fl oz
Welch's	100% Fruit Shot - Grape, Raspberry Lime, Strawberry Mango, or White Grape Passion Fruit	1 can (5.5 fl oz)
<b>Yogurt</b>		
Chobani	Fruit on the Bottom Greek Yogurt - all flavors	170 g
Dannon	Oikos Non-Fat Greek Yogurt - all flavors	5.3 oz (150 g)
Dannon	Light & Fit - all flavors	5.3 oz (150 g)
Yoplait	Go Big Yogurt	1 tube - 4 oz
Yoplait	Go-Gurt - all flavors	1 tube - 2 oz
Yoplait	Greek 100 Protein - all flavors	150 g
Yoplait	Light Yogurt - all flavors	6 oz
Yoplait	Original Yogurt - all flavors	6 oz
Yoplait	Trix Yogurt - Wildberry & Cotton Candy	113 g

\*as of July 1, 2017. Regulations may change and this list could vary. Check all items prior to serving for compliance.

### Middle School Compliant Snack List

Brand	Name/Description	Serving Size
<b>Cereal/Breakfast Fast</b>		
Fiber One	Streusel Bar - Strawberry or Blueberry <i>only</i>	1 bar (1.42 oz)
General Mills	Cinnamon Toast Crunch Cereal Bar	1 bar (1.42 oz)
General Mills	Cocoa Puffs Cereal Bar	1 bar (1.42 oz)
Kellogg's	Nutri-Grain Soft Baked Cereal Bars - all flavors	1 bar (37 g)
Quaker	Soft Baked Bars - Banana Nut Bread or Cinnamon Pecan <i>only</i>	1 bar (42 g)
<b>Chips/Pretzels/Popcorn/Corn Nuts</b>		
Frito Lay	Cheetos, Fantastix Chili Cheese Chips	1 oz
Frito Lay	Cheetos, Fantastix Flamin' Hot Chips	1 oz
Frito Lay	Cheetos, Oven Baked Flamin' Hot Chips	7/8 oz
Frito Lay	Doritos, <b>Reduced Fat:</b> Cool Ranch or Nacho Cheese	1 oz
Frito Lay	Oven Baked Lays	1 1/8 oz
General Mills	Chex Mix, Simply Cheddar or Hot & Spicy <i>only</i>	0.92 oz
General Mills	Chex Mix, Simply Chocolate Caramel	1.03 oz
Jack Link's	Low Sodium Beef Jerky - Original, Peppered, or Teriyaki <i>only</i>	0.85 oz
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package
Motts	Fruit Snacks, all flavors	1.6 oz
Pepperidge Farm	Whole Grain Goldfish - Baked Cheddar or Pretzel <i>only</i>	0.75 oz
Pirate's Booty	Pirates Booty - Aged White Cheddar	0.75 oz
Popchips	Pop Chips - Barbeque Potato	0.8 oz
Popcorn Indiana	Kettle Corn, Sweet & Salty	1 oz
Popcorners	Popcorn, Sweet Cinnamon	1 oz
Quaker	Popper Rice Snacks - Apple Cinnamon or Chocolate <i>only</i>	1 oz
Quaker	Rice Cakes - all flavors	1 cake
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Synder	Pretzels, Mini	0.92 oz
World Food Products	Cornuggets, Ranch	0.725 oz
<b>Cakes/Cookies/Crackers</b>		
Annie's	Bunny Grahams - Honey, Chocolate, and Chocolate Chip	1.25 oz
Cheez-It	Baked Snack Crackers	0.75 oz
Dick & Jane	Educational Snacks - all varieties	1 oz
Hostess	Mini Muffins - Banana <i>only</i>	1 pack (1.61 oz)
Kellogg's	Pop Tarts, Whole Grain: Cinnamon or Strawberry ( <i>single Pop Tart per package</i> )	1.76 oz
Kellogg's	Rice Krispy Squares, Whole Grain	1.41 oz
Nabisco	BelVita Soft Baked Cookie - Oats & Chocolate, Banana Bread, Mixed Berry, or Cinnamon	1 cookie
Nabisco	Honey Maid Grahams	8 crackers (2 sheets)
Nabisco	Honey Maid Fresh Stacks	1 pack (30 g)
Nabisco	Teddy Grahams Pouches - Chocolate, Cinnamon, or Honey	1 pouch (28 g)
Nabisco	Teddy Grahams - Honey, Cinnamon, Chocolate, or Chocolate Chip	24 pieces
Nabisco	Triscuit - all flavors	6 crackers
Nabisco	Triscuit Thin Crisps -all flavors	15 crackers
Nabisco	Wheat Thins - Original, Reduced Fat, Multigrain, Toasted Chips	14 pieces (1 oz)
<b>Granola Bars</b>		
CLIF	Kid Zbar - Iced Oatmeal <i>only</i>	36 g
Kashi	Chewy Granola Bars - Peanut Peanut Butter or Honey Almond Flax <i>only</i>	35 g
Nature Valley	Chewy Trail Mix Bar	35 g
Nature Valley	Crunch Granola Bar - Oats N Honey, Peanut Butter or Cinnamon	42 g
Quaker	25% Less Sugar Chewy Granola Bar - all flavors	24 g
Quaker	Chewy Granola Bar - all flavors	24 g

\*as of July 1, 2017. Regulations may change and this list could vary. Check all items prior to serving for compliance.

### Middle School Compliant Snack List

Brand	Name/Description	Serving Size
<b>Ice Cream/Frozen Novelties</b>		
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	88 g
Blue Bell	Fruit Bars - all flavors	1 bar (67 g)
Fudgsicle	No Sugar Added	1 bar (65 g)
Fudgsicle	100 Calorie Bar	1 bar (65 g)
Healthy Choice	Premium Fudge Bars	1 bar (64 g)
Luigi's	100% Juice Sorbet - Orange, Grape, Lime, or Blue Raspberry <b>only</b>	4 fl oz
Ridgefield's	Sidekicks 100% Fruit Juice, cup - Sour Cherry Lemon, Kiwi Strawberry, Blue Raspberry Lemon, or Strawberry Mango <b>only</b>	4 fl oz
Skinny Cow	Bars - Fudge <b>only</b>	1 bar (69 g)
Whole Fruit	100% Juice Fruit Bar - Berry, Cherry, or Sour Apple <b>only</b>	1 bar (2 fl oz)
<b>Drinks</b>		
Fruit Wave	Fruit H2O Flavored Water - Green Apple or Kiwi Watermelon <b>only</b>	12 fl oz
Kraft	Capri Sun 100% juice blend - Fruit Punch, Apple Splash, or Berry Breeze	6.75 fl oz
Switch	Sparkling 100% Juice - Fruit Punch, Hardcore Apple, or Kiwi Berry	8.3 fl oz
Treetop	100% Apple Juice	≤ 12 fl oz
Treetop	100% Juice Assorted	≤ 12 fl oz
Treetop	Fresh Pressed Juice	≤ 12 fl oz
Welch's	100% Juice - Apple, Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, or Strawberry Kiwi	≤ 12 fl oz
Welch's	100% Fruit Shot - Grape, Raspberry Lime, Strawberry Mango, or White Grape Passion Fruit	1 can (5.5 fl oz)
<b>Yogurt</b>		
Chobani	Fruit on the Bottom Greek Yogurt - all flavors	170 g
Dannon	Oikos Non-Fat Greek Yogurt - all flavors	5.3 oz (150 g)
Dannon	Light & Fit - all flavors	5.3 oz (150 g)
Yoplait	Yogurt, Go Big	1 tube - 4 oz
Yoplait	Go-Gurt - all flavors	1 tube - 2 oz
Yoplait	Greek 100 Protein - all flavors	150 g
Yoplait	Light Yogurt - all flavors	6 oz
Yoplait	Original Yogurt - all flavors	6 oz
Yoplait	Trix Yogurt - Wildberry & Cotton Candy	113 g

\*as of July 1, 2017. Regulations may change and this list could vary. Check all items prior to serving for compliance.

### High School Compliant Snack List

Brand	Name/Description	Serving Size
<b>Cereal/Breakfast Bars</b>		
Fiber One	Streusel Bar - Strawberry or Blueberry only	1 bar (1.42 oz)
General Mills	Cinnamon Toast Crunch Cereal Bar	1 bar (1.42 oz)
General Mills	Cocoa Puffs Cereal Bar	1 bar (1.42 oz)
Kellogg's	Nutri-Grain Soft Baked Cereal Bars - all flavors	1 bar (37 g)
Quaker	Soft Baked Bars - Banana Nut Bread or Cinnamon Pecan <i>only</i>	1 bar (42 g)
<b>Chips/Pretzels/Popcorn/Corn Nuts</b>		
Frito Lay	Cheetos, Fantastix Chili Cheese Chips	1 oz
Frito Lay	Cheetos, Fantastix Flamin' Hot Chips	1 oz
Frito Lay	Cheetos, Oven Baked Flamin' Hot Chips	7/8 oz
Frito Lay	Doritos, <b>Reduced Fat:</b> Cool Ranch or Nacho Cheese	1 oz
Frito Lay	Oven Baked Lays	1 1/8 oz
General Mills	Chex Mix, Simply Cheddar or Hot & Spicy only	0.92 oz
General Mills	Chex Mix, Simply Chocolate Caramel	1.03 oz
Jack Link's	Low Sodium Beef Jerky - Original, Peppered, or Teriyaki only	0.85 oz
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package
Motts	Fruit Snacks, all flavors	1.6 oz
Pepperidge Farm	Whole Grain Goldfish - Baked Cheddar or Pretzel only	0.75 oz
Pirate's Booty	Pirates Booty - Aged White Cheddar	0.75 oz
Popchips	Pop Chips - Barbeque Potato	0.8 oz
Popcorn Indiana	Kettle Corn, Sweet & Salty	1 oz
Popcorners	Popcorn, Sweet Cinnamon	1 oz
Quaker	Popper Rice Snacks - Apple Cinnamon or Chocolate only	1 oz
Quaker	Rice Cakes - all flavors	1 cake
Smart Balance	Smart N' Healthy Popcorn	4 cups popped
Snyder	Pretzels, Mini	0.92 oz
World Food Products	Cornuggets, Ranch	0.725 oz
<b>Cakes/Cookies/Crackers</b>		
Annie's	Bunny Grahams - Honey, Chocolate, and Chocolate Chip	1.25 oz
Cheez-It	Baked Snack Crackers	0.75 oz
Dick & Jane	Educational Snacks - all varieties	1 oz
Hostess	Mini Muffins - Banana only	1 pack (1.61oz)
Kellogg's	Krave Smore's Snacks	1 oz
Kellogg's	Pop Tarts, Whole Grain: Cinnamon or Strawberry ( <i>single Pop Tart per package</i> )	1.76 oz
Kellogg's	Rice Krispy Squares, Whole Grain	1.41 oz
Nabisco	BelVita Soft Baked Cookie - Oats & Chocolate, Banana Bread, Mixed Berry, or Cinnamon	1 cookie
Nabisco	Honey Maid Grahams	8 crackers (2 sheets)
Nabisco	Honey Maid Fresh Stacks	1 pack (30g)
Nabisco	Teddy Grahams Pouches - Chocolate, Cinnamon, or Honey	1 pouch (28g)
Nabisco	Teddy Grahams - Honey, Cinnamon, Chocolate, or Chocolate Chip	24 pieces
Nabisco	Triscuit - all flavors	6 crackers
Nabisco	Triscuit Thin Crisps -all flavors	15 crackers
Nabisco	Wheat Thins - Original, Reduced Fat, Multigrain, Toasted Chips	14 pieces (1 oz)
<b>Granola Bars</b>		
CLIF	Kid Zbar - Iced Oatmeal only	36 g
Kashi	Chewy Granola Bars - Peanut Peanut Butter or Honey Almond Flax only	35 g
Nature Valley	Chewy Trail Mix Bar	35 g
Nature Valley	Crunch Granola Bar - Oats N Honey, Peanut Butter or Cinnamon	42 g
Quaker	25% Less Sugar Chewy Granola Bar - all flavors	24 g
Quaker	Chewy Granola Bar - all flavors	24 g

\*as of July 1, 2017. Regulations may change and this list could vary. Check all items prior to serving for compliance.

### High School Compliant Snack List

Brand	Name/Description	Serving Size
<b>Ice Cream/Frozen Novelties</b>		
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	88 g
Blue Bell	Fruit Bars - all flavors	1 bar (67 g)
Fudgsicle	No Sugar Added	1 bar (65 g)
Fudgsicle	100 Calorie Bar	1 bar (65 g)
Healthy Choice	Premium Fudge Bars	1 bar (64 g)
Luigi's	100% Juice Sorbet - Orange, Grape, Lime, or Blue Raspberry <b>only</b>	4 fl oz
Ridgefield's	Sidekicks 100% Fruit Juice, cup - Sour Cherry Lemon, Kiwi Strawberry, Blue Raspberry Lemon, or Strawberry Mango only	4 fl oz
Skinny Cow	Bars - Fudge only	1 bar (69 g)
Whole Fruit	100% Juice Fruit Bar - Berry, Cherry, or Sour Apple <b>only</b>	1 bar (2 fl oz)
<b>Drinks</b>		
Fruit Wave	Fruit H2O Flavored Water - Green Apple or Kiwi Watermelon only	12 fl oz
Gatorade	Gatorade, G2 low calorie: Fruit Punch, Glacier Freeze, or Mixed Berry	12 fl oz
Kraft	Capri Sun 100% juice blend - Fruit Punch, Apple Splash, or Berry Breeze	6.75 fl oz
Naked Juice	Naked Juice: Green Machine, Mighty Mango, or Strawberry Banana	10 fl oz
Switch	Sparkling 100% Juice - Fruit Punch, Hardcore Apple, or Kiwi Berry	8.3 fl oz
Treetop	100% Apple Juice	≤ 12 fl oz
Treetop	100% Juice Assorted	≤ 12 fl oz
Treetop	Fresh Pressed Juice	≤ 12 fl oz
Welch's	100% Juice - Apple, Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, or Strawberry Kiwi	≤ 12 fl oz
Welch's	100% Fruit Shot - Grape, Raspberry Lime, Strawberry Mango, or White Grape Passion Fruit	1 can (5.5 fl oz)
<b>Yogurt</b>		
Chobani	Fruit on the Bottom Greek Yogurt - all flavors	170 g
Dannon	Oikos Non-Fat Greek Yogurt - all flavors	5.3 oz (150 g)
Dannon	Light & Fit - all flavors	5.3 oz (150 g)
Yoplait	Go Big Yogurt - all flavors	1 tube - 4 oz
Yoplait	Go-Gurt - all flavors	1 tube - 2 oz
Yoplait	Greek 100 Protein - all flavors	150 g
Yoplait	Light Yogurt - all flavors	6 oz
Yoplait	Original Yogurt - all flavors	6 oz
Yoplait	Trix Yogurt - Wildberry & Cotton Candy	113 g

\*as of July 1, 2017. Regulations may change and this list could vary. Check all items prior to serving for compliance.

# The New and Improved Nutrition Facts Label – Key Changes



The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

## 1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

## 2. Calories

“Calories” is now larger and bolder.

## 3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

## 4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and

## Current Label

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	Calories from Fat 72
<b>Calories</b> 230	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## New Label

Nutrition Facts	
8 servings per container Serving size 2/3 cup (55g)	
<b>Amount per serving</b>	<b>230</b>
<b>Calories</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 200mg	<b>15%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

## 5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

## 6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

For more information about the new Nutrition Facts label, visit: [www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm385663.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm385663.htm)

## Healthy School Celebrations

Nutrition Services can help you plan your next classroom celebration!

Nutrition Services can provide your classroom with healthy food items such as:

- Pizza celebrations with whole-grain pizza
- Classroom events with healthier dessert options
- Holiday occasions with festive holiday treats
- Themed celebrations

We can take the guesswork out of choosing what items are compliant to serve in the classroom by catering your next classroom celebration!



Contact the TUSD Nutrition Services Department for pricing and availability

Tel: 310.972.6350  
tusd.org/nutrition-services

## Wellness Policy Resource

### Competitive Food Calculator

Check out the link below to determine if the food(s) you plan to sell to students or bring onto school campus (starting at midnight and up to one half hour after the school day) meet the federal and state regulations.

Please choose the appropriate category (Elementary, Middle/High, or Entrée) when entering the nutrition information.

<http://www.californiaprojectclean.org/doc.asp?id=180>

Remember to check with your school's principal to see if there are any additional rules regarding foods on campus before you plan your celebration.

*\*The Competitive Food Calculator is updated on a periodic basis and is to be used as a reference tool.*

*If you have questions, please contact the TUSD Nutrition Services Office.*



Tel: 310.972.6350

tusd.org/nutrition-services

This institution is an equal opportunity employer.

## Healthy Fundraisers & Celebrations Brochure



Created as a Resource by the  
Nutrition Services Department

## TUSD Wellness Policy

The Wellness Policy at Torrance Unified School District is focused on providing schools with options to successfully raise funds and plan celebrations while keeping school wellness a priority.

This pamphlet is designed to help you, the parents and staff, navigate the standards of the policy:



Classroom celebrations involving food are limited to no more than four celebrations per year for K-12.



Foods and beverage items provided for these celebrations must meet or exceed the state and federal regulations that pertain to Nutrition Services.



Schools will encourage non-food rewards for recognition of classroom success and achievement.



Each school will encourage fundraising efforts that support healthy eating by selling non-food items or foods that are low in fat, sodium and added sugars.

*Please refer to the Wellness Policy for further guidelines.*

## Healthy Fundraising

**Are food sales a big part of your fundraising efforts? If so, try healthier foods like:**

- 100% fruit juice
- Fruit baskets
- Fruit smoothies
- Yogurt parfaits
- Trail mix and seeds
- Granola bars
- Popcorn
- Unsalted pretzels

### Non-Food Fundraiser Ideas:

- Artwork
- Calendars
- Candles
- Coupon books
- Gift Certificates or baskets
- Greeting cards
- Magazine subscriptions
- Refillable water bottles, T-shirts and sweatshirts (with school logo)

**Warning:** *A small but growing number of kids have severe peanut and/or tree nut allergies. Before offering products with any nuts and seeds, make sure none of the children have an allergy.*

## Healthy Celebration Ideas

**Try these ideas for fun activities and healthy foods at school classroom celebrations:**

- Have a classroom show-and-tell
- Create a special birthday acknowledgement event – the birthday child wears a sash and crown, sits in a special chair, can choose and lead an active game and can be the teacher’s assistant for the day
- Have a dance party
- Provide a “free choice” activity time at the end of the day



- Fruit smoothies
- Fruit salads with low-fat cottage cheese
- Yogurt parfaits
- Popcorn
- Pretzels
- Low-fat pudding
- Applesauce or other fruit cups
- Berries with low-fat whipped topping
- Whole-grain crackers with reduced-fat cheese or jam
- Whole-grain tortilla chips with salsa
- Hard-boiled eggs
- Oatmeal or granola

# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



**A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains.** Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

**1 make half your plate veggies and fruits**  
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

**2 add lean protein**  
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



**3 include whole grains**  
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

**4 don't forget the dairy**  
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



**5 avoid extra fat**  
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

**6 take your time**  
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

**7 use a smaller plate**  
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

**8 take control of your food**  
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

**9 try new foods**  
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



**10 satisfy your sweet tooth in a healthy way**  
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

**10 tips**  
Nutrition  
Education Series

# kid-friendly veggies and fruits



## 10 tips for making healthy foods more fun for children

**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

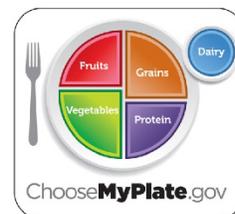
### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



**10 tips**  
Nutrition  
Education Series

# make celebrations fun, healthy & active



## 10 tips to creating healthy, active events

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

### 1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

### 2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

### 3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer water.

### 4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

### 5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

### 6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

### 7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

### 8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

### 9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

### 10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.

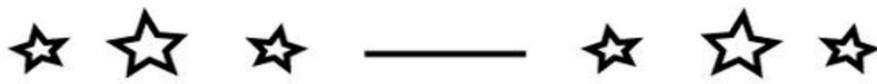


Go to [www.ChooseMyPlate.gov/bday/celebrate.aspx](http://www.ChooseMyPlate.gov/bday/celebrate.aspx) for more information.

DG TipSheet No. 20

May 2012

USDA is an equal opportunity provider and employer.



# Celebrate & Reward Students Without Food!



Torrance Unified School District is dedicated to providing healthy choices for our students to develop happy, healthy lives. We understand when our students do outstanding, we want to reward them for their hard work and good behavior. Many of these rewards come in the form of sweet snacks and treats like cookies, cupcakes, brownies, etc. Although these are okay for special occasions, at TUSD we want to encourage our parents and staff to celebrate and reward kids without using these types of food.

When we motivate students with food, we are encouraging unhealthy behaviors and eating habits that could follow them into their adult life.

The good news is there are several great ways to celebrate and reward our kids without using food and sugary treats. Some of these include:

### Active Rewards

- Treasure hunt
- Relay Races
- Jump-rope competition
- Extra recess time



### Responsibility Rewards

- Line leader privileges
- Phone monitor duty
- School pledge leader
- Announcement leader



### Small Prizes

- Glitter pencils
- Fun erasers
- Decorative notebooks
- Colored pencils & pens
- Coloring books
- Mini calendars
- Gardening seeds



### Classroom Celebrations and Rewards

- Movie day
- Show & tell
- Classroom points that can be redeemed for a prize
- Arts & crafts
- Bring your favorite book to be read by the teacher
- Music day



### Social Rewards or Recognition Awards

- Announcement to class who did a great job
- Stickers
- Verbal praise
- Ribbons

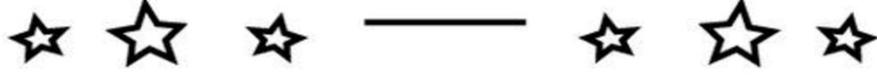


### Celebration Events

- Volunteering
- Class community service project
- Class field trip



\*\*\* Please contact your child's school to learn about their school's celebration policies\*\*\*



# APPENDIX A



## Ideas for Healthy Fundraising Alternatives for Schools, Sports and Clubs

### Items You Can Sell

- ▣ Activity theme bags
- ▣ Air fresheners
- ▣ Balloon bouquets
- ▣ Bath accessories
- ▣ Batteries, flashlights
- ▣ Books, calendars
- ▣ Brick/stone/file memorials
- ▣ Bumper stickers and decals
- ▣ Buttons, pins
- ▣ Calendars
- ▣ Candles
- ▣ Cookbooks made by schools
- ▣ Christmas ornaments
- ▣ Christmas trees
- ▣ Coffee cups, mugs
- ▣ Cookbooks
- ▣ Coupon books
- ▣ Crafts
- ▣ Customized stickers
- ▣ Emergency kits for cars
- ▣ First aid kits
- ▣ Flowers, bulbs, plants
- ▣ Foot warmers
- ▣ Football seats
- ▣ Giant coloring books
- ▣ Gift baskets
- ▣ Gift certificates
- ▣ Gift items
- ▣ Gift wrap, boxes, and bags
- ▣ Greeting cards
- ▣ Hats and jewelry
- ▣ Holiday wreaths
- ▣ Key chains
- ▣ License plates or holders with school logo
- ▣ Magazine subscriptions
- ▣ Megaphones
- ▣ Mistletoe
- ▣ Monograms
- ▣ Pet treats/toys/accessories
- ▣ Plants
- ▣ Pocket calendars
- ▣ Prepaid phone cards
- ▣ Raffle donations
- ▣ Scarves

### Things You Can Do

- ▣ School art drawings
- ▣ School Frisbees
- ▣ School spirit gear
- ▣ Scratch-off cards
- ▣ Sell/rent wishes
- ▣ Souvenir cups
- ▣ Spirit/seasonal flags
- ▣ Stadium pillows
- ▣ Stationery
- ▣ Stuffed animals
- ▣ Temporary/henna tattoos
- ▣ T-shirts, sweatshirts
- ▣ Valentine flowers
- ▣ Yearbook covers
- ▣ Yearbook graffiti
- ▣ School art drawings
- ▣ Art show
- ▣ Auction
- ▣ Bike-a-thons
- ▣ Bowling night/bowl-a-thon
- ▣ Car wash (pre-sell tickets as gifts)
- ▣ Carnivals
- ▣ Craft sales
- ▣ Dances (kids, family, father/daughter, Sadie Hawkins)
- ▣ Family/glamour portraits
- ▣ Festivals
- ▣ Fun runs
- ▣ Golf tournament
- ▣ Hoop- or Jump-rope-a-thon
- ▣ Magic show
- ▣ Raffle
- ▣ Recycling cans/bottles/ paper
- ▣ Singing telegrams
- ▣ Skate night/skate-a-thon
- ▣ Talent shows
- ▣ Tennis/horseshoe pitching competition

### Healthy Foods

- ▣ Frozen bananas
- ▣ Fruit and nut baskets
- ▣ Fruit and yogurt parfaits
- ▣ Fruit smoothies
- ▣ Lunch box auctions
- ▣ Trail mix

### For additional information on fundraising, please see:

- [www.fundraisingdepot.com](http://www.fundraisingdepot.com)
- [www.stretchablebookcovers.com](http://www.stretchablebookcovers.com)
- [www.common-threads.com](http://www.common-threads.com)
- [www.partnersforkids.com](http://www.partnersforkids.com)
- [www.brickstonegraphics.com](http://www.brickstonegraphics.com)

- [www.y-tees.com](http://www.y-tees.com), [www.fund-raising.com](http://www.fund-raising.com)
- [www.rippleileythomas.com](http://www.rippleileythomas.com)
- [www.efundraising.com](http://www.efundraising.com)
- [www.fundraisingbeads.com](http://www.fundraisingbeads.com)
- [www.nudayfundraising.com](http://www.nudayfundraising.com)

- [www.qsp.com](http://www.qsp.com)
- [www.currentfun.com](http://www.currentfun.com)
- [www.dulcoprinting.com](http://www.dulcoprinting.com)

Adapted from *Creative Financing and Fundraising*, Shasta County Public Health



## Alternatives to Food as a Reward

### Rewarding Good Behavior

Food, beverages and candy are commonly used in schools to reward good behavior and academic performance. Often these foods have little or no nutritional value and are inconsistent with nutrition policies for foods sold on campus. Rewarding students with candy and sweets contradicts the teaching and modeling of behaviors and skills that promote student health.

### Disadvantages to using food as a reward include:

- It undermines nutrition education taught in the classroom.
- It encourages overconsumption of foods high in sugar and fat.
- It teaches students to eat when they are not hungry as a reward to themselves.

## Examples of Non-Food Rewards

### Elementary School Students

- ▣ Make deliveries to the office
- ▣ Teach class
- ▣ Sit by friends
- ▣ Eat lunch with teacher or principal
- ▣ Eat lunch outdoors with the class
- ▣ Have lunch or breakfast in the classroom
- ▣ Be a helper in another classroom
- ▣ Play a favorite game or do puzzles
- ▣ Stickers, pencils, bookmarks

- ▣ Fun video
- ▣ Extra recess
- ▣ Walk with the principal or teacher
- ▣ Fun physical activity break (dance to music)
- ▣ School supplies
- ▣ Trip to treasure box filled with nonfood items (stickers, tattoos, pencils, erasers, bookmarks)
- ▣ Paperback book
- ▣ Show-and-tell
- ▣ Earn play money for privileges
- ▣ Teacher/volunteer read special book to class
- ▣ Teacher performs special skills (e.g., sing)
- ▣ Read outdoors or enjoy class outdoors
- ▣ Have extra art time
- ▣ Have "free choice" at end of the day or end of class period
- ▣ Listen with headset to an audio-book/music
- ▣ Items that can only be used on special occasions (special art supplies, toys)

### Middle School Students

- ▣ Sit with friends
- ▣ Listen to music while working at desk
- ▣ Five-minute chat break at end of class
- ▣ Reduced homework or "no homework" pass
- ▣ Extra credit
- ▣ Fun video
- ▣ Fun brainteaser activities
- ▣ Computer time
- ▣ Assemblies
- ▣ Field trips

### High School Students

- ▣ Extra credit
- ▣ Fun video
- ▣ Reduced homework
- ▣ Donated coupons to video stores, music stores or movies
- ▣ Drawings for donated prizes

Adapted from *Alternative to Food as Reward*, Connecticut Department of Education

# Healthy Fundraising

## Promoting a Healthy School Environment



Candy, baked goods, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with sweets promotes unhealthy habits that can have lifelong impact. As we face a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

### Benefits of Healthy Fundraising

**Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.



To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

**Provides Consistent Messages:** Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

**Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fund-raising is an important part of providing a healthy school environment.

**Almost 20 percent of children are overweight, a three-fold increase from the 1970's.<sup>1</sup> Poor eating habits and a sedentary lifestyle are just behind smoking as the leading cause of deaths per year in the United States, and the number of deaths related to poor diet and physical inactivity is increasing.<sup>2,3</sup>**

### Consequences of Unhealthy Fundraising

**Compromises Classroom Learning:** Selling unhealthy food items contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.

**Promotes the Wrong Message:** Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.



**Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.

### Additional Resources

Clearinghouse for Fundraising Information: <http://www.fundraising.com/>

Creative Financing and Fundraising. California Project Lean, California Department of Health Services, 2002. <http://www.co.shasta.ca.us/Departments/PublicHealth/newspublications/other%20publications/other.shtml>

Guide to Healthy School Stores. Alabama Department of Public Health Nutrition & Physical Activity Unit, 2004. <http://actionforhealthykids.org/filelib/toolsforteachers/recom/N&PA%2035%20-%20school%20store.pdf>

Healthy Finances: How Schools Are Making Nutrition Changes That Make Financial Sense. Action for Healthy Kids, 2003.

[http://www.actionforhealthykids.org/filelib/facts\\_and\\_findings/healthy%20foods,%20healthy%20finances.pdf](http://www.actionforhealthykids.org/filelib/facts_and_findings/healthy%20foods,%20healthy%20finances.pdf)

Healthy Fundraising: <http://www.healthy-fundraising.org/index.htm>

Healthy Fundraising & Vending Options. Produce for Better Health Foundation. <http://www.5aday.com/html/educators/options.php>

Non-Food Ways to Raise Funds and Reward a Job Well Done. Texas Department of Agriculture, 2004. [http://www.squaremeals.org/vgn/tda/files/2348/3614\\_1034\\_NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/2348/3614_1034_NonFoodRewards.pdf)

Sweet Deals: School Fundraising Can Be Healthy and Profitable. Center for Science in the Public Interest, 2007. <http://www.cspinet.org/schoolfundraising.pdf>

### References

<sup>1</sup> Ogden CL, Carroll MD, Curtin LR, McDowell MA, Tabak CJ, Flegal KM. Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA* 295:1549-1555. 2006.

<sup>2</sup> Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. *JAMA* 2004;291(10):1238-1246

<sup>3</sup> Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Correction: Actual causes of death in the United States, 2000. *JAMA* 2005;293:293-294.

# PTA Fundraising Ideas

Help promote a healthy learning environment by using healthy fundraising alternatives.

<p><b>Items You Can Sell</b></p> <ul style="list-style-type: none"> <li>• Activity theme bags</li> <li>• Air fresheners</li> <li>• Bath accessories</li> <li>• Balloon bouquets</li> <li>• Batteries</li> <li>• Books, calendars</li> <li>• Brick/stone/tile memorials</li> <li>• Bumper stickers &amp; decals</li> <li>• Buttons, pins</li> <li>• Candles</li> <li>• Christmas trees</li> <li>• Coffee cups, mugs</li> <li>• Cookbooks</li> <li>• Crafts</li> <li>• Coupon books</li> <li>• Customized stickers</li> <li>• Emergency kits for cars</li> <li>• First aid kits</li> <li>• Flowers and bulbs</li> <li>• Foot warmers</li> <li>• Football seats</li> <li>• Garage sale</li> <li>• Giant coloring books</li> <li>• Gift baskets</li> <li>• Gift certificates</li> <li>• Gift items</li> <li>• Gift wrap, boxes, and bags</li> <li>• Graduation tickets</li> <li>• Greeting cards</li> <li>• Hats</li> <li>• Holiday ornaments</li> <li>• House decorations</li> <li>• Jewelery</li> <li>• License plates or holders with school logo</li> </ul> 	 <ul style="list-style-type: none"> <li>• Lunch box auctions</li> <li>• Magazine subscriptions</li> <li>• Megaphones</li> <li>• Monograms</li> <li>• Music, videos, CDs</li> <li>• Newspaper space, ads</li> <li>• Parking spots</li> <li>• Pet treats/toy/accessories</li> <li>• Plants</li> <li>• Pocket calendars</li> <li>• Pre-paid phone cards</li> <li>• Raffle donations</li> <li>• Raffle front row seats at a special school event</li> <li>• Rent a special parking space</li> <li>• Scarves</li> <li>• School art drawings</li> <li>• School frisbees</li> <li>• School spirit gear</li> <li>• Scratch off cards</li> <li>• Souvenier cups</li> <li>• Spirit/seasonal flags</li> <li>• Stadium pillows</li> <li>• Stationery</li> <li>• Stuffed animals</li> <li>• Temporary/henna tattoos</li> <li>• T-shirts/sweatshirts</li> <li>• Tupperware</li> <li>• Valentine flowers</li> <li>• Yearbook covers</li> </ul> <p><b>Sell Custom Merchandise</b></p> <ul style="list-style-type: none"> <li>• Bumper stickers/decals</li> <li>• Calendars</li> <li>• Cookbook made by school</li> <li>• Logo air fresheners</li> <li>• Scratch off cards</li> <li>• T-shirts/sweatshirts</li> </ul>	<p><b>Events Supporting Academics</b></p> <ul style="list-style-type: none"> <li>• Read-A-Thon</li> <li>• Science Fair</li> <li>• Spelling Bee</li> </ul>  <p><b>Other Events</b></p> <ul style="list-style-type: none"> <li>• Auction (favors)</li> <li>• Bike-a-thons</li> <li>• Bowling night/bowl-a-thon</li> <li>• Car wash (pre-sell tickets as gifts)</li> <li>• Carnivals (Halloween, Easter)</li> <li>• Dances (kids, father/daughter, Sadie Hawkins)</li> <li>• Family/glamour portraits</li> <li>• Festivals</li> <li>• Fun runs</li> <li>• Gift wrapping</li> <li>• Golf tournament</li> <li>• Jump-rope-a-thons</li> <li>• Magic show</li> <li>• Raffle (movie passes, theme bags)</li> <li>• Read-a-thons</li> <li>• Recycling cans/bottles/paper</li> <li>• Singing telegrams</li> <li>• Skate night/skate-a-thon</li> <li>• Talent shows</li> <li>• Tennis/horseshoe competition</li> <li>• Treasure hunt/scavenger hunt</li> <li>• Walk-a-thons</li> <li>• Workshops/classes</li> </ul>
---	---	---

Adapted from: *What Schools Can Do: Ideas for Fundraising Alternatives*, Connecticut State Department of Education, 2005.

# Healthy Fundraising Resources

## San Diego County Childhood Obesity Initiative

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

Resources and templates for healthy classroom celebration brochure/party pledge/healthy snack ideas, healthy fundraising ideas and wellness policy communication brochure.

*Healthy Fundraising Fact Sheet & Ideas:*

<https://sdcoi.org/wp-content/uploads/2018/01/Healthy-Fundraising.pdf>

## Sweet Deals: School Fundraising Can Be Healthy and Profitable

[www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

The Center for Science in the Public Interest report helps to dispel a number of myths about the need to sell junk food in schools. Contact information for more than 60 companies that offer healthy fundraising options is provided, as well as ideas for fundraisers that promote physical activity, such as bowl-a-thons, jog-a-thons, dance-a-thons, 5Ks, car washes, and sporting events.

## Fire Up Your Feet

<http://fireupyourfeet.org/>

*Contact: (619) 600-5626*

Age-appropriate resources and education materials to encourage physical activity to, from and at school. The Healthy Fundraising program gets families and school staff moving to raise money for the school. School groups receive 75% of funds raised; Fire Up Your Feet provides web-based donation processing and social marketing resources in return. Partners include the Safe Routes to School National Partnership, Kaiser Permanente Thriving Schools and the National PTA.

## Produce Stands/Produce Boxes

<http://www.sdfarmbureau.org/BuyLocal/Community-Supported-Agriculture.php>

Purchase produce or produce boxes from San Diego Growers and resell for a profit.

## Chico Bags

[www.chicobag.com](http://www.chicobag.com)

*Contact: (888) 496-6166, Email: [fundraising@chicobag.com](mailto:fundraising@chicobag.com)*

Combines fundraising with environmental awareness-raising through lesson plans developed by a credentialed teacher. Students sell the reusable, foldable shopping bag for \$5, and the cost per bag is \$2.50 (no minimum purchase). Optional custom-made Chico Bags displaying your school logo are also available.

## Equal Exchange Fundraising

[www.equalexchange.coop/](http://www.equalexchange.coop/) (Customers > Fundraising)

Fairly traded items are sold by this cooperative.

## Smencils

[www.herecomesmoney.com](http://www.herecomesmoney.com)

Low-cost, non-food items kids love, from a San Diego company.

### **Tea Gallerie**

Contact: (800) 409-3109 ext. 0, Email: [maria@teagallerie.com](mailto:maria@teagallerie.com)

Sell tea, a healthy, no calorie/no sugar beverage (6 non-caffeine Tea4Kids varieties also available). No up-front costs: brochures, order forms and cash envelopes are provided, as well as free delivery to your school. Earn from 10 – 40% profit based on sales volume.

### **Little Passports**

<http://www.littlepassports.com/schools>

Sell subscriptions to monthly “World Edition” or “USA Edition” educational and fun magazine that follows Sam and Sofia as they travel. Includes activities mailed to the child as well as access to online activities. 15% of subscription cost goes back to school.

### **Nature’s Vision**

[www.naturesvisionfundraising.com](http://www.naturesvisionfundraising.com)

Contact: 1 (888) 303-7533

Raise student’s environmental awareness selling top-quality, affordable green products while promoting environmental awareness and helping to raise money for environmental causes.

### **Dutch Mill Flower Bulbs**

<http://www.dutchmillbulbs.com/>

Contact: 1 (800) 533-8824, ext. 102

Our Fundraising Program is the perfect flower bulb fundraiser for your group to successfully raised funds by “going green” with our eco-friendly, economically priced no-risk Fundraising Programs. Since its inception, Dutch Mill Bulbs has been recognized for outstanding service, value, quality and reliability. You can count on us for your most successful fundraiser ever! Earn up to 50% profit.

### **Flower Power**

<http://www.flowerpowerfundraising.com/>

Contact: 1 (888) 833-1486

Here at Flower Power Fundraising, you’ll find a company that’s committed to making organizations succeed with the power of nature’s beauty. We offer a high-quality alternative to junk food, wrapping paper and candle fundraisers. Flower Power has just the program for you. All of our programs feature 50% profit, shipments directly to your customers, and a 100% money-back guarantee.

### **Simply Fun**

<http://www.simplyfun.com>

Contact: (877) 557-7767, ext. 308

Our award-winning products (over 50 awards in 2012) meet the needs of today's parents to connect with their children, and participate in their learning not as tutors but as partners. Play is such an important part of the academic, social and emotional learning processes that SimplyFun games are now finding their way into classrooms and learning programs across the country. But there is more to be done! You can help us give kids and families a step up towards success by making play an essential component of your daily life.

### **SchoolKidz, A Staples® Company**

<http://schoolkidz.com/>

Contact: (800) 975-5487

At SchoolKidz, our award winning Teacher Tailored school supply kit program isn't the only thing we take pride in. We also offer industry leading profit sharing fundraising programs that schools and parent organizations can run. Also, our Kits for Kidz program provides resourceful solutions for Charities, Care Agencies, Churches, Relief Organizations and Schools to ensure the less fortunate and those in need are provided with the essential products they require.

# Food Safety Tips for Serving a Safe & Healthy Meal



Wash hands thoroughly for 20 seconds with soap and warm water

Put on a pair of clean gloves (do not reuse gloves)

Please do not touch the food or the part of the utensils used to serve the food with your bare hands

Use the appropriate serving utensils when plating the food (each food item should have a separate serving utensil)

*\*Please be careful of what you touch with your gloves. Do not touch your face, hair, dirty surfaces, etc. If necessary, please re-wash your hands and replace with a new pair of gloves each time before serving the food.*

# Wear Gloves the Right Way...

**1** Always wash your hands thoroughly before putting on gloves.



**2** Wear gloves, use sanitary utensils and use deli tissue when handling ready to eat foods.



**FOOD SAFETY**

**3** Change your gloves anytime you change tasks.

- ⇒ After touching your body
- ⇒ After using the toilet
- ⇒ After eating or drinking
- ⇒ After handling money
- ⇒ After handling dirty utensils
- ⇒ After handling raw food
- ⇒ After any other activities that may contaminate your gloves
- ⇒ Do not use ripped gloves
- ⇒ Do not re-use gloves



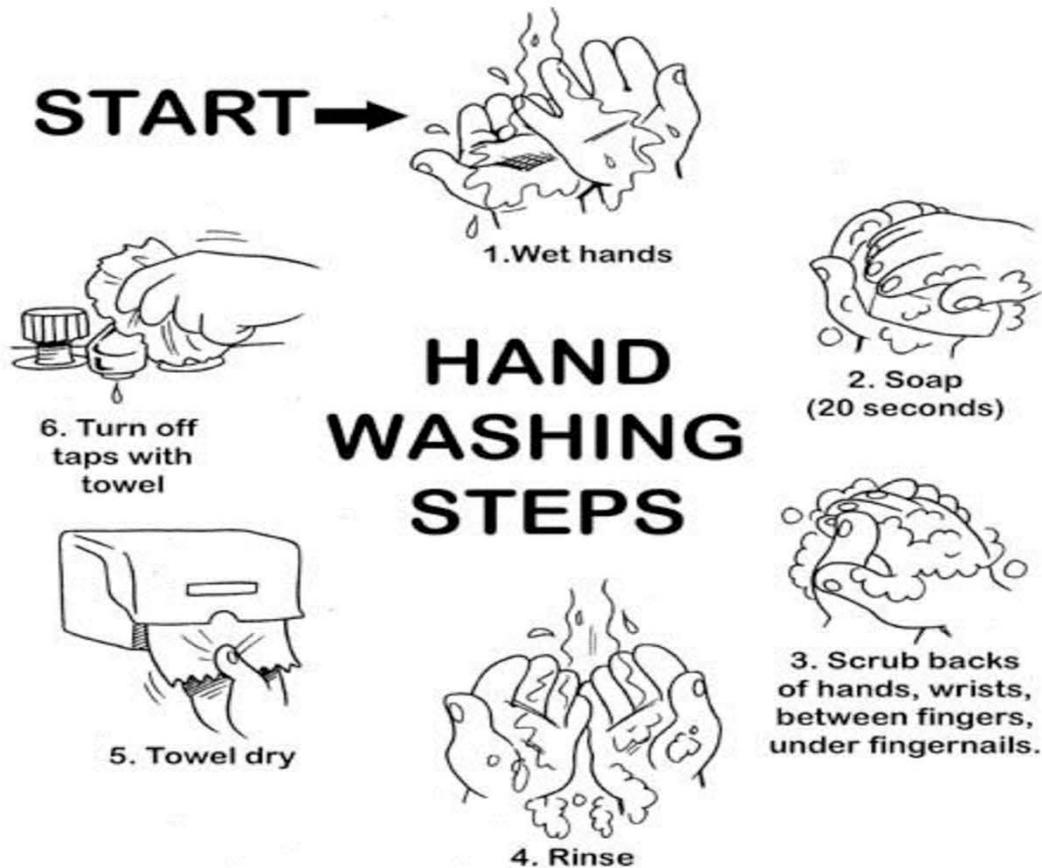
**4** Remove your gloves before washing hands.

## Facts About Using Gloves:

Using gloves does not eliminate the need for hand hygiene. Likewise, proper hand hygiene does not eliminate the need for gloves.

Gloves reduce hand contamination by 70 to 80%, prevents cross-contamination & protects us against infection.

# How to Wash Your Hands



## DID YOU KNOW:

- \* Washing your hands for 20 seconds and wearing gloves while handling food is the first line of defense against germs.
- \* If soap + water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
- \* Always wash your hands between tasks i.e., while handling food, while handling money, using the restroom, touching your face or hair, etc.

# Safe Food Handling Techniques!

**CLEAN:** Always wash your hands before and after handling food. Do not handle food with bare hands or when sick. Follow the hand washing handout to learn how to keep your hands clean.

**COOK:** Use a food thermometer to make sure your food is cooked to a safe internal temperature and not overcooked. You can't just tell by looking.

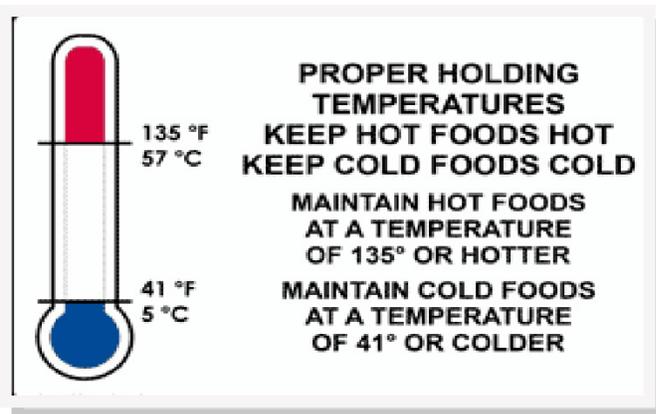


**SEPARATE:** Keep raw foods separate from cooked foods. Also keep raw meats wrapped and separate from other raw fruits and vegetables. It causes cross-contamination. For example, meats and salads must be chopped using different chopping boards.

**HOLDING TEMPERATURE:** Properly hold foods at correct temperatures.

•**Cold foods:** Hold cold foods at 41° F or less and check temperature every 4 hours. If the temperature at 4 hours is greater than 41°F, food must be discarded.

•**Hot foods:** Hold hot foods at 135°F or higher and check temperature every 4 hours. If the temperature at 4 hours is less than 135°F, food must be discarded.



# III. Physical Activity and Physical Education



*\*Please refer to pages 11-12 of the Wellness Policy for information on Physical Activity and Education on your school's campus.*

# active schools/ active minds



## Ideas to Incorporate 10 More Minutes of Physical Activity Every Day

Physical activity helps kids become better learners and lead healthier lives. Research shows that when kids are more active, their classroom behavior and focus on schoolwork improves. They are also less likely to be absent from school, and when kids are in school and focused, they will learn more. The benefits of activity extend far beyond the school day. Research also shows that when children learn healthy habits early in life, they are more likely to live healthier, longer lives.

Moving for 10 more minutes a day is easier than it sounds. Need some inspiration? Try one of these ideas:

1. **Move your classroom outdoors.** Spring fever? Take students on a 10-minute walk around your school's grounds.
2. **Sound the fitness alarm.** Use your school's public address system to lead physical activity breaks for all students throughout the school day. Sound the alarm at 10 a.m. and 2 p.m. for 5-minute physical activity breaks at each time.
3. **Get online with an interactive video.** [GoNoodle](#) and [Adventure to Fitness](#) have free videos that get your kids up and moving. Play one when you notice your students getting antsy in class. The Alliance also has Zumba, yoga, fitness training, and Tae Bo [videos](#) your students can enjoy.
4. **Start your class with physical activity task.** Print this [deck of cards](#) and give one to each student as he or she enters your classroom. The students will complete the task on the card independently, shaking out that energy, and preparing to focus on your classroom's work.
5. **Use flash cards.** Repurpose flash cards by adding a physical activity to math cards. Have students take turns answering the math equations and doing an activity with the corresponding number of repetitions. For example,  $4 \times 4 = \underline{\quad}$  hops.
6. **Take a quick fitness break.** Have your students been sitting for a while? Use these [student fitness break cards](#) to get them up and moving in the classroom, coming back to their desks recharged.
7. **Encourage teamwork with homemade "fit sticks."** Simply buy a bag of plain craft sticks and write one physical activity on each stick. For example, 15 punches, 10 hops, or 13 jump shots. Place the sticks on a desk. Ask your students to choose a stick and find a partner to do the physical activity.

### QUESTIONS?

Contact the Alliance's National Physical Activity Advisor Lisa Perry at [lisa.perry@healthiergeneration.org](mailto:lisa.perry@healthiergeneration.org) or 970-409-9864.

**Healthier  
Generation.org/  
active**

Generous support provided by:

Robert Wood Johnson Foundation  
Supporting healthy schools nationwide



The Alliance for a Healthier Generation was founded by:



# Benefits of Recess Before Lunch

## Fact Sheet

*Creating a Healthier Classroom*

### Why recess before lunch?

“When students go to recess before lunch they do not rush through lunch and tend to eat a more well-balanced meal including more foods containing vitamins, such as milk, vegetables, and fruits”

*(The National Food Service Management Institute)*



“Complete nutrition is related to overall health and improved test scores at schools”

*(Vancouver Coastal Health Promoting Wellness: Ensuring Care)*

**When recess is before lunch, research shows that students:**

- ❖ Waste less food (as much as from 27% to 40%)
- ❖ Consume more calcium and protein as much as 35%
- ❖ Have decreased number of nurse visits for headaches and stomachaches after recess
- ❖ Are calmer and ready to get to work immediately instead of needing cool-down time
- ❖ Have an increase in classroom time on-task
- ❖ Have decreased discipline referrals
- ❖ Need less supervision in cafeteria
- ❖ Have fewer accidents during lunch break
- ❖ Litter less on school ground and inside the school

Adapted from: <http://www.peacefulplaygrounds.com/benefits-recess-before-lunch-facts.pdf>

# IV. Family, Staff and Community Involvement



*\*Please refer to page 13 of the Wellness Policy for information on Family, Staff, and Community Involvement on your school's campus.*

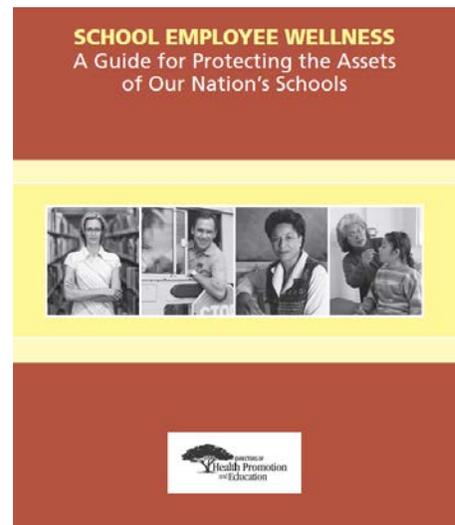
# SCHOOL EMPLOYEE WELLNESS

## A Guide for Protecting the Assets of Our Nation's Schools

is a comprehensive guide that provides information, practical tools and resources for school employee wellness programs. It will help schools, school districts and states develop and support the implementation of school employee wellness programs that promote employee health, improve workforce productivity and reduce the costs of employee absenteeism and health care.

*Developed by the Director of Health Promotion and Education under a cooperative agreement with the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Coordinating Center for Health Promotion of the Centers for Disease Control and Prevention.*

Download a copy at: [http://c.ymcdn.com/sites/www.dhpe.org/resource/group/75a95e00-448d-41c5-8226-0d20f29787de/Downloadable\\_Materials/EntireGuide.pdf](http://c.ymcdn.com/sites/www.dhpe.org/resource/group/75a95e00-448d-41c5-8226-0d20f29787de/Downloadable_Materials/EntireGuide.pdf)



*\*Please refer to Appendix F of the Wellness Policy, pg. 21-22, for more information on TUSD Staff Employee Assistance Program (EAP).*



### HOW CAN THE EAP HELP YOU?

Call the EAP for guidance and support managing work and life, including:

- achieving personal goals
- finding care for an aging relative
- sorting through legal matters
- resolving conflicts
- improving health such as weight loss, stress management or quitting smoking
- planning for a strong financial future
- strengthening relationships
- improving communication skills
- planning for life events such as a marriage or birth of a child

### YOUR EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- work/life balance
- fulfilling relationships
- achieving personal goals
- healthy living
- financial stability
- resilience
- managing life events
- recovery

### YOUR EMPLOYEE ASSISTANCE PROGRAM

Call for confidential support or information any time, day or night.



1-800-662-7241  
www.myachieve.com

# Employee Assistance Program

Confidential support for work and life



### Privacy is a Priority

The EAP upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

(800) 662-7241

To access Achieve Solutions, go to:  
www.myachieve.com

*This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions' services do not replace regular medical care. In an emergency, seek help immediately.*



## BENEFITS OF THE EAP INCLUDE:

### COUNSELING SERVICES

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss, and more. You can access a counselor face-to-face, online or by phone—whichever is most convenient for you. As with all EAP services, your conversation will be strictly confidential.

### LEGAL SERVICES

Legal support for:

- divorce
- landlord and tenant issues
- real estate transactions
- wills and power of attorney
- civil lawsuits and contracts
- identity theft recovery

### FINANCIAL SERVICES

Talk to a financial coach for guidance on:

- saving for college
- debt consolidation
- mortgage issues
- estate planning
- general tax questions
- retirement planning
- family budgeting

### ONLINE RESOURCES

Visit the Achieve Solutions® website to access articles and tools such as videos, calculators and quizzes to help you improve your health and manage life events. You can also search for service providers in your area. The site is available in English and Spanish. Topics include:

- depression
- strengthening marriage and relationships
- stress management
- anxiety
- conflict management
- weight management
- communication

**Life is busy.** When you need more resources to manage it all, our employee assistance program (EAP) professionals can help.

The EAP provides information, guidance and support to help you and your family reach your personal and professional goals, manage daily stresses and develop fulfilling relationships.

### The EAP is here to help

You don't have to handle your concerns on your own. It's OK to ask for assistance. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems. EAP counselors are available 24 hours a day, 7 days a week. Whether your concern is big or small, don't hesitate to call.

## HOW THE EAP WORKS

- **Access is easy and there's no cost to you.** Whether the issue is large or small, simply go online or call the toll-free phone number on this brochure any time, day or night.
- **Staffed by professionals.** EAP professionals are highly trained and qualified. The information you receive is accurate, up to date and relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept confidential in accordance with federal and state laws.

**YOUR EMPLOYEE ASSISTANCE PROGRAM**  
Call for confidential support or information any time, day or night.



**1-800-662-7241**  
[www.myachieve.com](http://www.myachieve.com)

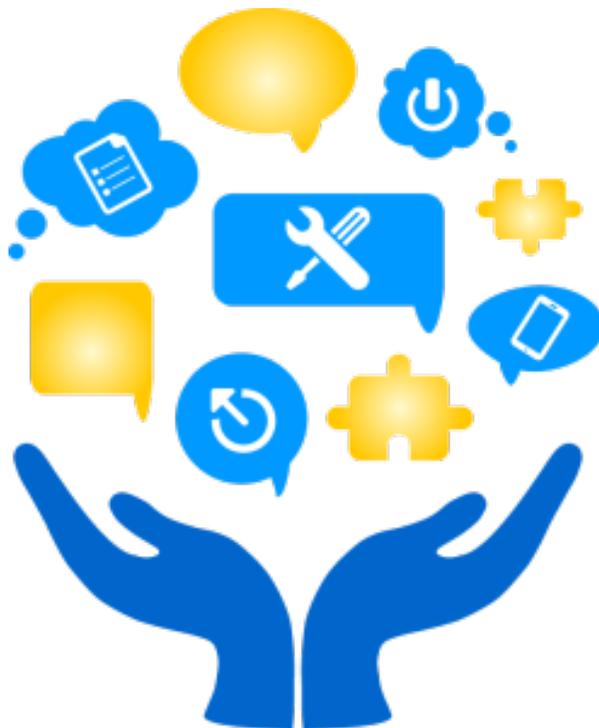
## YOUR EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- work/life balance
- financial stability
- fulfilling relationships
- resilience
- achieving personal goals
- managing life events
- healthy living
- recovery



# IV. Additional Resources



# Additional Resources

## *For Promoting Healthy Habits on Your School Campus*

### **Action for Healthy Kids**

<http://www.actionforhealthykids.org/>

### **Alliance for a Healthier Generation**

<https://www.healthiergeneration.org>

### **Bridging the Gap**

<http://www.bridgingthegapresearch.org>

### **USDA's Team Nutrition Popular Events Idea Booklet**

This resource provides creative ideas and how-to instructions for themed events that focus on nutrition and physical activity for elementary and middle schools.

*\*There is a copy of this booklet in the Nutrition Services Office or you can find it online.*

### **Smarter Lunchrooms Movement**

<https://www.smarterlunchrooms.org/>

### **CDE Wellness Policy Website**

<http://www.cde.ca.gov/ls/nu/he/wellness.asp>

### **Center for Science in the Public Interest**

<http://www.cspinet.org/>

### **Coordinated School Health Model**

<https://www.cdc.gov/healthyschools/wsc/index.htm>

### **Teachers for Healthy Kids**

<http://www.teachersforhealthykids.org/>

### **California Local School Wellness Policy Collaborative**

<https://www.healthyeating.org/Schools/School-Wellness/California-Collaborative>

### **California Project Lean Competitive Food Calculator**

<http://www.californiaprojectlean.org/doc.asp?id=180>

*\*These organizations and websites contain materials pertinent to Local School Wellness Policies. The viewpoints expressed in these resources may differ from TUSD's Wellness Policy, but they can provide useful tools and resources to assist with implementing a better understanding of the Wellness Policy.*

# Frequently Asked Questions

- 1. Why did the Nutrition Services department come out with the Wellness Policy in 2014-2015?**

The Wellness Policy is a District policy, not a Nutrition Services policy. Any school district participating in the National School Lunch Program must have a Wellness Policy. Torrance USD's was originally created in 2006 and was updated during the 2013-2014 school year with an effective date of July 1, 2014. It has been reviewed and updated each year since then.
- 2. How do I become a member of the Torrance USD Wellness Committee?**

You can contact the Chair of the committee at [wellnesspolicy@tUSD.org](mailto:wellnesspolicy@tUSD.org).
- 3. Who do I contact if I need clarification or have a question about the Wellness Policy?**

You can contact the Chair of the committee at [wellnesspolicy@tUSD.org](mailto:wellnesspolicy@tUSD.org).
- 4. Do I have to purchase food through Nutrition Services if my child's class is having a celebration involving food?**

No, you do not have to purchase food through the Nutrition Services Department. All of the foods purchased through Nutrition Services are compliant with the Wellness Policy and are typically less expensive than purchasing retail. However, you are always more than welcome to email the California Department of Education at [competitivefoods@cde.ca.gov](mailto:competitivefoods@cde.ca.gov) and they will let you know if an item you are planning to purchase is compliant. Please be sure to have a copy of the Nutrition Facts label and ingredient list.
- 5. How did the Wellness Committee decide what to include in the Wellness Policy?**

There are federal government regulations that the Wellness Committee referred to when creating and updating this policy. The committee also used current Board Policy and referred to other school district's policies for guidance and resources.
- 6. Who has final say if a product can be served on my school's campus?**

The Wellness Policy states that, "...each school's principal [is] charged with the operational responsibility to ensure that each school site complies with this policy... Schools are to utilize this policy to develop their own internal procedures to ensure compliance with the TUSD Wellness Policy. Each school campus must follow the Wellness Policy, at minimum. Each principal has the ability to increase restrictions beyond the minimum requirements of this policy." This means that only compliant foods should be served at campus events that occur for students during the school day.
- 7. Does the Wellness Policy apply to events that happen 30 minutes after the end of the school day (school dance, football game, etc.)?**

No. The Wellness Policy only pertains to events 1) on school campus 2) during the school day (defined as midnight up to 30 minutes after the end of the school day) AND 3) for students
- 8. Who is liable if a group is selling/serving foods/beverages at an event after the end of the school day (see definition in Q#7 above), but on school campus?**

Both the group serving/selling the food and the consumer should practice food safety when serving and consuming foods and beverages at any event. Liability is handled on a case-by-case basis.