



# WELLNESS HIGHLIGHTS

**CVUSD's Wellness Committee Goal:** To build a coordinated school health system that communicates, supports, and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe & healthy school environment; along with parent/guardian and community involvement.

## Class Celebrations & Special Occasions:

- School staff shall encourage parents to support the state nutritional standards & the District's Wellness Policy by considering nutritional quality when selecting foods for classroom parties.
- Class celebrations must occur after the lunch period.
- All food items brought on campus by parents/guardians or other volunteers or school staff for student celebrations must be ready to use, prepackaged, and pre-wrapped items with a label listing ingredient and pre-approved by principal.
- No home-cooked meals, baked or fast foods will be served to students to meet nutrition guidelines and minimize the risk of foodborne illnesses and risk of allergies.

## Marketing:

It is the intent of CVUSD to protect and promote student's health on campus by permitting advertising and marketing for only those foods and beverages consistent with Smart Snacks in School nutrition standards. i.e. signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways).

## Fundraising:

- Staff is required to utilize the appropriate request form and follow protocols for approvals prior to fundraising.
- Any fundraising activities that take place on school campus during the school day will be consistent with the district's goals for a healthy school community. Ed. Code - 49430,49431 (49431.1.2.5.7).
- Non-compliant foods must: Takes place off & away from school premises & 30 min after the last bell at the end of school day.
- All food items brought on campus must be ready to use, prepackaged, pre-wrapped w/ label listing ingredients, and pre-approved by principal or site administration.
- Sharing of foods & beverages is discouraged given concerns of allergies and restrictions on children's diets.

## Rewards/Incentives:

Staff and stakeholders will use only nutritionally compliant foods and emphasize nonfood incentives as rewards.

What are Smart Snacks?  
Smart snacks are nutrition standards established by the USDA as part of the healthy, hungry, free kids act of 2010 and became effective July 1, 2014. The standards apply to all foods sold and served in school.

Smart Snacks Compliant foods:  
Be a grain product with 50% or more whole grains by weight, or be a fruit, vegetable, dairy, or protein food. May also be a combination food that contains 1/4c of fruit or vegetable. Must meet nutrient standards.

Nutrition Standards for Snacks:

- Less than or equal to 200 calories.
- Less than or equal to 35% of calories from fat.
- Less than 10% of calories from saturated fat.
- Less than 0.5 grams of trans fat per serving.
- Less than or equal to 200 mg sodium.
- Less than or equal to 35% of sugar by weight of product.
- To determine % calories from fat: Total fat (g) x9, then divide by total calories. Ex: 4g of total fat x9 kcal/g of fat=36/140=25.7%
- Contact us for additional information on entrée nutrient standards.

Fruit or vegetable juices must be:

- Less than or equal to 8 fl. oz. for K-8, up to 12fl oz. for 9-12 grades.
- Labeled 50% juice or greater.
- NO added sweeteners/sugars or caffeinated beverages.
- Additional allotment for high school, please reach out.

Nutrition Facts	
1 serving per container	
Serving size	2 cups (30g)
Amount per serving	
<b>Calories</b>	<b>140</b>
	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 2g	7%
<b>Total Sugars</b> 8g	
Includes 8g Added Sugars	16%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<b>INGREDIENTS:</b> Popcorn, sugar, canola oil, salt	
First Ingredient	

