

WARM SPRINGS ELEMENTARY SCHOOL FOOD POLICY

Please note that **only foods listed below** are allowed on campus. Any foods not listed below will be sent back home.

CELEBRATIONS AND REWARDS:

Per FUSD School Board Policy, BP 5030, Non-food celebrations and rewards are encouraged. Examples are birthday book club, party games, pencils, stickers, music, art projects or teacher assistant of the day. Food or beverages offered to students during school activities, celebrations, parties and recognitions, shall follow the district nutrition standards and may only be foods listed below based on Board Policy, Exhibit A, which is on the second page of this document. Celebrations involving food and beverages shall occur after the close of the lunch period.

APROVED FOODS

HEALTHY GRAIN SNACK IDEAS

- Whole-grain crackers with cheese
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon)
- Baked potato chips, or tortilla chips with salsa
- Popcorn - Air popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bar or raisins, and a glass of milk

HEALTHY DAIRY SNACK IDEAS

- String Cheese and Fruit
- Low fat or nonfat Milk or Yogurt Smoothies with 100% fruit juice and sliced bananas or strawberries
- Cottage Cheese or Yogurt with fruit (fresh or canned)
- Fat-Free or 1% White, Chocolate or Flavored Milk

HEALTHY FRUIT AND VEGGIE SNACK IDEAS

- Raw Vegetables with low-fat yogurt dip, cottage cheese or humus with:
 - Baby Carrots
 - Celery Sticks
 - Cucumber Slices
- Apples and cheese - pears and other fruits are good too!
- Frozen 100% fruit bars
- Dried fruit
- 100% Fruit Juice box

EXHIBIT A

Elementary Schools		
Issue	Nutrition Standards	Rationale
General Statement	<ul style="list-style-type: none"> • Items sold a la carte are intended to supplement meals from school and/or from home, not to compete with the district's School Breakfast Program (SBP) and National School Lunch Program (NSLP). • Limit beverage sales to juice, milk and water. • No foods of minimal nutritional value (FMNV). (Code of Federal Regulations, Title 7, Part 210.11) • Total fat content $\leq 35\%$ of calories • Saturated fat content $\leq 10\%$ • $\leq 35\%$ sugar by weight • Artificial trans fat foods cannot be served or sold on school campus (E.C. Sec. 49431.7) 	<ul style="list-style-type: none"> • Students who buy the district-sponsored reimbursable meal receive more nutrients than those who purchase a la carte. • Extras consumed may result in rejection of meal items and/or overeating. • FMNV means foods which provide less than 5% of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving. • The categories of FMNV include soda water (carbonated beverages, unless approved by the USDA), water ices (frozen sweetened water e.g. Popsicles), chewing gum, candies (such as hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn). • Follows USDA guidelines for healthy diets
Beverages	<ul style="list-style-type: none"> • Fruit juices must contain $\geq 50\%$ juice • Milk, any type, reduced fat • No beverage of minimal nutritional value • No artificial sweeteners 	<ul style="list-style-type: none"> • Excessive fluid intake results in rejection of other foods that provide required nutrients. • Fluids from natural sources are essential to good health. • Fruits and vegetables contain vitamins and minerals.
Snacks Desserts	<ul style="list-style-type: none"> • Snacks and desserts served may not exceed 175 calories. • Exception: if served as part of the National School Lunch Program (NSLP). • No foods of minimal nutritional value (FMNV). (Code of Federal Regulations, Title 7, Part 210.11) 	<ul style="list-style-type: none"> • Snacks are intended to supplement a meal. • There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal. • Extra calories can result in the rejection of meal items and/or overeating.
Food Outside the Nutrition Service Program	<ul style="list-style-type: none"> • Fundraising sales of non-compliant food or beverage items on campus can not begin until 30 minutes after school hours. • Classroom parties, giveaways and other school functions cannot compete with the National School Lunch and Breakfast Program. • Sales and/or fundraisers that do not benefit the schools may not occur at any time on school campus. 	<ul style="list-style-type: none"> • Student Wellness Policy • Extra calories can result in the rejection of meal items and/or overeating.

Relates to BP5030 Student Wellness