



Stop!

Restricted Activities

- Non-nutritious food sold or served to students from 1/2 hour before school to 1/2 hour after the end of school.
- Food prepared in a private home for student consumption is never allowed. Food served to students must be *purchased* from a grocery store and be in the original package with the seal intact. (Individual lunches prepared by parents for their own children are always OK)
- Potentially hazardous foods served to students without guidance from Nutrition Services. (See "restricted foods.")
- Classroom celebrations must have the principal's approval and may not be held until after the end of the last lunch period.



Let Your Site Cafeteria Manager Help You!

- Occasional classroom celebrations.
- Fund-raisers on campus.
- Holiday projects involving the use of food.
- Non-nutritious foods sold or served after the end of the school day.
- Snacks that will be provided to students during the school day.
- Foods donated for special events on school grounds.
- Special events on school grounds that include food preparation or storage.
- Award ceremonies.
- Student activities using food.

If you have questions or need further guidance, please contact your teacher, principal, or cafeteria manager.

This pamphlet outlines the Escondido Union School District's Student Wellness Policy as part of California's Student Wellness Initiative.



GO!

Always Acceptable

- Special lunches arranged through Nutrition Services in your school cafeteria.
- Field trip meals arranged through Nutrition Services in your school cafeteria.
- Nutritious snacks purchased from an approved source (*must not be homemade goodies*) and served after the end of the last lunch period. (Nutrition Services will approve snacks for you.)
- Use of non-food items as a reward or for fund-raisers.
- Use of craft projects and/or physical activity for students.
- Encouragement of healthy eating habits for all children.

Food Guidelines for Parents

Examples of nutritious foods:

- Fruits and vegetables
- Goldfish crackers
- Certain granola bars
- Graham crackers
- Cheerios
- Whole grain breads and crackers
- 100% fruit juice
- Milk
- Bottled water
- Pretzels
- Frozen juice bars (100% juice)
- Frozen fruit pops (100% fruit)
- Reduced sugar and fat ice cream

This list is not intended to be all inclusive, and certain kinds of crackers, etc., may not meet the nutritional requirements. Some foods may be considered potentially hazardous, and therefore, require some guidance from Nutrition Services.

If you have questions or need guidance, please contact your teacher, principal, or cafeteria manager.

The PTA supports this healthy lifestyle and can be a great resource for alternative ideas using non-food items. Please visit www.eusd4kids.org and check out the PTA link.

Stop! Restricted Foods

Definition of a non-nutritious food:

Any food that contains:

1. More than 35% of calories from fat
2. More than 10% of calories from saturated fat
3. More than 35% sugar by weight
4. More than 175 calories (250 calories for the middle school level)

Examples of non-nutritious foods:

- Soda, candy, chewing gum
- Snow cones, water ices
- Chips or fried foods
- Cookies, cakes, donuts
- Candy-coated popcorn

This list is not intended to be all inclusive.

One 3-oz. bag of Flamin' Hot Cheetos contains:

Calories	520
Calories from Fat	300
Total Fat	33 grams
Total Saturated Fat	4.5 grams
Sodium	760 mg

Almost 60% of the calories in this bag of chips are derived from fat!

Definition of potentially hazardous food:

Any food that needs to be:

Cooked, chopped, mixed, washed, frozen, refrigerated, or prepared before serving.

Parent Participation

California's Parent Teacher Association is striving to protect children's health, well-being, and ability to learn by encouraging parent and community support to help make the Student Wellness Policy successful! As parents, your support for the new school policy is key to its success.

Here are some actions you can take to support your school:

- Get active! Support your school's Wellness Policy.
- Make sure your child eats a healthy breakfast at home or at school each morning.
- Promote healthy choices such as fresh fruits and vegetables.
- Talk with your teacher about healthy food or non-food items for classroom celebrations.
- Look for healthy (or non-food) fundraising ideas for your school.
- Choose healthy foods when shopping and be physically active around your own home.
- Ask your child not to share food with other children. Some children have allergies, and there are foods that can make them sick.