

# Fontana Unified School District

## Notice to Families Regarding the New FUSD Wellness Policy



The Board of Education of the Fontana Unified School District recently adopted a Student Wellness Policy (Board Policy 5030) in order to comply with new state and federal laws. The new policy recognizes the link between student health and learning. Board Policy – Student Wellness outlines the components of a comprehensive health literacy program designed to build the skills and knowledge that all students need to maintain a healthy lifestyle and includes: physical activity; health education; nutrition services; counseling services; safe and healthy school environments; and parent/guardian and community involvement.

A major component of the policy outlines the new nutrition standards for foods and beverages sold to students during and after the school day, including sales from vending machines, student stores and fundraisers as well as for food and beverages offered to students during celebrations, classroom parties and as rewards.

With these required changes, we believe that we are developing a better nutrition/wellness program for our students and sending them a consistent message that proper health and nutrition are an important part of their education.

We appreciate your understanding and support of this policy. Parents who might like additional information about Board Policy 5030 may contact their school principal or access the policy and other information on the District web site at <http://www.fusd.net>.

### **PRESCHOOL AND ELEMENTARY NUTRITIONAL REQUIREMENTS**

Items offered must be commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.

#### *Food/Snack Standards:*

- Not more than 35% of its total calories shall be from fat.
- Not more than 10% of its total calories shall be from saturated fat.
- Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar.
- Not more than 175 calories per item.
- *Exemptions* are nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes.

#### *Beverage Standards:*

- Fruit-based and vegetable-based drinks that are at least 50% juice without added sweeteners.
- Drinking water without added sweeteners.
- Milk products including 2%, 1%, nonfat, soy, rice and other similar non-dairy milk.
- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-oz. serving.

## Food and Beverages Sold or Served in Elementary Schools, PreK to 6

Issue	Standards
<p><b>Food &amp; Beverage Sales During the School Day</b></p>	<p>The sale of food is not permitted except when <b>all</b> of the following conditions are met::</p> <ul style="list-style-type: none"> <li>▪ The student organization may sell one food item per sale.</li> <li>▪ The food sold meets the nutritional requirements listed below.</li> <li>▪ The specific nutritious food item is pre-approved.</li> <li>▪ There are not more than four such sales per year at a school.</li> <li>▪ The sale does not begin until after the close of the regularly scheduled midday food service period.</li> <li>▪ The sale during the regular school day is not of food items prepared on the premises.</li> <li>▪ The food sold is not one sold in the food service program during the school day.</li> <li>▪ The food sold is a dessert-type food.</li> <li>▪ The food sold is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.</li> </ul>
<p><b>Fundraising</b></p>	<p>The sale of food and beverages that do not meet nutrition standards is allowed under two circumstances:</p> <ul style="list-style-type: none"> <li>▪ Sale by students at school at least 30 minutes after the end of the school-day.</li> <li>▪ Sale by students is off and away from school premises</li> </ul>
<p><b>Celebrations &amp; Parties</b></p>	<p>Rewards and Incentives:</p> <ul style="list-style-type: none"> <li>▪ Food or beverages will not be used as rewards for students' academic performances, accomplishments or behavior.</li> </ul> <p>Parents and staff are strongly encouraged not to use food and beverages for celebrations and classroom parties.</p> <p>Food or beverages served at any schoolwide event (Grandparents Day, jog-a-thon, etc.):</p> <ul style="list-style-type: none"> <li>▪ The food offered will meet the nutritional requirements lists below.</li> <li>▪ The food offered is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.</li> </ul> <p>Curriculum and/or Culturally-based Activities (multicultural festival, Thanksgiving feast):</p> <ul style="list-style-type: none"> <li>▪ These activities require advanced approval by the principal.</li> <li>▪ Each class will be limited to no more than two curriculum and/or culturally based activities per year.</li> <li>▪ The food offered will meet the nutritional requirements listed below.</li> <li>▪ The food offered is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.</li> </ul> <p>Classroom Parties:</p> <ul style="list-style-type: none"> <li>▪ There will be no more than three class parties during the school year.</li> <li>▪ The food offered will meet the nutritional requirements listed below.</li> <li>▪ The food offered is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.</li> </ul> <p>Celebrations (student birthday, individual student accomplishments):</p> <ul style="list-style-type: none"> <li>▪ These activities require advanced approval by the principal and classroom teacher.</li> <li>▪ Celebrations may not interfere with the instructional program.</li> <li>▪ These activities may NOT include food items.</li> </ul>