



Fontana Unified School District

Notice to Families Regarding the New FUSD Wellness Policy

The Board of Education of the Fontana Unified School District adopted in June 2006 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 5030 – 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 immediately after the school day, including sales from vending machines, student stores and fundraisers; the new nutrition standards for food and beverages offered to students during celebrations, classroom parties and as rewards. This is now effective for Middle and High School students as of July 2007.

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>.

MIDDLE & HIGH SCHOOL 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 250 calories.
- *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 Middle & High Schools

Issue	Standards
Food & Beverage Sales During the School Day	<p>One school related organization may sell up to 3 snack and/or beverage items (listed below) on any day provided that <u>all</u> the following conditions are met:</p> <ul style="list-style-type: none"> ▪ The food sold meets the nutritional requirements listed. ▪ The specific nutritious food item is pre-approved by the principal or designee. ▪ The items offered for sale are intended to supplement the meal program or meals brought from home. ▪ The food sold is not one sold in the food service program during the school day. ▪ The food sold is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained. <p>Schools may select no more than 4 schools days on which any number of organizations may sell any number of items, providing that:</p> <ul style="list-style-type: none"> ▪ The sale is approved by the Principal or designee. ▪ The items selected for sale meet the requirements for snacks and/or beverages (listed below). ▪ The school cafeteria staff is given a minimum of two weeks notice.
Fundraising	<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"> ▪ Sale by students at school at least 30 minutes after the end of the school-day. ▪ Sale by students is off and away from school premises
Celebrations & Parties	<p>Rewards and Incentives:</p> <ul style="list-style-type: none"> ▪ Food or beverages will not be used as rewards for students' academic performances, accomplishments or behavior. <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 (Career Day, jog-a-thon, etc.):</p> <ul style="list-style-type: none"> ▪ The food offered will meet the nutritional requirements lists below. ▪ The food offered is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained. <p>Curriculum and/or Culturally-based Activities:</p> <ul style="list-style-type: none"> ▪ These activities require advanced approval by the principal. ▪ These activities may not occur more than once every three months ▪ The food offered will meet the nutritional requirements listed below. ▪ The food offered is commercially prepared and stable at room temperature unless proper cold/hot temperatures can be maintained.

Approved Snack/Beverage Items:

- Milk and dairy products meeting nutritional requirements, including cheese, yogurt, frozen yogurt and ice cream
- Full-strength fruit and vegetable juices and fruit drinks containing 50% or more full-strength fruit juice and fruit nectars containing 35% or more full-strength fruit juice
- Fresh, frozen, canned, and dried fruits and vegetables
- Nuts, seeds and nut-butters
- Non-confection grain products as defined by regulation of the U.S. Food and Drug Administration, including crackers, bread sticks, tortillas, pretzels, bagels, muffins, and popcorn