

Let's eat for the Health of it!



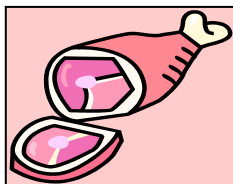
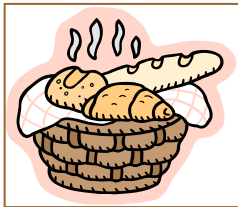
Make half your plate fruits and vegetables

Start the day smart by eating breakfast

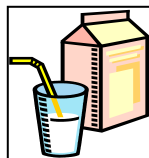
Make at least half your grains whole



Choose lean proteins



Switch to non-fat or low fat milk



Fundraising

The Site Principal & Child Nutrition Director determines if a fundraiser is compliant. All fundraisers must be approved in advance before they begin. All foods and beverages must meet the Smart Snacks in Schools requirements in order to be sold if the fundraiser is conducted:

- 🍏 On school grounds.
- 🍏 During the school day, from midnight the night before until 30 minutes after school is done for the day.
- 🍏 By students or adults
- 🍏 In competition with school meals or in the food service area during meal service
- 🍏 Records of all foods sold to students, including a copy of nutrition labels, must be maintained by the organization holding the fundraiser
- 🍏 Non-compliant foods and beverages may not be sold or delivered onto school grounds during the school day
- 🍏 The above standards do not apply to items sold or delivered during non-school hours, weekends or at off-campus fund-raisers

For more information, please contact:

The Nutrition Services Department

1-714-893-3865

www.wsdnutrition.com

This institution is an equal opportunity provider

PROMOTING A HEALTHY LIFESTYLE

Healthy Students Learn Better



Westminster School District

Nutrition and
Educational Services

A Healthy Lifestyle

- Nutrition & Fitness Education
- Healthy food choices
- Physical fitness and exercise
- Limiting or avoiding unhealthy choices

Students who eat right and get a lot of exercise feel better, are not sick as often, and are able to learn easier. Students who eat breakfast may be able to do better in math, reading, and writing.

The Westminster School District is committed to a healthy lifestyle for our students. Our Westminster School District Wellness Policy regulates the following areas of student health and wellness on our school campuses:

- Fundraisers
- Vending machines
- School stores
- Snack bars
- School parties



Smart Snacks in Schools

Federal Regulations under Healthy Hunger Free Kids Act of 2010, Ed Code 49430-49431.7 set the nutritional standards for all foods and beverages sold on school campuses to elementary & middle school students outside of the Federal meal programs. Any food or beverage sold any time of the day from midnight the night before until one-half hour after the end of the school day must meet the following standards:

Beverages

- 🍏 Only plain water – any size
- 🍏 Fruit juice drinks of at least 50% fruit juice (no added sugar) – 8 ounces or less
- 🍏 1% or non-fat milk (flavored or unflavored) 8 ounces or less

Snacks

All snacks sold must meet the following General Food Standards:

- 🍏 Be a fruit OR
- 🍏 Non-fried vegetable OR
- 🍏 Dairy product OR
- 🍏 Protein OR
- 🍏 Whole Grain rich item OR
- 🍏 Contain greater than 10% daily value for calcium, potassium, vitamin D or dietary fiber (Middle School only)

and must meet the following Nutrient standards:

- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar and contain no more than:
175 calories – Elementary Schools
200 calories – Middle Schools

Suggestions for Parents

Offer your children more fruits and vegetables.

Talk with your child about healthy food choices and physical activity at home.

Choose school lunch. Our school meals are geared toward children. They are low in fat and sodium, high in protein and whole grains and meet all of the dietary guidelines.

Select healthy options when sending birthday treats... or purchase them directly from our cafeteria catering services to ensure they meet the District's nutritional standards. Visit our website at: WSDNutrition.com

Remember, all donated food must be purchased from a commercial food company, meet District nutritional standards, and not homemade.

Healthy Snack Ideas

Fresh fruits and vegetables	Dried fruit
Whole grain crackers	String cheese
Plain popcorn	Pretzels
Rice cakes	Nuts and seeds
Trail mix	Fruit smoothies

Suggestions for Teachers

Avoid the use of food as a reward for students, use positive alternatives for good behavior or academic performance instead.

Conduct Nutrition Education lessons by using the Harvest of the Month curriculum materials provided by Network for a Healthy California monthly, The Dairy Council, and other District resources.

Encourage and expand school gardens to promote the link between food choices and health.

Be a good role model for students by making healthy choices.