

Fresno Unified School District

Guide to Improving School Foods & Beverages



Food Services

A copy is available for your review in the Cafeteria Office

Updated April 2009



Fresno Unified School District

ACKNOWLEDGEMENTS

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1.0

INTRODUCTION

INTRODUCTION

The *Guide to Improving School Foods & Beverages* has been created to help guide school officials in improving foods and beverages offered and sold on school campus in an effort to combat the rising rates of obesity.

The information contained in this booklet, includes, but is not limited to, Board Policy 5030, food & beverage legislation and fundraising ideas. A parent newsletter has been incorporated into the booklet for schools to inform the parents/ guardians of Fresno Unified of the changes that will help improve the health and well-being of our children.

2.0

BOARD POLICY

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

(cf. 0000 - Vision)

(cf. 0200 - Goals for the School District)

(cf. 3513.3 - Tobacco-Free Schools)

(cf. 3514 - Environmental Safety)

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.61 - Drug Testing)

(cf. 5131.62 - Tobacco)

(cf. 5131.63 - Steroids)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.23 - Infectious Disease Prevention)

(cf. 5141.3 - Health Examinations)

(cf. 5141.31 - Immunizations)

(cf. 5141.32 - Health Screening for School Entry)

(cf. 5141.6 - Student Health and Social Services)

(cf. 5142 - Safety)

(cf. 5146 - Married/Pregnant/Parenting Students)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 - Guidance/Counseling Services)

School Health Council/Committee

The Board's policy related to student wellness shall be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public. (42 USC 1751 Note)

The Superintendent or designee will appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees)

(cf. 9140 - Board Representatives)

The Healthy School Environment Wellness Committee will act as the FUSD Wellness Committee (as provided in Federal Legislation) and assist in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as a resource to school sites for implementing those policies. A school wellness policy committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. The committee may also consist of a member representing the Nutrition Network for Healthy, Active Families Contract with the USDA or any other grant that supports the education of students on nutrition.

FOOD SERVICE/CHILD NUTRITION PROGRAM

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. The Board desires to provide students with adequate space and time to eat meals. To reinforce the district's nutrition education program, food available on school premises shall:

1. Be carefully selected so as to contribute to student's nutritional well-being and the prevention of disease.
2. Meet or exceed nutritional standards specified in law and administrative regulation.
3. Be prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthy eating habits.

4. Be served in age-appropriate quantities.
5. Be sold at reasonable prices.

The Superintendent or designee shall develop strategies designed to encourage the participation of students and parents/guardians in the selection of foods of good nutritional quality for school menus. Parents/guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Policy set forth herein does not apply to food brought from home for individual consumption.

The Board desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs.

The Superintendent or designee shall periodically review the adequacy of school facilities for cafeteria eating and food preparation. School cafeterias shall comply with the sanitation and safety requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code. 113700-114455

(cf. 1312.4 - Williams Uniform Complaint Procedures)

(cf. 3517- Facilities Inspection)

(cf. 7110 - Facilities Master Plan)

Professional development for food service personnel shall include nutrition education and safe food handling.

(cf. 4231 - Staff Development)

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity. (42 USC 1751 Note)

The Board believes that foods and beverages available to students at district schools should support the health curriculum and promote optimal health. Nutrition standards adopted by the district for all foods and beverages sold to students, including foods and

beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. (42 USC 1751 Note)

In order to maximize the district's ability to provide nutritious meals and snacks, all district schools shall participate in available federal school nutrition programs to the extent possible, including the National School Lunch and Breakfast Programs, as well as snack and summer programs.

(cf. 3553 - Free and Reduced Price Meals)

OTHER FOOD SALES

The Governing Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Such food sales should not impair the food service's ability to be financially sound. (5 CCR 15500 and 15501)

Any food sales conducted outside the district's food services program shall meet nutritional standards specified in law, Board policy and administrative regulations and shall not impair student participation in the district's food service program. Food sales that do not meet current legislation are prohibited during school hours, and within ½ hour before or ½ hour after school hours. (Education Code 49431)

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-114455.

Foods shall not be sold on district school premises by outside commercial food vendors. The profits from all food sales, including vending machines that sell approved food or drinks, must benefit the school; the school food service program, or the student groups sponsoring the sales.

When vending machines are sponsored by the district or a student or adult organization, the Superintendent or designee shall determine how and where vending machines may be placed at school sites, district offices, or other school facilities.

The Board authorizes the Superintendent or designee to approve the sale of foods and beverages outside the district's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at secondary school student stores for fundraising purposes.

(cf. 3312 - Contracts)

(cf. 5148 - Child Care and Development)

(cf. 6300 - Preschool/Early Childhood Education)

The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage and educate parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible. This does not apply to food provided by parents/guardians for individual consumption.

NUTRITION EDUCATION AND PHYSICAL ACTIVITY

The Board shall adopt policy for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate. (42 USC 1751 Note) (Education Code 51210)

The district's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle. Nutrition Education should be age appropriate, following the United States Dietary Guidelines for Americans, California Department of Education

State Frameworks in Health and Home Economics Careers and Technology Model Curriculum Standards.

(cf. 6010 - Goals and Objectives)

(cf. 6011 - Academic Standards)

(cf. 6143 - Courses of Study)

Nutrition education shall be provided as part of the health education program in grades K-12 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. The District will continue to in-service teachers with established Nutrition curriculum in the middle and high school Health and Foods and Nutrition classes. Home Economics Careers & Technology curriculum has been noted for best practices lessons to follow from the Governor's Summit on Health, Nutrition, and Obesity.

(cf. 6142.8 - Comprehensive Health Education)

All students in grades K-12, including students with disabilities as defined by their Individual Education Plan (IEP), special health-care needs, and in alternative educational settings, will have the opportunity, support, and encouragement to be physically active on a regular basis through physical education instruction and physical activity programs. Students will receive physical education instruction as designated (Education Code 51210, 51222, and 51223):

*A minimum of 200 minutes for every 10 days for students in grades 1 – 6

*A minimum of 400 minutes for every 10 days for students in grades 7 – 12

*High school students, who are exempt from two years of physical education, will have the opportunity to participate in a variety of physical education elective course. (Education Code 51222(b) and 51241)

(cf. 6146.1 High School Graduation Requirements)

Physical education instruction will be delivered by a teacher credentialed to teach physical education (Education Code 44203). Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

(cf. 6142.7 - Physical Education)

(cf. 6145 - Extracurricular and Co curricular Activities)

(cf. 6145.2 - Athletic Competition)

The Superintendent or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees.

Professional development shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

(cf. 4131- Staff Development)

(cf. 4331- Staff Development)

To encourage consistent health messages between the home and school environment, the Superintendent or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1113 - District and School Web Sites)

(cf. 6020 - Parent Involvement)

The Board discourages the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

(cf. 1325 - Advertising and Promotion)

PROGRAM IMPLEMENTATION AND EVALUATION

The Board shall establish a plan for measuring implementation of the policy. The Superintendent shall designate at least one person within the district and at each school who is charged with operational responsibility for ensuring that the school sites implement the district's wellness policy. (42 USC 1751 Note)

(cf. 0500 - Accountability)

The Superintendent or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy district wide and at each district school. These measures shall include, but not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; any sales of non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.

The Superintendent or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Posting Requirements

Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Healthy Children Ready to Learn, January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN(Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

Policy FRESNO UNIFIED SCHOOL DISTRICT

Adopted: March 8, 2006 Fresno, California

3.0 LEGISLATION:

**Food (SB 12),
Beverage (SB 965), &
Trans-Fats (SB 80)**

NEW LAWS PASSED TO MAKE CALIFORNIA SCHOOL FOOD MORE NUTRITIOUS

SENATE BILL 12	SENATE BILL 965	SENATE BILL 80
<p style="text-align: center;"><u>Snacks:</u></p> <ul style="list-style-type: none"> • Less than 35% of calories from total fat • Less than 10% of calories from saturated fat • Less than 35% of sugar content by weight • Less than 175 (elem) or 250 (sec) calories per snack <p style="text-align: center;"><u>Entrees:</u></p> <ul style="list-style-type: none"> • Less than 400 calories per entree • No more than 4 grams of fat per 100 calories • Portions served cannot be larger than school meal portions 	<p style="text-align: center;"><u>Beverages:</u></p> <ul style="list-style-type: none"> • Water with no added sweeteners • Milk • 100% fruit juices • Fruit and/or vegetable juices with at least 50% juice and no added sweetener • Electrolyte replacement drink that contains no more than 42 grams of added sweetener per 20 fluid ounce serving (sec) 	<p style="text-align: center;"><u>Trans-Fats:</u></p> <ul style="list-style-type: none"> • Restrictions on foods that are fried or contain artificial trans-fats served or sold on campus • Foods with artificial trans-fats (margarine, shortening, partially hydrogenated oil) • Foods must have less than 0.5 grams trans-fat • Foods must be cooked in vegetable oils that are liquid at room temperature (canola, olive, soy, corn, etc)

Foods & Beverages not meeting these guidelines may be sold ½ hour before and/or after the school day

SB 12 Fact Sheet
Effective July 1, 2007

Definitions:

Elementary School:	A public school maintaining any grade from kindergarten to grade 6, inclusive but no grade higher than 6.
Middle School:	Any public school maintaining grades 7 or 8, 7 to 9, inclusive, or 7 to 10, inclusive.
High School:	Any public school maintaining any of grades 10 to 12, inclusive.
Full Meal:	Any combination of food items that meet USDA-approved reimbursable meal pattern requirements.
Sold:	The exchange of food for money, coupons, or vouchers.
Entrée:	A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza.
Snack:	A food that is generally regarded as supplementing a meal, including but not limited to, chips, crackers, onion rings, nachos, french fries, donuts, cookies, pastries, cinnamon rolls, and candy.

Elementary Schools – the following foods may be sold to pupils:

1. Full meals.
2. Individually sold portions of nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, vegetables that have not been deep fried, and legumes.
3. Individually sold dairy items and whole grain food items if meets all of the following 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 individual food item.
4. Non-compliant foods may be sold provided:
 - The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises, or
 - The items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

Middle, Junior or High School – the following foods may be sold to pupils:

1. Snacks, except food served as part of the USDA meal program, shall meet all of the following standards:
 - Not more than 35% of its total calories shall be from fat. Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes, are exempt.
 - Not more than 10% of its total calories shall be from saturated fat. Eggs or cheese packaged for individual sale, are exempt.
 - Not more than 35% of its total weight shall be composed of sugar, including naturally occurring and added sugar. Fruits and vegetables that have not been deep fried are exempt.
 - Not more than 250 calories per individual food item.
2. Entrée items, except food served as part of a USDA meal program shall:
 - Contain no more than 400 calories per entrée.
 - Contain no more than 4 grams of fat per 100 calories contained in each entrée, and shall be categorized as entrée items in the School Breakfast or National School Lunch Programs.
3. Non-compliant foods may be sold provided:
 - The sale of those items takes place off of and away from school premises, or
 - The sale of those items takes place on school premises at least one-half hour after the end of the school day, or
 - The sale of those items occurs during a school-sponsored pupil activity after the end of the school day.

SB 965
Fact Sheet

Effective July 1, 2007

Definitions:

Added Sweetener: Any additive that enhances the sweetness of the beverage, including added sugar, but does not include the natural sugar(s) that are contained within the fruit juice which is a component of the beverage.

Sale of Beverages: The exchange of a beverage for money, coupons, or vouchers.

Elementary Schools – the following beverages may be sold to pupils:

1. Regardless of the time of day:
 - Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener.
 - Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
 - Drinking water with no added sweetener.
 - Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.

2. Non-compliant beverages may be sold provided:
 - The items are sold by pupils of the school and the sale of those items takes place off of and away from school premises, or
 - The items are sold by pupils of the school and the sale of those items takes place at least one-half hour after the end of the school day.

Middle/Junior High School – the following beverages may be sold to pupils:

1. From one-half hour before the start of the school day to one-half hour after the end of the school day:
 - Fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener.
 - Vegetable-based drinks that are composed of no less than 50% vegetable juice and have no added sweetener.
 - Drinking water with no added sweetener.
 - Two-percent-fat milk, one-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk.
 - Any electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving.

2. Non-compliant beverages may be sold as part of a school event provided:
 - The sale occurs during a school-sponsored event and takes place at least one-half hour after the end of the school day, (or)
 - Vending machines, student stores, and cafeterias selling non-compliant beverages are used later than one-half hour after the end of the school day.

3. Non-compliant beverages may be sold not later than one-half hour before the start of the school day and not sooner than one-half hour after the end of that school day.

4. High schools:
 - Commencing July 1, 2007, no less than 50 percent of all beverages sold to pupils shall meet the above criteria.
 - Commencing July 1, 2009, all beverages sold to pupils shall meet the above criteria.

4.0
SAMPLE
FOOD & BEVERAGE
COMPLIANT LIST

FUSD Food Service: SB 12 / SB 965 Compliant List

Beverages:

Water

100% Fruit and/or Vegetable Juices

Fruit Drinks w/ at least 50% Juice

1% Milk or Fat Free Chocolate Milk or Fat Free Strawberry Milk

For Secondary Only: Electrolyte Replacement Beverages w/ 42g or less sugar per 20oz bottle

Snack Items, Listed by Manufacturer:

Austin

Sea Animal Crackers, 1 oz.

Zoo Animal Crackers, 1 oz.

Back to Nature (Kraft)

Crispy Wheats, 1 oz.

Crispy Cheddar Crackers, 1 oz.

Blue Bunny (Wells' Dairy, Inc.)

Tigger Twister (Chocolate & Vanilla Pudding on a stick, 1.75 fl.oz.)

Fudge Bar, 3.0 fl. oz.

Carb Freedom Juice Bars, 1.75 fl. oz. Flavors: Grape; Raspberry, Strawberry

Cool Daze Fudge Dream Bar

Campbell's

V8 Juice, 12 oz.

Dannon

Light and Fit Non-Fat Yogurt, 8oz container

David's

Sunflower Seeds, 1oz Bag

Del Monte

Plastic Fruit Cup, 4 oz.: Mixed Fruit & Peaches

Dole

Pineapple Tidbit Cup, 3.1 oz.

Tropical Fruit Cup, 3.1 oz.

Fruit Bowls, 4 oz. - types of fruit available listed below: (next page)

Pears
Mandarin Oranges
Tropical Fruit Salad
Diced Peaches
Mixed Fruit
Pineapple Tidbits
Frito-Lay
Baked Lays, 1-1/8 oz.
Baked Lays, Sour Cream/Onion, 1-1/8 oz.
Baked Ruffles Original, 1-1/8 oz.
Baked Cheetos, 1.25oz
Gatorade
Frost-Cascade Crash, Riptide Rush, & Glacier Freeze, 8 oz.
Instant Mix-Lemon Lime (1 1/3 Tbsp), 8 oz
Fierce Melon, Berry and Grape, 8 oz.
Lemon lime, Fruit Punch, Orange (12 bottles), 8 oz.
General Mills
Cinnamon Toast Crunch Crisps, 1 oz.
Healthy Choice
Low Fat Fudge Bars, 1 Bar
Sorbet & Cream Bars, 1 Bar
Honey Maid
Graham Crackers, 8 crackers
Jolly Time
Microwave Popcorn, Healthy: Pop Minis:
Butter Flavor, 1.2 oz.; Kettle Corn Flavor, 1.19 oz.
Keebler
Honey Rite Grahams with Calcium, 3 pack
Honey Grahams, 3 pack
Graham Select-Cinnamon, 3 pack
Graham Select, Low Fat, 3 pack
Chocolate Graham Crackers, 3 pack
Cinnamon Elf Grahams, 1 oz.
Original Elf Grahams, 1 oz.
Chocolate Elf Grahams, 1 oz.

Scooby Doo Graham Cracker Sticks, 1 oz.
Journey Multigrain Cereal Bar, Chocolate, 1.4 oz.
Peanut Butter Fudge, 1.3 oz.
Apple Cinnamon, 1.3 oz.; Caramel, 1.3 oz.
Kellogg's
Pop Tart (Brown Sugar Cinnamon) 1.76 oz.
Pop Tarts (Brown Sugar flavor Only) 1 pack, 1.76 oz.
Nutri-Grain Bar, Apple Cinnamon Flavor, 1.3 oz.
Nutri-Grain Muffin Bar, 1.6 oz. Banana
Cinnamania Cinnamon Bun Flavored Graham Snack, 1.76 oz.
Kirkland
Cranberry Grape Juice (2 bottles), 8 oz.
Cranberry Raspberry Juice Blend (2 bottles), 8 oz.
Frozen concentrated Orange Juice, Calcium Enriched (6 cans), 2 oz.
Newman's Own Grape Juice (2 bottles), 8 oz.
Premium Drinking water, 8 oz.
Skim Milk (2-1 gal jugs), 8 oz.
Pistachios, 1/2 cup w/ shells
Rice Crackers and Nuts, 1/4 cup
Roasted and Salted Peanuts, 3 Tsp
Signature Crunchy Snack, 1/4 cup
Knott's Berry Farm
Strawberry Fruit & Grain Bar, 1.76 oz.
Kraft
Teddy Grahams Graham Snacks, 0.7 oz. (Cinnamon & Chocolate Flavors)
Teddy Grahams Graham Snacks, 0.5 oz. (Cinnamon Flavor)
Ritz Sticks, 1 oz.
Ritz Dinosaur Crackers, 1 oz.
Krispy
Saltine Crackers, 12 grams
Kudos (Master foods)
Fruit & Granola Bar, 1.58 oz.
Laura Scudders
Mini Pretzels, 1oz.

Lays
Baked Lays, 1.125 oz.
Baked Lays, Sour Cream & Onion, 1.125 oz.
Martinelli
Apple Juice, 10 oz.
Apple Juice, 8 oz.
Minute Maid
Orange Juice with Calcium and Vitamin D (2-128 oz bottles), 8 oz.
Mr. Nature
Salted Almonds, 1 oz.; Raisins, 1 oz.
Salted Peanuts, 1 oz.; 1.5 oz.
Honey Roasted Peanuts, 1 oz.
Unsalted Trail Mix, 1.1 oz.
Trail Mix, Sweet & Smart, 1.5 oz
Mott's
Applesauce, Individual Cup, 4 oz.
Nabisco
Crunchy Toasted Corn Nuts, Original Flavor, 1 oz.
Vanilla Wafers, 2 oz.
100 Calorie Wheat Thins Minis, .74 oz.
Naked Food
Juice-Carrot-o-Copia (1/2 gallon), 8oz.
Juice-Green Machine (1/2 gallon), 8 oz.
Juice-Just Orange Juice (1 gallon), 8 oz.
Nature Valley
100% Natural Crunchy Granola Bar, 1.5 oz.:
Maple Brown Sugar Flavor; Banana Nut Flavor
Oats 'n Honey Flavor; Peanut Butter Flavor
Crunchy Granola Bars, 2 Bar
Oh Boy! Oberto
Natural Style Beef Jerky, .9 oz.
Teriyaki Flavor Beef Jerky, .9 oz.

Pacific Gold
Beef Jerky Hot & Spicy (2 Bags), 1 oz
Original Beef Jerky, 1 oz.
Teriyaki Beef Jerky (2 bags, 1oz)
Turkey Jerky (2 bags), 1 oz.
Variety Pack Beef Jerky, 1 oz.
Pasta Prima
Spinach and Mozzarella Ravioli, 1 cup (6 Ravioli)
Pepperidge Farms
Goldfish Flavor Blasted Hot'n Spicy Cheddar Baked Snack Crackers, .75oz
Pretzel Goldfish, .75 oz.
Giant Goldfish Grahams, Cinnamon, .9 oz.
Giant Goldfish Grahams, Chocolate, .9 oz.
Parmesan Goldfish Crackers, .75 oz.
Goldfish PhysEdibles:
Lemon Baked Animal Crackers, .9 oz.;
Vanilla Baked Animal Crackers, .9 oz.
Goldfish, 1oz bag
Planter's
Honey Roasted Peanuts, 1 oz.
Salted Peanuts, 1 oz.
Salted Peanuts, (48-103 bags), 8 fl oz.
Plain Gourmet
Bagel (mini), 1 bagel
Premium Original
Saltine Crackers, 5 crackers
Quaker
Oatmeal Breakfast Square, 1.41 oz.
Stauffer's
Animal Crackers, 1 oz.
Animal Crackers, 16 pieces
Sunkist
Apricot Fruit Roll, .75 oz.

Sunshine
Reduced-fat Cheez-its, 1.5 oz.
Traditional Chex Mix, 1oz pouch
Tree Top
Applesauce, Ind. Cup, 4 oz.
Apple Juice, 8 oz.
Fruit Energy Bar, Apple/Cherry/Berry, 1.5 oz.
Fruit & Veggie Bar, Cranberry/Raspberry, 1.5 oz.
Fruit Snacks 0.5 oz.: Strawberry; Raspberry; Cherry; Grape
Tropicana
Fruit Wise Fruit Bars, 1.4 oz. Flavors: Cherry Berry, Orange Citrus, Strawberry
Fruit Wise Fruit Strips, .67 oz. Flavors: Cherry; Fruit Punch; Grape; Raspberry; Strawberry; Wildberry
Juice Blends, 10oz
Orange Juice, 10 oz.
Utz's
Pretzel Stix, 5 sticks
Yoplait
Light Yogurt, all flavors, 8oz

* Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruits, vegetables that have not been deep fried, or legumes, are exempt and may be served.

This list is not comprehensive and is intended to provide a base-line sample of products that meet nutritional guidelines set forth in recent legislation. See sections 5.0, 6.0, and 7.0 for information on how to evaluate if a product not on the approved list meets guidelines.

The California Project LEAN website provides assistance in determining if products meet legislation. It can be accessed using the following address:

<http://www.californiaprojectlean.org/calculator/>

5.0
CALCULATE
PERCENTAGE OF
FAT & SATURATED
FAT

How to Calculate Percentage of Total Calories from Fat and Saturated Fat

1) Fat:

- a. Multiply the grams of fat by 9* = (x) the number of fat calories.
- b. Divide (x) the number of fat calories by the total number of calories in the food item = % fat content.
 - 1) 1 gram of fat contains 9 calories (kcal)

2) Saturated Fat:

- a. Multiply the grams of saturated fat by 9 = (xx) the number of saturated fat calories in the food item.
- b. Divide (xx) the number of saturated fat calories in the food item by the total number of calories in the food item = % of saturated fat.

EXAMPLE:

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Total Fat grams = 3
Total Saturated = 0

1) Fat:

$$3 \times 9 = 27 \text{ fat calories}$$

$$27/90 = \mathbf{30\% \text{ total calories from fat}}$$

2) Saturated Fat:

$$0 \times 9 = 0 \text{ saturated fat calories}$$

$$0/90 = \mathbf{0\% \text{ calories from saturated fat}}$$

6.0
CALCULATE
PERCENTAGE OF
SUGAR CONTENT BY
WEIGHT

How to Calculate Percentage of Sugar Content by Weight

1) Sugar:

- a. Divide the number of grams of sugar by the total weight of the food in grams = % of sugar. (Total sugar)

EXAMPLE:

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Total Sugar in grams = 3

1) Sugar:

$$3/114 = 2.6\% \text{ sugar by volume}$$

7.0
CALCULATE AMOUNT
OF ADDED SWEETENER
FOR ELECTROLYTE
REPLACEMENT
BEVERAGES

Calculate Amount of Added Sweetener for Electrolyte Replacement Beverages

Requirement: no more than 42 grams of added sweetener per 20 ounces

Nutrition Facts	
<i>Serving Size 8 ounces (240 ml)</i>	
Servings per Container 2.5	
Amount Per Serving	
Calories 80	Calories from Fat 0
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110 mg	5%
Potassium 15 mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 4g	
<hr/>	
Vitamin A 0%	Vitamin C 2%
Vitamin E 25%	Iron 0%
Calcium 0%	
Percent Daily Values are based on a 2000 calorie diet	

On the Nutrition Facts label identify the Serving Size (example = 8 ounces) and Sugars (example = 16 grams)

The calculation is as follows:

$$\frac{\text{Serving size (oz)}}{\text{Sugars (g)}} = \frac{20 \text{ (oz)}}{X}$$

$$X = \frac{20 \text{ (oz)} \times \text{Sugars (g)}}{\text{Serving Size (oz)}}$$

Note: X must be 42 grams or less

Example:

$$\frac{8 \text{ (oz)}}{16 \text{ (g)}} = \frac{20 \text{ (oz)}}{X}$$

$$X = \frac{20 \text{ (oz)} \times 16 \text{ (g)}}{8 \text{ (oz)}}$$

$$X = 40 \text{ (g)}$$

So, 16 grams of sugar in 8 oz. is equal to 40 grams of sugar in 20 oz.

8.0

FUNDRAISING IDEAS

**(All fundraisers must be approved or be on the approved list
by the Purchasing Department)**

Creative Financing & Fun Fundraising Ideas



Things to Do

art show
auction
bike-a-thons
bowl-a-thon
carnivals (Halloween)
car wash
craft sales
dances (Sadie Hawkins,
kids, father/daughter)
family/glamour portraits

festivals
fun runs
gift wrapping
golf tournament
hoop-a-thon
jump-rope-a-thon
magic show
raffle (movie passes,
theme bags)
read-a-thon

recycling cans/bottles/paper
science fairs
singing telegrams
skate night/skate-a-thon
spelling bee
talent shows
tennis competition
treasure or scavenger hunt
walk-a-thon
workshops/classes



Things You Can Sell

air fresheners
balloons
bath accessories
flashlights
books, calendars
brick/stone/tile memorials
bumper stickers
buttons, pins
candles
Christmas ornaments
Christmas trees
cookbooks
coupon books
magazine subscriptions
flowers, bulbs
foot warmers

football seats
giant coloring books
gift baskets
gift certificates
gift items
gift wrap, boxes, bags
greeting cards
hats and jewelry
holiday wreaths
house decorations
key chains
coffee mugs
student directories
stuffed animals
music
newspaper space

plants
pocket calendars
raffle donations
scarves
school art drawings
school frisbees
school spirit gear
scratch-off cards
souvenir cups
spirit/seasonal flags
stadium pillows
stationary
emergency kits for cars
t-shirts, sweatshirts
yearbook covers
pet treats/accessories

Creative Financing & Fun Fundraising Ideas



Healthy Food Items

fruit smoothies
fruit & nut baskets
frozen bananas
trail mix
lunch box auctions

Activities that Support Academics

read-a-thon
science fair
spelling bee

Things that Promote the School

bumper stickers
calendar
t-shirt/sweatshirts

cookbooks made by school
school logo air-fresheners

**All fundraisers must be approved or be on the approved list by the
Purchasing Department (see attached).**



Paul Rosencrans, C.P.M.
Executive Director, Purchasing Department
4498 N. Brawley Avenue
Fresno, CA 93722
Ph. (559) 457-3465 . FAX (559) 457-6040

Fundraiser Vendor Application

Company Name: _____

Telephone Number: _____ Fax number: _____

Mailing Address:

City: _____ State: _____ Zip: _____

Email: _____

Remit to Address:

City: _____ State: _____ Zip: _____

Contact for Daily Business Transactions:

Name and Title of Person(s) Authorized to Sign Binding Contractual Agreements:

Type of Organization (circle one)

Individual / Partnership / Corporation / State of Incorporation: _____

Other: _____

Type of Business (circle one)

Manufacturer / Wholesaler / Retailer / Broker / Distributor / Service Organization

Other: _____

On a separate sheet, provide contact information for at least 3 business references and include a brief description of your fundraising program. Please include any promotional materials you may have when submitting your application to the Fresno Unified School District's Purchasing Department if applicable and available.

The Executive Director of Purchasing must approve vendors prior to their visiting or contacting any school site.

Notice to Vendors

Fundraiser vendors must be approved by the Purchasing Department.

Purchasing does not endorse any fundraiser vendors.

Permission to distribute materials or to meet with district staff will be at the sole discretion of the principal and/or his/her designee.

Pursuant to Administrative Regulation 3313.4 Access to Teachers, neither agents nor salespersons shall be permitted to discuss business propositions of any nature with teachers or students on the school premises while classes are in session. At times, representatives of textbook publishers and school furnishing supply houses may be exempted from this prohibition by authorization of the Superintendent.

The District's Wellness Policy discourages the sale of candy as a fundraiser.

Vendors who are in a dispute with any school will be debarred until the dispute is settled.

Attached is The Michelle Montoya School Safety Act form. It must be signed and included with your application.

Re: The Michelle Montoya School Safety Act, Chapter 588 of the Statutes of 1997 (AB1610), and Fingerprinting Requirements for Contractors with School Districts

Dear Vendor:

Fresno Unified School District in cooperation with the Department of Justice, State of California, has developed the following process to ensure compliance with the Michelle Montoya School Safety Act Chapter 588 of Statutes of 1997 (AB1610).

Information regarding the requirements of the law is being provided to you, in an effort to help you meet current state law.

The Following is a summary of the District's process, which must be followed to ensure compliance with current state law.

1. In the course of meeting its contractual obligations, any employee of your firm that will have direct contact with students, must be fingerprinted by the District.

An exemption would be if the employee(s) only had limited contact with students and was to be in the presence and supervision of school district adult employees 100% of the time that students are present. If this is the case, we would accept a "Contractor's Certification Regarding Fingerprinting Requirements" in lieu of fingerprinting each employee.

2. Contract employees, not meeting the exemption rule above, must contact the District's Division of Human Resources department a minimum of two-weeks prior doing any work for the district.
3. The cost for processing fingerprints is \$50.00. All contract employees must pay for their own fingerprinting cost at the time they are fingerprinted. Payment must be made in the form of a money order or cashier's check made payable to the Fresno Unified School District. The fingerprinting is done on site at the District's Division of Human Resources located at 2309 Tulare Street, Fresno, CA 93721.

**CONTRACTOR'S CERTIFICATE
REGARDING FINGERPRINTING REQUIREMENTS
Michelle Montoya School Safety Act (Education Code Section 45125.1)**

1. I certify that none of my employees who may come into limited contact with students has a pending criminal proceeding for a felony as defined by Education Code 45122.1 nor has ever been convicted of a felony as defined in Section 454122.1

Comments: _____

2. The names of each employee who may come into limited contact with students are listed below.

a. _____ c. _____

b. _____ d. _____

It is our opinion that the nature of the services provided by our company to your district is outside the scope and /or intent of Education Code 45125.1.

We have, however, adopted a policy within our company that requires all employees, when on company business at school sites, to be in the presence and supervision of school district adult employees when students are present. Since our business activity only involves limited contact or no contact with students and 100% supervision by school adult personnel, it is unnatural and unlikely that our employees would be without district adult supervision at any time students are present.

I declare under penalty of perjury under the laws of the State of California that the foregoing is true and correct.

I agree that any person/s within our company enters on a school ground, will be in the presence and supervision of school adult employees when students are present. Our business activity only involves limited or no contact with students and we will have 100% supervision by a school adult personnel.

Company Name: _____

Printed Name and title of Authorized Company Official:

Signature of Authorized Company Official

Date

9.0
HEALTHY FOOD
IDEAS



Healthy Food Ideas



- Low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend berries, bananas and pineapple)
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips), 100% fruit snacks
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with cheese cubes, string cheese or hummus
- Waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, graham crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Bagel slices with peanut butter or jam, fruit or grain muffin (low-fat), whole wheat English muffin, hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham, cheese, or turkey sandwiches or wraps (with low-fat condiments)
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers)
- Quesadillas or bean burrito with salsa
- Low-fat breakfast or granola bars
- Low-fat tortilla chips with salsa or bean dip
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Nuts and seeds

10.0
CONSTRUCTIVE
CLASSROOM
REWARDS

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthful eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Examples of beneficial (and inexpensive) rewards for children¹

❖ Social rewards

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

❖ Recognition

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., “Great job”)
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his or her achievement

¹ Some examples adapted from “Alternatives to Using Food as a Reward,” Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension), 2004. Accessed at http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf .

❖ Privileges

- Going first
- Choosing a class activity
- Helping the teacher
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No Homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to office
- Reading the school-wide morning announcements
- Helping in another classroom

❖ Rewards for a class

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE, or reading time
- Listening to music while working
- Dancing to music

❖ School Supplies

- Pencils: colored, with logos, or other decorations
- Pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Rulers
- Glitter
- Pencil sharpeners

- Eating lunch with a teacher or principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Working at the school store
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing child to choose an extra recess activity for the class on his/her birthday

- Playing a game or doing a puzzle together
- "Free choice" time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- A field trip

- Stamps
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk
- Markers
- Coloring books
- Gift certificate to the school store

❖ Sports equipment and athletic gear

- Paddleballs
- Frisbees
- Water bottles
- NERF balls
- Hula hoop
- Head and wrist sweat bands
- Jump rope

❖ Toys/trinkets

- Stickers
- Yo-yos
- Rubber balls
- Finger Puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, helicopters, or airplanes
- Plastic sliding puzzles or other puzzle games
- Slinkies
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards
- Stretchy animals
- Silly putty
- Bubbles
- Balloons
- Capsules that become sponges/figurines when placed in water
- Inflatable toys (balls)
- Small dolls or action figures

❖ Fashion wear

- Temporary tattoos
- Hair accessories (barrettes, ribbons)
- Bracelets, rings, necklaces
- Sunglasses
- Eye glasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers

❖ Miscellaneous

- Key chains
- Flashlights
- Cups
- Magnets
- Crazy straws
- Backscratchers
- A plant, or seeds, and pot for growing a plant
- Books

❖ **A token or point system**, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:

- Gift certificate to a bookstore or sporting goods store
- Movie pass or rental gift certificate
- Ticket to a sporting event
- Puzzle
- Book
- Stuffed animal
- Magazine subscription
- Board game
- Step counter (pedometer)
- Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated.

A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class' "account." When the class has earned a target number of points, then they receive a group reward.

For more information visit www.cspinet.org/schoolfood/ or contact the Center for Science in the Public Interest at nutritionpolicy@cspinet.org.

11.0

CELEBRATION IDEAS

Classroom Party Ideas:

<http://www.cspinet.org/nutritionpolicy/classroompartyideasCA.pdf>

Non Food Celebration Ideas:

<http://www.cspinet.org/nutritionpolicy/mphaideas.pdf>

12.0
PARENT
NEWSLETTER

(To be printed on letterhead.)

Dear Parent/Guardian:

This letter is to inform you that Fresno Unified School District has adopted a Local Wellness Policy that introduces standards for nutrition education, physical education, and foods sold/served on school campuses. The Wellness Policy reflects the new legislation that includes Senate Bills 12 (snacks) and 965 (beverages), which must be implemented by July 1, 2007.

Children need healthy meals to learn. Studies have demonstrated strong evidence that nutritional meals and regular activity positively affect the academic performance and behavior of children while at school. To provide the best possible learning environment for our students, schools must provide an environment that supports healthy behaviors.

All of us at (school name) are committed to providing your child with the best possible educational experience. We look forward to your involvement and participation in our programs this year. If you have any further questions or comments, please feel free to contact our office (phone number).

Sincerely,

Principal