

Tustin Unified School District Wellness Policy Recommendations

Please visit our Wellness Policy at
www.tustin.k12.ca.us

The Board of Education of Tustin Unified School District is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the California School Code, and current state legislation.

Did you know:

- Overweight adolescents have a 70% chance of becoming overweight as adults.
- Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being.
- Many obese children have high cholesterol and blood pressure levels, which are risk factors for heart disease.
- The link between nutrition and learning is well documented.

Physical Activity Ideas

Walk, run, hike, bike, skate, dance, swim, wash the car, walk the dog, mow the lawn, garden, skateboard, yoga, shoot hoops, jump rope, canoe, kayak, play tag, play a sport!

Nutrition Standards

All school sponsored events where food and beverage items are offered will comply with current State and Federal legislation.

Including:

- Vending machines
- Cafeteria a la carte
- Student stores
- Student incentives given by PTO/PTA, teachers, and administrators
- Food fairs
- After school programs
- Fundraisers



Tips for Healthy Living

- Eat a variety of foods, choosing mostly fresh, unprocessed food.
- Eat more fruits and vegetables; “Strive for Five” servings or more a day.
- Eat 3 or more servings of dairy foods each day.
- Read food labels.
- Choose water over juice, sports drinks, or soda.
- Control portion sizes.
- Reduce TV and computer time and increase physical activity time.

Celebrating Student Success!

When recognizing student success or special events, schools are encouraged to celebrate with non-food rewards.

FOODS to LIMIT as SNACKS

School is the place to practice what we teach about health and nutrition. Therefore, high sugar, salt and fat snacks should be avoided.

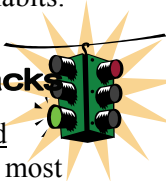
The following are strongly discouraged:
Brownies, Cupcakes, Cookies, Cakes, Doughnuts, Chips, Soda, and Fast Food.

Classroom Parties

Please note: Always coordinate your plans with your child’s teacher well in advance!

Serving healthy snacks to children is important to providing good nutrition and supporting life long healthy eating habits.

Suggestions for Healthy & Nutritious Snacks



Green Light Foods: Full Steam Ahead

- Fresh fruit is naturally sweet—so most kids love it! You can serve it whole, diced, cubed or wedged.
- Canned, frozen and dried fruits are good too—fruit cups, frozen fruit, fruit leathers.
- Fresh vegetables can be served with low fat dips such as fat free dressings, hummus, bean dips, or salsa.
- Make your own salad! Let the students build their own salads.
- Whole grain products—popcorn, whole wheat crackers, baked tortilla chips & salsa.
- Low-fat dairy foods—cottage cheese, yogurt, cheese, milk

Yellow Light Foods—Now and Then

- Pretzels, breadsticks, flatbreads
- Goldfish and graham crackers
- Fruit yogurt
- Low-fat pudding
- Trail mix, nuts, seeds **



Healthier Beverage Choices

- Water
- Fat-free milk, soy milk
- 100% fruit juice
- 100% fruit smoothies



****Warning:** A small but growing number of children have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to see if any children have allergies.