



DID YOU KNOW?

Elementary-age children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity.

- Based on the physical fitness testing for 2017-2018, **23.5%** of 5th grade students and **22.6%** of 7th grade students district-wide are **overweight or obese**.
- Children who don't get enough sleep or who don't eat breakfast have a harder time concentrating in the classroom.
- Too much TV/computer time has been linked to lower reading scores and attention problems.
- The more physically fit children are, the higher they score on academic tests.

Physical Education & Activity

Physical education plays an integral role in the education of each student. Therefore, the District shall provide access to a content rich curriculum, high quality instruction, focused assessment of student learning, supportive learning environments for each student, and opportunities for moderate to vigorous physical activity.

5 fruits and vegetables

2 hours or less of screen time

1 hour or more of physical activity

0 sugary drinks

EVERY DAY!

Healthy Kids Club UCHealth

POLICY HIGHLIGHTS

Nutrition Services

The District's nutrition guidelines shall apply to all foods and beverages sold or served to students, staff and families on every Pre-K to 8th grade campus and administrative building, including but not limited to: snacks; rewards; celebrations; school meals; a la carte service in the cafeteria; vending machines; donated food; school stores; snack bars/concession stands; fundraisers on school grounds; classroom-based activities; staff and parent meetings; and after school programs.

Competitive Food & Beverages

Any food or beverage outside the federally reimbursable school meal programs available to students on the school campus at **any time during the school day**. This includes all foods and beverages available for sale to students, and/or donated to schools for students, and/or brought by families or teachers for classroom parties or school celebrations.

Sweetened Beverages

(i.e., any beverage that contains added caloric sweeteners, including sodas, energy drinks, sweetened iced teas, sports drinks, flavored water, sweetened juices, juice nectars, and fruit punches) will not be sold or served to LGSD students, staff or families at any time on any district property.



Wellness Policy Guidelines

Parent Information



Lemon Grove School District

Contact:

Main District Office

(619) 825-5600

www.lmongrovesd.net

Wellness Page:

<https://bit.ly/2HT8kjm>





HEALTHY CLASSROOM & SCHOOL PARTY IDEAS

Class parties or celebrations must adhere to the District's nutrition guidelines and may **only be held after the lunch period.**

Healthy Party Suggestions

- **No homemade foods allowed.**
- Purchase items from a grocery store.
- Low fat, low sugar foods and beverages.
- Consider dietary needs of students, for example, diabetes.
- Consider food allergies of students such as wheat, dairy, eggs, peanuts.
- Use a sign up system with food suggestions for class parties to ensure you have a variety of healthy foods.



PRE-APPROVAL REQUIRED

Any entity and/or individual interested in donating, serving, or selling food and/or beverages to students **during the school day** must be pre-approved in writing by Nutrition Services and must keep their own records as proof of compliance.

Visit the website below and fill in nutrition facts for each item you wish to sell, serve, or donate:

<http://www.californiaprojectclean.org>

(California Competitive Food Standard Compliance Calculator)

FOOD & BEVERAGE FUNDRAISING

On-campus fundraisers involving food or beverages **may only occur 30 minutes after the end of the school day** through midnight or on weekends or holidays.

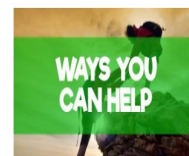
Beverages must meet the nutrition guidelines at all times.

Foods must comply with the District's nutrition guidelines, with the following exceptions:

- **Elementary schools** may sell foods that do not meet the nutrition guidelines up to 10x per year, with approval of the site administrator.
- **Middle school** may sell any food, any number of times, with approval of the site administrator.
- **All off-campus fundraising:** If principals seek to allow off-campus sales of foods and/or beverages that do not meet the nutrition guideline, they must receive prior written approval from the Superintendent via administrative regulation.

Try the healthy snacks & reward ideas listed on our wellness page at

<https://bit.ly/2HT8kjm>



Examples of compliant foods:

- Bottled water
- 2%, 1%, and non-fat milk
- 100% fruit juice
- Fresh fruits and vegetables
- Baked chips and pretzels
- Whole grain breads and crackers
- Graham crackers
- Frozen juice bars (100%)
- Reduced fat and sugar ice cream

Examples of non-compliant foods:

- Soda or carbonated drinks
- Water with added sweeteners
- Candy or chewing gum
- Snow cones, ice cream cups
- Non-baked chips or fried foods
- Cookies, cakes
- Candy coated popcorn

Examples of healthy items to sell or serve:

- Low-fat popcorn
- Fresh fruit and vegetables
- Fruit baskets
- Nuts or seeds
- Trail mix
- Fruit smoothie mix
- Whole wheat pasta and sauce kits