



What's in a Wellness Policy? **Competitive Foods and Beverages!**

Local Resources

<p>California Competitive Food Standards Compliance Calculator, California Project LEAN</p>	<p>http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95 Tool to help determine if an á la carte (outside the school meal) food or beverage sold in the cafeteria meets Smart Snacks in School nutrition standards. Only compliant items may be on sold on campus from midnight through 30 minutes after the school day.</p>
<p>Competitive Foods Quick Reference Cards, California Department of Education</p>	<p>https://www.cde.ca.gov/ls/nu/he/compfoods.asp One-page fact sheets to help determine if an á la carte (outside the school meal) food or beverage meets Smart Snacks in School nutrition standards. Only compliant items may be on sold on campus during the school day. There are separate sheets for elementary and secondary levels at public non-charter schools, and public charter/private schools.</p>
<p>CalFresh Healthy Living Program County of San Diego</p>	<p>USDA-funded K-12 program includes healthy eating and physical activity PSE** change support for schools with at least 50% FRPM*. Contact Barbara Hughes barbara.hughes@sdcounty.ca.gov</p>
<p>Increasing Access to Drinking Water in Schools, Centers for Disease Control and Prevention</p>	<p>The Increasing Access to Drinking Water toolkit includes needs assessment tools, implementation strategies, and evaluation guidance: https://www.cdc.gov/healthyschools/npao/wateraccess.htm</p>

* FRPM: Free and Reduced Price Meals

** PSE: Policy, systems, and environmental (changes)

More resources:

San Diego County Childhood Obesity Initiative

<https://sdcoi.org/focus-areas/schools-and-after-schools/resources/>

How Does Your District's Wellness Policy Compare to Model Wellness Policies?

Model Policy: *Live Well Schools*

Competitive Foods

All foods and beverages sold, served, or distributed to students through the district's food service program, student stores, vending machines, fundraisers, special events and/or celebrations, or other venues shall meet or exceed local, state, and federal nutrition standards. These standards will apply to foods and beverages provided during both the regular school day and the extended school day, as well as during before- and after-school programs taking place on school grounds.

The only foods that can be sold to students during the school day outside the school meal program are foods and beverages that meet California Smart Snack in Schools nutrition standards. The district will exceed the federal and state nutrition standards by prohibiting the sale of electrolyte beverages (also known as sports drinks) on school campus during the school day at all grade levels.

Schools are encouraged to offer locally-grown food, including items from school gardens, at every location on the school site where food is sold and in all school-sponsored events and activities.

Water

Availability and consumption of water is supported throughout the day. Students are allowed to bring drinking water into the classroom provided that the container is a capped, such as a recyclable or reusable bottle. These vessels are not to be shared among students.

Drinking fountains should be inspected and maintained on a regular schedule.

District will support efforts by parents and student groups to purchase and install water stations that provide filtered, chilled water and can accommodate the filling of reusable water vessels.

School-Sponsored Events, Fundraisers, and Birthday Celebrations

All foods and beverages sold or distributed at events hosted on school campuses before, during or after the school day ends (such as an open house, parent meetings, carnivals, etc.) shall comply with California Smart Snack in Schools standards.

All foods sold for fundraising purposes by school organizations or on school grounds shall comply with California Smart Snack standards. The district will develop creative campus fundraisers that promote healthy eating, such as cooking competitions, farm stands, or take-home produce boxes that contain food grown on local farms or school gardens.

No celebratory food items will be allowed on school sites during the school day in celebration of a student's birthday or holiday. The district encourages and supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.