



What's in a Wellness Policy? **Healthy Fundraising, Celebrations, and Rewards!**

Local Resources

COI Healthy Fundraising Resources (<i>search under Nutrition section</i>)	http://sdcoi.wpengine.com/focus-areas/schools-and-after-schools/resources/ Listing of unique fundraising sources including local companies.
COI Healthy Fundraising Champions	https://sdcoi.org/wp-content/uploads/2018/01/healthy-fundraising-champions-compiled-web-2017-4.pdf Highlights 18 healthy fundraisers from 11 local districts. Contact Deirdre Kleske deirdre.kleske@sdcounty.ca.gov
Healthy Fundraising (Action for Healthy Kids)	https://www.actionforhealthykids.org/activity/healthy-fundraising/ Tips and ideas for healthy fundraising
Fit to Learn - Healthy Fundraising Toolkit (Healthy Schools Campaign)	Fit-to-Learn-Healthy-Fundraising-Tip-Sheet-2017.pdf (healthyschoolscampaign.org) Includes many ideas and sample letter to parents/caregivers about healthy fundraising policy.
California Competitive Food Standards Compliance Calculator	http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95 Tool to help parents and others determine if a food or beverage meets California Smart Snacks in School nutrition standards. Only compliant items may be on sold on campus during the school day.
Healthy Classroom Party Pledge	https://sdcoi.org/wp-content/uploads/2018/01/Healthy-Classroom-Party-Pledge.pdf Allows parents to show their commitment to support classroom parties that include physical activity, nonfood treats, and nutritious snacks.

More resources

San Diego County Childhood Obesity Initiative

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

Live Well San Diego Tools for Schools

<https://www.livewellsd.org/content/livewell/home/toolsforschools.html>

HEALTHY SCHOOL FUNDRAISING CHAMPIONS



Project Overview

Healthy School Fundraising Champions recognizes healthy school fundraising in San Diego County. Healthy fundraisers are defined as school fundraisers that raise money using physical activity, or rely on direct donations instead of selling items, or that raise money through the sale of non-food items and/or foods that meet or exceed the California Smart Snacks in Schools requirements.

<https://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>

San Diego County schools, districts, and parent groups are encouraged to:

- Identify one or more healthy fundraising events happening in schools in their school/district.
- Share details of the fundraiser on a short form provided (contact Deirdre Kleske, Co-Chair, Schools & After-School Domain workgroup: deirdre.kleske@sdcounty.ca.gov).

Schools with healthy school fundraisers will receive:

- A letter of recognition from the San Diego County Childhood Obesity Initiative (COI), recognizing the school or parent group as a Healthy School Fundraiser Champion.
- Copy of letter emailed to school principal, district wellness lead, and district superintendent
- Inclusion on the chart of Healthy School Fundraising Champions on the COI website

To recognize a healthy fundraiser or for more information contact Deirdre Kleske, Co-Chair, Schools & After-School Domain workgroup: deirdre.kleske@sdcounty.ca.gov.

For healthy fundraising resources, please visit:

<http://sdcoi.wpengine.com/focus-areas/schools-and-after-schools/resources/> (under Nutrition section)

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

Model Policy: *Live Well Schools*

5. Competitive Foods: Fundraisers, Events, and Classroom Celebrations

“Competitive foods” refers to any food or beverage sold or served to students on campus outside of the reimbursable meal service. They are called competitive foods as they compete with the nutritious school meals.

These standards will apply to foods and beverages provided during both the regular school day and the extended school day, as well as in campus-based preschools, and before- and after-school programs.

All staff, students, and on-campus programs shall comply with the following:

- The Nutrition Services Director will have the responsibility and authority to oversee and approve all food and beverages to be sold and served to the students, by any entity, starting at midnight and up to one-half hour after the school day to ensure food safety and to maximize the school's ability to serve healthy and appealing meals.
- Ensure all foods and beverages offered or provided on the school campus meet or exceed the California Smart Snacks in School nutrition standards, including celebrations, parties, classroom snacks, and student rewards for performance or behavior. To ensure compliance for outside foods, parents and staff may use the Smart Snack Calculator to determine compliance. <http://californiaprojectlean.org/doc.asp?id=180&parentid=95>
- Ensure that candy or any other food of minimal nutritional value will not be available for sale or as a give-away item to students from any entity.
- Only permit the marketing and advertising of foods and beverages that meet the California Smart Snacks in School nutrition standards (<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>).

Fundraising, Rewards, and Celebrations

Fundraising

From midnight through 30 minutes after the school day ends, all school fundraisers on the school campus shall comply with the California Smart Snacks in School nutrition standards.

<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>

Associated Student Body (ASB) or any group or organization that is allowed to sell food on campus must comply with the following:

- Serve no more than six (6) items each day from no more than three (3) categories (i.e., chips, juices, sandwiches, etc.) of foods/beverages pre-approved by the Nutrition Services Director
- No more than four Points of Sale (POS) per day

Model Policy: *Live Well Schools (continued)*

- Must not sell any open or potentially hazardous foods
- Must not sell the same items on the same day as Nutrition Services
- Must price items the same as Nutrition Services
- Must be compliant with California Smart Snacks in School nutrition standards and Nutrition Services requirements

Rewards

School staff shall not use foods as a reward for students' academic performance, accomplishments, or classroom behavior, and shall encourage the use of physical activity, such as extended recess, as a reward.

Celebrations

School staff shall require parents/guardians or other volunteers to support the district's nutrition education program by meeting or exceeding California Smart Snacks in School nutrition standards when selecting any snacks which they may donate for occasional class parties.

The Nutrition Services Director will provide options for classroom parties. All parents and teachers are encouraged to serve food items from this menu. Some items may be available for no cost or at competitive pricing.

All food must be commercially prepared and packaged. Any homemade items are prohibited. Any food to be served that is not from existing menus must be approved prior to purchase by the Nutrition Services Director. This ensures food served is both healthy and safe.

Class parties or celebrations shall be held after the lunch period when possible.

OR

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.