



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
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, California Project LEAN	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/i-want-to/learn-more/schools/live-well-schools/tools-for-schools-resources-page>

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 the Nutrition Section on the following page:

<http://sdcoi.wpengine.com/focus-areas/schools-and-after-schools/resources/>

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

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 Child Nutrition 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 foods and beverages for celebrations, parties, classroom snacks, and student rewards for performance or behavior. To ensure compliance for outside foods and beverages, parents and staff may use the [Smart Snack Calculator](#) to determine compliance.
- 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](#).

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](#).

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 Child Nutrition Director
- No more than four Points of Sale (POS) per day
- Must not sell any open or potentially hazardous foods
- Must not sell the same items on the same day as the Child Nutrition program

Model Policy: *Live Well Schools (continued)*

- Must price items the same as the Child Nutrition program
- Must be compliant with California Smart Snacks in School nutrition standards and Child Nutrition program requirements

Celebrations

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.

OR

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 Child Nutrition 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. Any food to be served that is not from existing Child Nutrition menus must be approved prior to purchase by the Child Nutrition Director. This ensures food served is both healthy and safe.

All food items brought on campus by parents/guardians or other volunteers or school staff for student celebrations and activities shall be commercially packaged, and pre-wrapped with an ingredients label so students with food allergies are protected from accidental exposure. No home-cooked food shall be served to students in order to minimize the risk of foodborne illnesses or allergic reactions.

Classroom parties and school celebrations that include foods or beverages shall be held after the lunch period when possible.