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Tulare City School District



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TULARE CITY SCHOOL DISTRICT'S WELLNESS POLICY: GUIDE TO FOOD ON CAMPUS

In an effort to have a healthy start to our 2009-2010 school year, the following handout includes information on food that is allowed at school. This guide was created using laws and regulations passed by federal, state, and local agencies. These regulations apply from 30 minutes before the start of the school day, through 30 minutes after the end of the school day. The percentage of overweight and obese children has more than doubled in the last 30 years. Children who are overweight and obese are more likely to be overweight and obese as adults and are at a higher risk for chronic diseases such as heart disease, type II diabetes, stroke, and several cancers. It is essential that we all work together to teach our kids healthy habits now by encouraging healthy food at school, so they have a healthier future.

Snacks:

- *Snacks must be store bought.
- 175 calories or less (elementary) or 250 calories or less (middle)
- Contain no trans fat
- May not be deep fried
- May not contain more than 35% total calories from fat
- May not contain more than 10% total calories from saturated fat
- May not contain more than 35 % of its total weight from sugar

Parties:

Only 3 parties are permitted throughout the year for the winter holidays, Valentines Day, and the last day of school. Individual birthday parties during other times of the year are not permitted.

- All food items must be store bought.
- Only one "non-nutritious" food, such as cakes, cupcakes, cookies, ice cream, etc., is allowed per party, so please coordinate with other parents.
- Juice should be at least 50% fruit juice and have no added sweeteners

Healthy snack ideas might include: fruit or vegetable trays with dip, granola bars, sugar free gelatin, baked snacks, etc.

Foods of minimal nutritional value such as chewing gum, candy, candy coated popcorn, etc., are not permitted to be served or sold at school. These regulations apply from 30 minutes before the start of the school day, through 30 minutes after the end of the school day.

Let Us Help:

The Food Services & Nutrition Department can cater everyday snacks or items for school parties. By ordering food through us, you can be assured that it is healthy, and in most cases will cost you much less than you would pay at the store. In the near future a list of healthy food items will be available for purchase. Until then, please use your best judgment in choosing healthy snacks and food during school hours. For more information please call (559)687-3188.

Sincerely,

A handwritten signature in blue ink that reads "Colleen Norris".

Colleen Norris
Coordinator of Food Services and Nutrition
(559) 687-3188