

## FAQ's

**May students or teachers bring food items to school for sale to other students?** No. The only allowed sales are pre-approved fundraisers (no home-prepared goods allowed due to food safety regulations) through student body organizations or parent groups.

**May I still bring treats for the class on my child's birthday or general classroom celebration?** Yes, as long as the snack meets state and federal regulations for food served during the school day. For example, fresh fruit. Other options include pencils, erasers, etc.

**May our parent group still sell cookie dough (or other non-compliant foods sales) through catalogue or social media?** Cookie dough (or other non-compliant food) sales and distribution that occurs between adults and/or off campus are exempt. Items must be handled and sent home with adults.

**What's the consequence for noncompliance?** The federal government can withhold funding from the reimbursement Nutrition Services receives for student meals.



## For More Information

More FAQ's, helpful links, and other resources may be found on our Wellness Policy webpage at:  
[www.scusd.edu/wellnesspolicy](http://www.scusd.edu/wellnesspolicy)



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SCUSD does not discriminate against any student based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics.

04/2019



# School Wellness Policy



**Promoting learning by supporting the health and well-being of all students**

## What is a Wellness Policy?

*"A Wellness Policy is an important tool for parents, educational agencies and school districts in promoting student wellness, preventing and reducing childhood obesity, and assuring that school meal nutrition guidelines meet the minimum federal school meals standards. It contains goals specifically for nutrition promotion and education, physical activity, and other school based activities that promote student wellness."* -USDA



## Who Created SCUSD's Wellness Policy?

A group of caring and concerned parents/guardians, students, nutrition service employees, physical education teachers, school health professionals, board members, administrators, and members of the public joined together to form the SCUSD Wellness Committee, and write the policy. The committee meets monthly and welcomes new members!



## Food on Campus

### What may be served & sold on campus?

Foods and beverages served and sold in schools must meet strict federal and state regulations for calories, saturated fat, sodium, sugar, and trans fat. For an easy-to-use list, visit [www.scusd.edu/wellnesspolicy](http://www.scusd.edu/wellnesspolicy).

### When are these regulations in effect?

*PreK-8th grade:*

Regulations are effective from midnight to a half hour after the school day or expanded learning (whichever is later).

*High schools:*

Regulations are effective from midnight to a half hour after the school day.

### How can you tell which foods are compliant?

Other than fresh fruits and vegetables, which are always compliant, food compliance varies widely. Use the California Project Lean calculator to determine compliance of items: [www.californiaprojectlean.org](http://www.californiaprojectlean.org)

### To whom do these regulations apply?

These federal and state regulations apply to Non-Charter Public Schools participating in the National School Lunch Program.

## Fundraising Regulations

School student-organizations must comply with all food and beverage standards. This includes how many items they can sell, pre-approval of the items, when they can sell, how many sales can be done per year, and more.

Regulations differ between elementary schools and middle/high schools. For more information visit our webpage at [www.scusd.edu/wellnesspolicy](http://www.scusd.edu/wellnesspolicy)

## Classroom Celebrations

SCUSD employees, parent organizations, and outside organizations will not use any food or beverage as a reward, incentive, or punishment for academic performance or good behavior.

Schools can promote a positive learning environment by shifting the focus from food during classroom celebrations, and striving to have non-food celebrations or healthy non-allergenic food. Food must be compliant with Competitive Foods regulations.

### Awesome Celebration Ideas:

- Games, such as relays
- Hold class outdoors
- "Free choice" time
- Stickers/pencils
- Balloons/bubbles
- Art supplies/projects
- Read a story
- Movie day

### Healthy snack options:

- Fresh fruit★
- Smoothies
- Frozen bananas★ with shredded coconut★
- Vegetables with a variety of healthy dips (hummus, guacamole, salad dressing)