

San Pasqual Union Wellness Policy

Committee Members:

Jen Kaiser, Teacher Representative
Joane Wang, PTA Member
Eileen Harbin, SSC Member
Hannah Julien, Student
Frank Gomez, Superintendent
Kathy Steadman, Food Services Manager

Special thanks to : Linda Tyler, Assistant Principal
Mark Gachalian, P.E. Teacher

Goal to Help Promote School Wellness

The Governing Board recognizes the important connection between health and a student's ability to learn effectively and achieve high standards in school. The Board also acknowledges that schools play a vital role in childhood nutrition and fitness, and as part of the larger community, schools have a responsibility to promote family health, support the reduction of childhood obesity, and provide a strong foundation for children's future health and well being.

Physical Education and Activity

All students in grades K-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate-to-vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, before and after-school programs, and other structured and unstructured activities (walking programs, dance, etc.).

The District Health Committee desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Physical education is a planned sequential program of curricula and instruction that teaches students to develop the knowledge, skills, and confidence necessary for an active healthy lifestyle. Physical education activities shall promote high levels of personal achievement and a positive self-image and teach students how to cooperate to reach common goals. The district shall meet minimum requirements for physical education as specified in the Education Code.

Parents

- Provide ongoing education opportunities for parents and family about physical activity.
- Share the results of physical fitness and content achievement with both students and parents.
- Increase parent/guardian outreach and involvement efforts to emphasize the relationship between student health and fitness and academic performance and address the need for consistent message among school, home, and community.

Minutes:

- Meet or exceed mandated minutes and content standards for physical education required by California Education Code.

Staff Training:

- Establish and maintain sufficient physical education resource teacher positions
- Professional development including instructional strategies that assess health knowledge-skills and promote healthy behaviors.

- Promote and support both structured and unstructured physical activity for students and staff
- Promoting free and low-cost employee programs that support a healthy lifestyle.

Curriculum:

- Consistent with expectations established in the state's curriculum framework and content standards, and designed to build the skills and knowledge to maintain a healthy lifestyle.

Policy Guidelines for Nutrition

The District Health Committee believes that foods and beverages available to students at district schools should support the health curriculum, contribute to the reduction of childhood obesity and promote optimal health. All foods and beverages that are sold to students, including foods and beverages provided through the district's food service program, student stores, vending machines, fundraisers, or other venues, shall meet or exceed state and federal nutrition standards.

School Meal Programs:

- Comply with local, state and federal regulations and guidelines
- Engage students as active participants in developing, advocating, and implementing nutrition-related policies and programs.
- Assess learning of core health concepts by requiring students to demonstrate ways in which they can enhance and maintain their nutrition-related health and well being, using knowledge based on current nutrition recommendations, goal setting skills, and decision making skills.
- Reinforce messages on healthy eating by coordinating with classroom-based nutrition education and with other components of student wellness.

Reimbursable Meal Programs:

- Food and beverages must meet or exceed the nutrition, safety, and sanitary recommendations of the U.S. Dietary Guidelines for Americans, USDA guidelines, and state and federal legal requirements.
- School eating environments shall be appealing and pleasant with sufficient sheltered space for food preparation and consumption that supports the nutrition education goals in the classroom.

Before/after school hours:

- Foods should support the health curriculum and promote optimal health lifestyle.
- Open house, other evening food fairs, authorized field trips, and carnivals fall in this category.

Fundraising:

- All organizations including PTA, other parent groups, and Associated Student Body Sales shall be encouraged to use healthy food items or non-food items for fundraising

Beverages:

- Shall meet or exceed federal regulations and guidelines

Rewards:

- Staff will be encouraged to use nutritious rewards and/or intrinsic reinforces for student's academic performance, accomplishments, or classroom behavior.

Classroom Celebrations

- Classroom parties or celebrations in elementary schools should be held after lunch period
- A list of party and celebration alternatives will be shared with staff and parents
- Staff shall encourage parents/guardians or volunteers to consider nutritional quality when selecting snacks for parties and limiting foods or beverages that do not meet nutritional standards.

Vending:

- Board encourages the marketing and advertising of nutritious foods and beverages through vending machine for both students and staff

Environmental Health:

The District Health Committee recognizes the importance of providing an environment that promotes students' mental and physical health and engaging parents/guardians, as well as school staff, in support of a comprehensive student wellness program.

Supervisor of Health:

- Establish and maintain a minimal, safe and equitable level of health and nursing services for all students including access to a public health provider who is a state licensed Registered Nurse.

Counseling and Mental Health Services:

- Establish and maintain a minimal, safe, and equitable level of counseling and mental health services for all students based on needs identified through the district Student Study Team process.

General Health:

- Provide staff with resource lists-relating to physical activity, nutrition, health and dental care, and at-risk behaviors.
- Increase involvement of parents, students, and community partners in site and district level planning, implementation, and evaluation of school health

and safety program through the development of the district health committee.

- Establish and maintain a safe physical environment for students and staff including acceptable indoor air quality, ambient lighting and temperature conditions, equipment safety, hygienic facilities, safe transportation, and ensuring optimal social environment in schools.
- Establish a coordinated school health approach including health and mental health services, food nutrition education, staff wellness, health and physical education programs, social and physical environment and collaboration and involvement between the district, families, health and social services agencies and community health care providers.

Policy Implementation and Evaluation

The district superintendent or designee shall ensure district wide compliance with this policy. The district superintendent or designee shall assign operational responsibility for implementing and evaluating this policy to at least one person at the district level. School/district food service staff and other members of the school health committee shall provide continued assistance in implementing this policy.

1. Superintendent will appoint a district a District Health Committee. This committee will consist of representatives of parents, middle school age students, school food service providers and teachers including a physical education teacher.
2. The Health Committee will ensure communication to the staff, Board and families. A report of progress with goals of the procedures will be made to the Board of Education on a regular basis.
3. The School Health Committee will develop guidelines to monitor progress.
4. School site administrator shall ensure that information about the district Wellness Policy is available to all site staff.
5. School site and district staff shall make every effort to become healthy role models for our students, parents, and community members.

Appendix A

Federal Guidelines For Nutrition



School Wellness Policy Tools



Take a look at the resources to develop, implement and evaluate your school wellness policy.

[Read More](#)

Captive Kids: Selling Obesity at Schools



An Action Guide to Stop the Marketing of Unhealthy Foods and Beverages at School.

[Read More](#)

Materials Order Form



Download and print out this form to order any of California Project LEAN's materials.

[Download the form](#)

[Home](#) > [Nutritional Calculator](#)

Food & Beverage Standards

Senate Bill (SB) 12, passed in 2005, set standards for foods sold in California public schools. These standards are effective July 1, 2007 and limit the amount of non-nutritious competitive foods that can be sold in grades K-12. **SB 965**, also passed in 2005, set standards for beverages sold in California Public Schools. A portion of beverages must meet SB 965 criteria by July 1, 2007 and all beverages sold to students must meet SB 965 criteria by July 1, 2009.

This legislation applies only to those foods sold outside of the National School Lunch and Breakfast Program.

In elementary schools, these food standards apply at all times and the beverages standards apply before school and up to 1/2 hour after school. In middle and high school, the food and beverage standards apply 1/2 hour before school until 1/2 hour after school.

SB 12 compliant foods are those foods sold outside of the federally reimbursable meal program and must meet the following standards:

Elementary School

Individually sold dairy items and whole grain food items must meet the following standards:

- No more than 35% total calories from fat
- No more than 10% total calories from saturated fat
- No more than 35% total weight from sugar
- No more than 175 calories per individual food item

These foods are always allowed: non-fried fruits/vegetables, nuts, nut butters, seeds, eggs, and string cheese.

Middle and High School

Snacks:

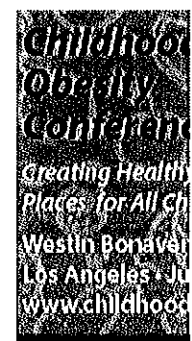
Snacks are generally regarded as supplementing a meal, such as chips, pretzels, crackers, nachos, french fries, onion rings, donuts, cookies, pastries, cinnamon rolls, candy, bread, bagels, baked potatoes (plain) egg rolls, trail mix, jerky/dried meat sticks, popcorn, poptarts®, energy/cereal bars.

- No more than 35% total calories from fat (*see exclusions)
- No more than 10% total calories from saturated fat

[Search Our Site](#)

[Spanish Material](#)

Save the date for **Biennial Child Obesity Conf** "Creating Healthy Children" June 9 the Westin Bonav Los Angeles, CA. information visit obesity.net.



Bright Idea

Showcase of successful strategies promoting health eating and physical activity to youth.

[Click to learn more](#)

School Food Calculator

Do your foods measure up to California's school food standards? [Click to find out!](#)

- No more than 35% total weight from sugar (excluding fruits and vegetables)
- No more than 250 calories per individual food item

* Exclusions: The following foods do not have to meet the fat and saturated fat limits for snacks but must be 250 calories or less per serving: non-fried fruits/vegetables, nuts, nut butters, seeds, eggs, and cheese packaged for individual sale (e.g. string cheese).

Entrees:

Entrees are the primary food in a meal, such as: sandwiches, burritos, pasta, pizza, bagel with cream cheese, fries with chilli, baked potato with toppings, soup, lo mein, chow mein, chimichangas, cereal with milk, hamburgers/hotdogs.

- No more than 400 calories
- No more than 4 grams of fat per 100 calories
- Must be categorized as an entrée item according to the National School Breakfast or Lunch Program

.....

SB 965 compliant beverages include:

Elementary School

- Water with no added sweetener
- 2%, 1% or nonfat milk, soy milk, rice milk and other similar nondairy milk
- Fruit or vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener

Middle and High School

- Water with no added sweetener
- 2%, 1% or nonfat milk, soy milk, rice milk and other similar nondairy milk
- Fruit or vegetable-based drinks that are composed of at least 50% fruit or vegetable juice and have no added sweetener
- Electrolyte replacement beverages that have no more than 42 grams added sweetener per 20oz. serving

This applies to beverages sold ½ before or after the beginning and end of the school day.

Resource List

Local School Wellness Policy

School Wellness Policy Requirements:

- USDA Team Nutrition web site – a clearinghouse of information on the components to consider when establishing local school wellness policy.
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- Food, Research, and Action Center web site - includes Power Point presentations, school wellness policy language (Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004), and other resources.
http://www.frac.org/html/federal_food_programs/cnreauthor/wellness_briefing.htm

Creating a School Health Council

- American Cancer Society, Texas Healthy Kids Network - includes information on School Health Advisory Councils. *Can download "Promoting Healthy Youth, Schools, and Communities: A Guide to Community-School Health Councils" by clicking on "Schools" then "Advisory Councils."*
<http://www.schoolhealth.info>
- North Carolina - Effective School Health Advisory Councils: Moving from Policy to Action.
http://www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf

Assessment of the School Environment

- USDA Team Nutrition – "Changing the Scene", a tool kit designed to address improvements in the school nutrition environment.
<http://www.fns.usda.gov/tn/Resources/changing.html>
- Centers for Disease Control/Healthy Youth – "School Health Index", a self-assessment and planning guide that enables schools to identify strengths and weaknesses of their health policies and programs, develop action plans for improving student health, and involve teachers, parents, students, and the community in improving school policies, programs, and services.
<http://apps.nccd.cdc.gov/shi/>
- School Nutrition Association (formerly ASFSA) – "Keys to Excellence: Standards of Performance", a self-assessment tool for school nutrition programs. Includes assessment of administration, communication and marketing, operations, and nutrition and nutrition education.
<http://www.asfsa.org/childnutrition/keys/>

Policy Development

- California School Boards Association – "Healthy Food Policy Resource Guide", includes sample school district policies and tools; outlines the link between nutrition, physical activity and learning; addresses the nutritional and physical activity status of children and youth; and highlights school districts that are successfully offering healthy foods and beverages. Sections can be viewed on-line and the full version is available for purchase. *An updated version will be available June 2005.*
<http://www.csba.org/ps/hf.htm>

Resource List
Local School Wellness Policy
Page 2

- National Association of State Boards of Education – “Fit, Healthy, and Ready to Learn”, provides direction on establishing an overall policy framework for school health programs and policy examples that can be adapted to fit local circumstances.
<http://www.nasbe.org/HealthySchools/fitthehealthy.html>
- Center for Science in the Public Interest – “School Foods Tool Kit”, is divided into three sections: How to Improve School Foods and Beverages, Model Materials and Policies, and Case Studies.
<http://www.cspinet.org/schoolfood/>
- Center for Food and Justice, Urban and Environmental Policy Institute, October 2002) This “Healthy School Food Policies: A Checklist” document includes policy options, ideas, and examples.
<http://departments.oxy.edu/uepi/schoolfoodschecklist.htm>
- California Department of Education – “Health Framework for California Public Schools”.
<http://www.cde.ca.gov/re/pn/fd/documents/health-framework-2003.pdf>
- California Department of Education – “Building Infrastructure for Coordinated School Health: California’s Blue Print”.
<http://www.cde.ca.gov/ls/he/cs/documents/blueprintfinal.pdf>
- U.S. Department of Health and Human Services – “Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity”
<http://www.surgeongeneral.gov/topics/obesity/>

Policy Examples:

- California School Board Association (CSBA)
http://www.csba.org/ps/wellness_5030.pdf
- National Alliance for Nutrition and Activity (NANA)
<http://www.schoolwellnesspolicies.org/>
- School Nutrition Association (SNA)
<http://www.asfsa.org/index.aspx?id=1075>
- Policies developed by California school districts
 - Benicia Unified School District
<http://www.benicia.k12.ca.us/nutrition/CNPAAC BP and AR Complete Policy.htm>
 - Kernville Union School District
<http://wwwstatic.kernvilleusd.org/gems/kernvilleCFS/BP3550.pdf>
 - San Francisco Unified School District:
<http://portal.sfusd.edu/template/default.cfm?page=ops.nutrition.policy1>

Nutrition Standards:

- California Project LEAN – “Nutrition Standard Calculator”, an on-line calculator which determines if an individual food item meets the food standards for fat, saturated fat, and sugar according to Senate Bill 19 guidelines.
<http://www.californiaprojectlean.org/calculator/>
- U.S. Department of Agriculture – “2005 Dietary Guidelines for Americans.”
<http://www.health.gov/dietaryguidelines/>

Nutrition Education:

- Centers for Disease Control – “Guidelines for School Health Programs to Promote Lifelong Healthy Eating”, June 1996.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>

Physical Education:

- Centers for Disease Control – “Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People”, March 1997.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm>
- California Department of Education - California Physical Education Standards.
<http://www.cde.ca.gov/be/pn/im/documents/infomemcibpdddec04item01.doc>
- California Department of Education - Physical Education Framework for California Public Schools.
<http://www.cde.ca.gov/re/pn/fd/documents/pefrwk.pdf>

Evaluation of Implementation:

- Centers for Disease Control – “Physical Activity Evaluation Handbook”, outlines the six basic steps of program evaluation and illustrates each step with physical activity program examples. Appendices provide information about physical activity indicators, practical case studies, and additional evaluation resources.
<http://www.cdc.gov/nccdphp/dnpa/physical/handbook/>
- Action for Healthy Kids – “Criteria for Evaluating School Based Approaches to Increasing Good Nutrition and Physical Activity”, defines a set of standard criteria for creating and evaluating school-based approaches for improving nutrition and physical activity.
<http://www.actionforhealthykids.org/AFHK/specialreports/index.php>

Legislation:

- Senate Bill 19 (Senator Escutia, 2001-2002 Session)
<http://www.leginfo.ca.gov/>
- Senate Bill 677 (Senator Ortiz, 2003-2004 Session)
<http://www.leginfo.ca.gov/>

Note: Consider the impact of other health, nutrition and physical education-related bills currently introduced in the California Legislature.

Appendix B

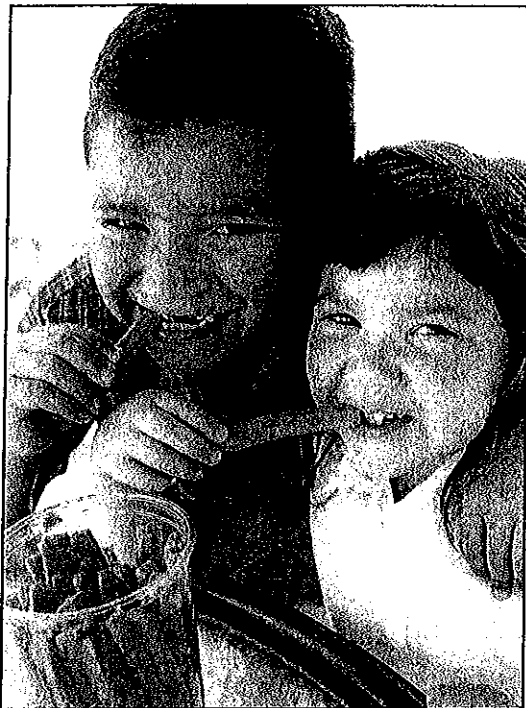
Healthy School Snacks

Healthy School Snacks

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children's diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 120 calories per day.

Below are ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs, at soccer games, and elsewhere. Some ideas may be practical for large groups of children, while other ideas may only work for small groups, depending on the work and cost involved.

Healthy Eating Tip:
serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snacks.



Fruits and Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Serving fresh fruits and vegetables can seem challenging. However, good planning and the growing number of shelf-stable fruits and vegetable products on the market make it easier. Though some think fruits and vegetables are costly snacks, they are actually less costly than many other less-healthy snacks on a per-serving basis. According to the U.S. Department of Agriculture, the average

cost of a serving of fruit or vegetable (all types - fresh, frozen, and canned) is 25 cents per serving. This is a good deal compared with a 69-cent single-serve bag of potato chips or an 80-cent candy bar. Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best.

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- ❖ Apples (it can be helpful to use an apple corer)
- ❖ Apricots
- ❖ Bananas
- ❖ Blackberries
- ❖ Blueberries
- ❖ Cantaloupe
- ❖ Cherries
- ❖ Grapefruit
- ❖ Grapes (red, green, or purple)
- ❖ Honeydew Melon
- ❖ Kiwis (cut in half and give each child a spoon to eat it)
- ❖ Mandarin Oranges
- ❖ Mangoes
- ❖ Nectarines
- ❖ Oranges
- ❖ Peaches
- ❖ Pears
- ❖ Pineapple
- ❖ Plums
- ❖ Raspberries
- ❖ Strawberries
- ❖ Tangerines
- ❖ Watermelon



Applesauce (Unsweetened), Fruit Cups, and Canned Fruit - These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

Dried Fruit - Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

Frozen Fruit - Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.

Fruit Leathers - Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to *avoid* include Fruit Rollups, Farley's Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin' Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don't have added sugars.

Fruit Salad - Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

Popsicles - Most so-called "fruit" popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added caloric sweeteners, such as Breyers or Dole "No Sugar Added" fruit bars.

Smoothies - Blend fruit with juice, yogurt or milk, and ice. Many store-made smoothies have added sugars and are not healthy choices.

Deliveries - Deliveries of fresh fruit or platters of cut-up fruit are a convenient option offered by some local grocery stores.

Vegetables can be served raw with dip or salad dressing:

- | | | |
|------------------------------------|----------------------------|-----------------------|
| ❖ Broccoli | ❖ Peppers | ❖ Tomato slices |
| ❖ Carrot sticks or
Baby Carrots | (green, red, or
yellow) | or grape or
cherry |
| ❖ Cauliflower | ❖ Snap Peas | tomatoes |
| ❖ Celery Sticks | ❖ Snow Peas | ❖ Yellow Summer |
| ❖ Cucumber | ❖ String Beans | Squash slices |
| | | ❖ Zucchini slices |

Dips - Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.



Salad - Make a salad or set out veggies like a salad bar and let the kids build their own salads.

Soy - Edamame (pronounced “eh-dah-MAH-may”) are fun to eat and easy to serve. (Heat frozen edamame in the microwave for about 2-3 minutes).

Veggie Pockets - Cut whole wheat pitas in half and let kids add veggies with dressing or hummus.

Ants on a Log - Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

Healthy Grains (bread, crackers, cereals, etc.)

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, Rice Krispy treats, and other refined grains that are high in sugars or fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight^{1,2} and the saturated and

¹ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

trans fat low (*i.e.*, less than 10% of calories, or about one gram or less per serving).

Note: Cookies, snack cakes, and chips should be saved for occasional treats, given their poor nutritional quality.

Whole Wheat English Muffins, Pita, or Tortillas - Stuff them with veggies or dip them in hummus or bean dip.

Breakfast Cereal - Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35% added sugars by weight¹ (or roughly 8 grams of sugar per serving).

Crackers - Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Rice Cakes - Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

Popcorn - Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, *e.g.*, by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

Baked Tortilla Chips - Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

Granola and Cereal Bars - Look for whole grain granola bars that are low in fat and sugars, like Barbara's Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats 'n honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).

Pretzels, Breadsticks, and Flatbreads - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

² To calculate % sugars by weight for a food item, look at the Nutrition Facts label and divide the grams of sugars by the gram weight of one serving of the product and multiply this number by 100.

Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

Yogurt - Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

Low-Fat Cheese - Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

Low-Fat Pudding and Frozen Yogurt - Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

Other Snack Ideas

Nuts - Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.

WARNING: A small but growing number of kids have severe **peanut and/or tree nut allergies**. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.

Trail Mix - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

Luncheon Meat - Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions.

Healthy Beverages

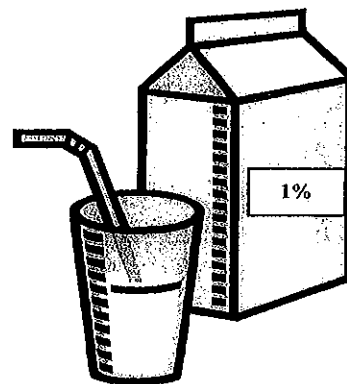
Water - Water should be the main drink served to kids at snack times.

Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost for care-givers!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

Water should be the main drink served to kids at snack times.

Seltzer - Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making "healthy sodas" by mixing them with equal amounts of 100% fruit juice.

Low-Fat and Fat-Free Milk - Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk to avoid the heart-damaging saturated fat found in whole and 2% (reduced-fat) milk. It is best to serve fat-free versions of chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars. Single-serve containers of chocolate or other flavored whole or 2% milk drinks can be too high in calories (400-550 calories) and saturated fat (1/3 of a day's worth) to be a healthy beverage for kids.



Soy and Rice Drinks - For children who prefer not to drink cow's milk, calcium-fortified soy and rice drinks are good choices.

Fruit Juice - Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape, and pear juices. (See "Orange You Glad?" chart.) Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are easily mistaken for juice. However, those beverages are more like soda than juice -- they are merely sugar water with a few tablespoons of added juice.

Appendix C

San Pasqual Wellness

Resource List

San Pasqual Union Wellness Resource List

Outdoor/Physical Fitness

Daley Ranch
3024 LaHonda Dr.
Escondido, Ca 92027
760-839-4680

Escondido Recreation Department
760-839-4691

Escondido Sports Center
3315 Bear Valley Parkway
Escondido, Ca 92025
760-839-5425

Iceoplex
555 N. Tulip Pl.
Escondido, Ca 92025
760-489-5550

Ups and Downs Roller Rink
862 N. Broadway
Escondido, Ca 92025
760-745-5966

Wild Animal Park
15500 San Pasqual Valley Road
Escondido, Ca 92027
760-747-8702

Youth Organizations/ Recreation Classes/Physical Fitness

Boy Scouts USA
1207 Upas Street
San Diego, CA 92103
619-298-6121

Boys and Girls Club
115 Woodward Ave
Escondido, Ca 92025
760-746-3315

Campfire USA
3101 Balboa Ave
San Diego, Ca 92163
619-291-8985

Girl Scouts USA
1231 Upas Street
San Diego, CA 92103
800-643-4798

Palomar Family YMCA
1050 N. Broadway
Escondido, CA 92026
760-745-7490

Health and Welfare

American Red Cross
311 E. Valley Parkway
Escondido, Ca 92025
760-745-3221

Escondido Community Health
450 N. Elm
Escondido 92025
760-737-2000
Or
401 E. Valley Parkway
Escondido, Ca 92025
760-737-2008
760-737-2018 (dental)

Palomar/Pomerado Health
1-800-628-2880

Appendix D

P.E. Teacher And Health Resources

Teacher PE and Health Resources

<http://www.dairycouncilofca.org/>

The Dairy Council of California offers FREE Nutrition Education Materials to all California teachers. Programs are available for K- high school teachers to use with their classes.

<http://www.smartspot.com/>

The Smart Spot Web site features information on smart eating and physical activity for adults and children. Also included is a list of Smart Spot products that meet nutrition criteria based on authoritative statements of the U.S. Food and Drug Administration (FDA) and the National Academy of Sciences.

<http://www.scottforesman.com/learn/>

Interactive health games you can do with your kids.

<http://www.mypyramid.gov/>

A web site filled with extra tools designed to educate you on the food pyramid.

<http://www.pbs.org/teachers/>

This web site includes more than 2,000 free lesson plans, teachers guides, and activities, most of which are built around PBS television programming and are correlated to 200 sets of local, state, and national curriculum standards.

<http://www.healthteacher.com/>

HealthTeacher is a health curriculum for K-12 teachers. Classroom teachers at the elementary school level, as well as middle school and high school teachers who teach health will find the lessons here useful.

<http://www.pecentral.org/>

This web site offers lesson plans, resources, and up to date information on what is going on the physical education profession.

<http://www7.tamu-commerce.edu/library/pe.htm>

An informative web site that gives a wide variety of links to many resources in PE and Sports.

<http://www.aahperd.org/>

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.

<http://www.ncppa.org/>

The main mission of this organization is to inspire and empower all Americans to lead more physically active lifestyles.

<http://www.cahperd.org/>

The California Association for Health, Physical Education, Recreation and Dance promote the organizing and progress of school, community and statewide programs of health, physical education, recreation and dance.

<http://www.pelinks4u.org/>

All the information you could ever want about PE.

Appendix E

Parent Education Opportunities

Parent Education Opportunities Appendix

<http://kidshealth.org/>

This site helps parents, children, and teachers find answers to commonly asked health questions. Topics include the benefits of different types of vitamins, the food pyramid, healthy children's recipes, how to read food labels, and keeping fit. Students can also submit their own questions.

<http://www.scrubclub.org/home.aspx>

The Scrub Club (www.scrubclub.org) provides information for kids to learn the importance of handwashing to fight infectious and food borne diseases. In addition to an animated Webisode, kids, parents and teachers can access:

- * Interactive games that are fun, yet teach you how to properly wash up.
- * Educational music and activities to download.
- * Public service announcements.
- * Tips for parents on teaching kids how to wash their hands.
- * Curriculum guide for teachers

<http://www.justmove.org/presenter.jhtml?identifier=3046222>

This website is created by the American Heart Association to help people learn the relationship of nutrition and exercise to health. There is an exercise diary, fitness resources, and a section that offers suggestions to help people lead an active lifestyle.

<http://www1.wfubmc.edu/heart/Being+Heart+Healthy/Diet/>

Put in your meal choices and it tells you the calories, fat, and gives recommendations.

<http://www.kidnetic.com/>

A web site that communicates healthy eating and active living information in meaningful and relevant ways to kids aged 9-12 and their families. Kidnetic.com is intended to encourage kids and their families to begin the process of behavior change toward healthy lifestyles. Kidnetic.com is the first component of ACTIVATE, a healthy eating and active living initiative.

<http://www.cspinet.org/smartmouth/>

This web site uses games to teach kids (and their parents and teachers) how to eat well and resist the food industry's marketing campaigns. Kids can see how their favorite restaurant foods stack up, play "true or false" with a food industry spokesman, and "bite back" by asking food companies and government officials to promote nutrition.

<http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/HomePage.cvsp>

This web site has very good information for children regarding maintaining good oral hygiene. You will need to register to gain access.

<http://www.shapingamericasyouth.org/Default.aspx>

This web site unites the efforts of the many groups and programs across the US that are working to improve childhood physical activity and nutrition. By centralizing information on community programs and acquiring grassroots input, SAY is identifying effective approaches for promoting exercise and healthy eating in childhood, and the best ways of putting those approaches into action.