

## FAQ'S

### 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.

### 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.

### May students or teachers bring food items to school to sell to or share with other students?

No. The only allowed food offered or sold during the school day are items on the pre-approved list, or compliant items using the Smart Snacks Product Calculator.

**May I still bring treats for the class on my child's birthday or general classroom celebration?** While non-food celebrations are preferred, non-allergenic snacks may be served as long as they meet state and federal regulations for food served during the school day. See AWESOME Celebration Ideas.

**How do I know if there are students with food allergies in my child's class?** Before bringing any food into the classroom, check with your child's teacher to find out what foods must be avoided. Never bring any food with peanuts or nuts as that is the most common food allergy.

**Do these rules apply to student lunches brought from home?** No, these rules do not apply to school lunches brought from home. For example, parents can send a cookie in their child's lunch brought from home.

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

### What's the consequence for non-compliance?

Reimbursements for school meals are withheld from the district if found non-compliant and student stores that purchase non-compliant items will not be reimbursed for their purchases.



## 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)



For more tips on healthy celebrations, scan the QR Code or visit: [bit.ly/3Y1vQyX](http://bit.ly/3Y1vQyX)



For healthy fundraiser idea, scan the QR Code or visit: [bit.ly/3Ouhgx3](http://bit.ly/3Ouhgx3)

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

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SACRAMENTO CITY  
UNIFIED SCHOOL DISTRICT

# School Wellness Policy

Fundraising Activities and Celebrations at School



## WHY DO WE HAVE A WELLNESS POLICY?

For the first time in two centuries, the current generation of children in America are on trend to have shorter life expectancy than their parents. Only 4% of American children eat their recommended amounts of fruits and vegetables. Overconsumption of sugar and junk food have impacted health outcomes for our students. Diet related diseases like Type 2 diabetes, obesity and heart disease are preventable when children regularly eat a healthy diet. Adopting these healthy behaviors is easier during childhood and adolescence, compared to changing unhealthy behaviors during adulthood.

The easy choice for students is one where only healthy choices are offered. When junk food is removed students become excited about strawberries, watermelon, and salads. Kids really do love fruits and vegetables.

Our school district's Student Wellness Policy addresses many areas including Physical Education, School Meals, Fundraising Activities,

Celebrations, School Gardens, Mental Health and more. Federal Law requires all K-12 districts to have a Student Wellness Policy. The Wellness Policy promotes healthy behaviors that will support wellness, prevent chronic diseases, and provide assurance that school meal options meet the minimum federal school standards.

Most US children attend school for 6-to-7 hours a day, and that is where they consume as much as half of their daily calories. School is an ideal setting for children to learn and practice healthy eating. The Wellness Policy aims to create an environment that helps students make healthy choices about foods and beverages.

At SCUSD we support our students and community to be strong and successful. We know that when students are physically healthy, they can concentrate and do better in school. Teaching lifelong habits of wellness contributes to the overall well-being of our community.

## FUNDRAISING REGULATIONS

**Student stores and other fundraising on campus must comply with all food and beverage standards.**

### DO's

- Pick items from the pre-approved list
- District's Wellness Committee website under "Approved Snacks and Healthy Celebrations"
- Confirm compliance for any item not on the pre-approved list using the Smart Snacks Product Calculator
- Encourage sales of non-food items

### DON'Ts

- Do not sell home-made items to be sold to students
- Do not prepare food in classrooms to be sold to students
- Do not sell non compliant items such as cupcakes, candy and sodas



## CLASSROOM CELEBRATIONS

Schools can promote a positive learning environment by shifting the focus from food during classroom celebrations. If food is served, it must be non-allergenic and compliant with school nutrition regulations.

### Awesome Non-Food Celebration Ideas:

- Extra outdoor time
- Music and dancing
- Games, such as relays or scavenger hunts
- Hold class outdoors
- Free choice time
- Stickers/pencils
- Balloons/bubbles
- Art supplies/projects
- Read a story
- Outdoor Movie day

### Awesome Food Celebration Ideas\*

- Dried/fresh fruit
- Fruit Smoothies/Fruit Sorbets
- 100% Fruit Juices
- Fresh Vegetables with hummus, guacamole, salad dressing
- Compliant items on the pre-approved list or on the Smart Snacks Product Calculator

