

COV LUS NUG HEEV TSHAJ (FAQ'S)

Muab thiab muag tau dabtsi ntawm tsev kawm ntawv?

Cov zaub mov noj thiab dej haus muab thiab muag rau hauv tsev kawm ntawv yuav tsum ua kom nruj raws li tsoom fww thiab lub xeev cov cai rau roj, ntsev, piam thaj (calories, saturated fat, sodium, sugar, and trans fat).

Thaum twg cov cai no thiaj siv tau ua haujlwm?

Qib PreK-8th: Cov cai no siv tau pib txij thaum ib tag hmo los rau 30 nasthis tom qab hnuv kawm ntawv lossis qhov kawm pab ntxiv tom qab lawb ntawv (saib qhov twg yog qhov tom qab). Cov High school: Cov cai no siv tau pib txij thaum ib tag hmo los rau 30 nasthis tom qab hnuv kawm ntawv.

Cov tub/ntxhais kawm ntawv lossis cov xibfwb nqa puas tau cov khoom noj tuaj muag lossis muab faib rau lwm tus tub/ntxhais kawm hauv tsev kawm ntawv? Tsis tau. Tsuas yog pub muab thiab muag cov khoom noj nyob rau hauv daim ntawv tso cai ua ntej, lossis cov khoom raws li kev siv lub Smart Snacks Product Calculator.

Kuv puas tseem nqa tau cov khoom noj txom ncauj tuaj rau cov menyuam hauv chav kawm thaum yog kuv tus menyuam lub hnuv yug lossis ua kev zoo siab rau hauv chav kawm? Txawm hais tias kev ua koob tsheej tsis muaj khoom noj yog qhov peb nyiam, tiam sis muab tau cov khoom noj txom ncauj uas tsis ua rau muaj kev fab zaub mov tsuav yog tias ua tau raws li lub xeev thiab tsoom fww cov cai rau kev muab zaub mov noj rau thaum hnuv kawm ntawv. Mus saib Cov Tswv ZOO rau Kev Ua Koob Tsheej.

Kuv yuav ua licas thiaj paub yog tias muaj cov tub/ntxhais kawm muaj kev fab zaub mov nyob hauv kuv tus menyuam chav kawm? Ua ntej yuav nqa khoom noj tuaj rau hauv chav kawm, nrog koj tus menyuam tus xibfwb tham kom paub seb cov khoom noj twg yuav tsum tsis txhob nqa tuaj. Tsis txhob nqa cov khoom noj muaj txiv laum huab xeeb lossis txiv qab rog vim tias cov no yog cov ua rau muaj kev fab zaub mov ntau tshaj plaws.

Cov cai no puas siv tau rau cov menyuam kawm ntawv cov su uas nqa tom tsev tuaj? Tsis siv, cov cai no tsis siv rau tsev kawm ntawv cov su uas nqa tom tsev tuaj. Piv txwv li, cov niamtxiv tuaj yeem muab tau cov qhob noom cookie rau hauv lawv tus menyuam pob su nqa tom tsev tuaj.

Peb pawg niamtxiv puas tseem muag tau cov ncuav ua qhob noom cookie (lossis lwm yam khoom noj tsis raws li cai) los ntawm yuav hauv cov catalogue lossis social media? Muag cov ncuav ua qhob noom cookie (lossis lwm yam khoom noj tsis raws cai) thiab kev muab nyob rau ntawm cov laus thiab/lossis tshwm sim sab nraud dua li ntawm tsev kawm ntawv tseem muag tau. Yuav tsum saibxyuas cov khoom thiab muab xa mus rau tom tsev nrog cov neeg laus.

Yog ua tsis raws txoj cai yuav ntsib teebmeem dabtsi?

Cov nyiaj them rov qab rau tsev kawm ntawv cov zaub mov noj yuav raug txiav tawm ntawm koog tsev kawm ntawv yog pom tias tsis ua raws cai thiab cov tub/ntxhais kawm cov khw muag khoom uas yuav cov khoom tsis raws cai yuav tsis raug them nyiaj rov qab rau lawv cov kev yuav khoom.



XAV PAUB NTAU NTXIV

Mus nrhiav tau cov lus lug heev tshaj (FAQ), cov links uas pab tau zoo, thiab lwm yam kev pabcuam ntawm peb lub vev xaib Txoj Cai Kev Noj Qab Haus Huv: www.scusd.edu/wellnesspolicy



Xav paub ntxiv txog kev ua koob tsheej kom noj qab haus huv, scan tus QR Code lossis mus saib: bit.ly/3Y1vQyX



Xav paub cov tswv yim noj qab haus huv nrhiav nyiaj txiag, scan tus QR Code lossis mus saib: bit.ly/3Ouhgx3



SCUSD tsis cais ib tug tub/ntxhais kawm ntawv twg los ntawm tus kheej lossis caj ces, hnuv nyooq, xim tawv nqaj, muaj kev xiam oob qhab, pojniam/txivneej, kev coj li pojniam/txivneej, haiv neeg, kev ntseeg, kev ua ples ua yi, kev nyiam ntawv tus kheej lossis zwm nrog ib tug neeg lossis ib pawg los ntawm ib lossis ntau yam ntawv cov yam ntxwv no lossis tej xeeb ceem uas tau hais no. 04/2019

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SACRAMENTO CITY
UNIFIED SCHOOL DISTRICT

Tsev Kawm Ntawv Txoj Cai Kev Noj Qab Haus Huv

Kev Nrhiav Nyiaj Txiag
Thiab Kev Ua Koob
Tsheej Ntawm Tsev
Kawm Ntawv



VIM LICAS PEB THIAJ MUAJ TXOJ CAI KEV NOJ QAB HAUS HUV?

Thawj thawj zaug ntawm ob puas xyoo (centuries), tiam tam sim no cov menyuam nyob rau hauv teb chaws Meskas yog nyob rau txoj kev yuav muaj lub neej lub tshaj lawm niam thiab lawv txiv. Tsuas yog 4% ntawm cov menyuam yaus Meskas noj lawv cov txiv hmab txiv ntoo thiab zaub lawm xwb. Kev noj kev haus muaj piam thaj ntau dhau thiab cov khoom noj tsis zoo (junk food) tau ua rau tsis muaj kev noj qab haus huv rau peb cov tub/ntxhais kawm. Cov kab mob cuam tshuam rau kev noj kev haus zoo li ntshav qab zib hom 2, tuaj yeem tiv thaiv tau kev rog thiab tus kab mob plawv thaum menyuam yaus noj zaub mov zoo tas mus li. Kev coj tus cwj pwm noj qab haus huv no yooj yim dua thaum tseem yog menyuam yaus thiab hluas, piv rau kev hloov tus cwj pwm tsis zoo thaum muaj hnub nyoog laus lawm.

Qhov kev xaiv yooj yim rau cov tub/ntxhais kawm yog ib qho uas tsuas muaj qhov kev xaiv kom noj qab haus huv xwb. Thaum tshem tawm cov khoom noj uas tsis zoo lawm, cov tub/ntxhais kawm yuav txaus siab rau cov txiv hmab txiv ntoo strawberries, dib liab, thiab zaub xam lav. Cov menyuam yaus kuj nyiam txiv hmab txiv ntoo thiab zaub.

Peb lub hauv paus tsev kawm ntawv Txoj Cai Tub/Ntxhais Kawm Kev Noj Qab Haus Huv hais txog ntau yam nrog rau Kev Kom Dag Zog, Tsev Kawm Ntawv Cov Zaub Mov Noj, Kev Nrhiav Nyiaj Txiag, Kev Ua Koob Tsheej, Tsev Kawm Ntawv Cov Teb Zaub, Kev Noj Qab Nyob Zoo Siab Ntsws nrog rau Kev Xav thiab ntau yam

ntxiv. Tsoom Fwv Txoj Cai hais kom tag nrho cov koog tsev kawm ntawv qib K-12 yuav tsum muaj Txoj Cai Tub/Ntxhais Kawm Kev Noj Qab Haus Huv. Txoj Cai Kev Noj Qab Haus Huv txhawb nqa tus cwj pwm noj qab haus huv uas yuav pab txhawb kev noj qab haus huv, tiv thaiv kab mob nkeeg, thiab muab kev lees paub tias tsev kawm ntawv kev xaiv zaub mov noj ua tau raws li tsoom fwv cov cai hauv tsev kawm ntawv.

Cov menyuam yaus hauv teb chaws Meskas feem ntau mus kawm ntawv 6-mus rau-7 xuaq moos toj ib hnub, thiab qhov ntawd yog qhov uas lawv noj tau ib nrab ntau ntawm lawv cov calories txhua hnub. Tsev kawm ntawv yog ib qhov chaw zoo rau cov menyuam los kawm thiab xaum kev noj qab haus huv. Txoj Cai Kev Noj Qab Haus Huv tsum los tsum ib qho chaw uas pab cov tub/ntxhais kawm xaiv kev noj qab haus huv txog ntawm khoom noj thiab khoom haus.

Nyob ntawm SCUSD peb txhawb nqa peb cov tub/ntxhais kawm thiab lub zej zog kom muaj zog thiab ua tau zoo. Peb paub tias thaum cov tub/ntxhais kawm muaj lub cev ntaj nrog noj qab haus huv, lawv tuaj yeem mloog tau zoo thiab ua tau zoo hauv tsev kawm ntawv. Kev qhia txog cov cwj pwm kev noj qab haus huv rau lub neej ntev mus ua rau muaj kev noj qab haus huv tag nrho rau peb lub zej zog.

KEV UA KOOB TSHEEJ HAUV CHAV KAWM

Cov tsev kawm ntawv tuaj yeem txhawb nqa kom muaj lub chaw kawm ntawv zoo los ntawm hloov qhov xav tawm ntawm khoom noj thaum lub sijhawm ua koob tsheej hauv chav kawm. Yog tias muab zaub mov noj, nws yuav tsum yog cov khoom noj uas tsis ua rau muaj kev fab thiab ua raws li tsev kawm ntawv cov cai tswj kev noj zaub mov.

Cov Tswv Yim Zoo Ua Koob Tsheej Tsis Muaj Zaub Mov:

- Ntxiv sijhawm ua si sab nraum zoov
- Tso nkauj thiab seev cev
- Ua nkees, xws li relays lossis scavenger hunts
- Qhia ntawm rau nroom zoov
- Sijhawm xaiv ua dab tsis los tau
- Cov stickers/xaum qhuav nraum zoov
- Ua balloons/bubbles
- Cov khoom kom duab rau art/projects
- Nyeem ib zaj dab neeg
- Hnub saib movie nraum zoov

COV CAI NRHIAV NYIAJ TXIAG

Cov tub/ntxhais kawm cov khw muag khoom thiab lwm yam kev nrhiav nyiaj txiag hauv tsev kawm ntawv yuav tsum ua raws li txhua cov cai qhia txoj khoom noj thiab khoom haus.

UA TAU

- Xaiv cov khoom los ntawm daim ntawv tso cai ua ntej
- Hauv Paus Tsev Kawm Ntawv Pawg Neeg Saib Xyuas Kev Noj Qab Haus Huv lub vev xaib nyob rau hauv "Approved Snacks and Healthy Celebrations"
- Xyuas kom meej tias kev ua raws cai rau txhua yam khoom tsis nyob rau hauv daim ntawv tso cai ua ntej los ntawm siv lub Smart Snacks Product Calculator
- Txhawb kom muag cov khoom uas tsis yog khoom noj

UA TISIS TAU

- Tsis txhob muag cov khoom ua tom tsev rau cov tub/ntxhais kawm ntawv
- Tsis txhob ua zaub mob hauv chav kawm coj los muag rau cov tub/ntxhais kawm ntawv
- Tsis txhob muag cov khoom tsis raws cai xws li cov khob noom ncuva qab zib (cupcakes), qhov noom qab zib thiab dej qab zib.



Cov Tswv Yim Zoo Ua Koob Tsheej Muaj Zaub Mov *

- Txiv hmab txiv ntoo ziab qhuav/cov tsis ziab
- Txiv hmab txiv ntoo zom ua Smoothies/Fruit Sorbets
- 100% Kuam Txiv Hmab Txiv Ntoo
- Cov zaub tsis siav nrog cov kuam xam lav xws li hummus, guacamole, salad dressing
- Cov khoom raws li hauv daim ntawv tso cai ua ntej lossis hauv lub Smart Snacks Product Calculator