



Rosedale

Union School District

Rosedale Union School District Wellness Plan

The Rosedale Union School District, in partnership with parents and the community, is committed to providing a healthy school environment. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well-being and ability to learn. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. The Rosedale Union School District has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages and physical activity opportunities possible and by providing other health-supporting programs and opportunities. Therefore, Rosedale Union School District will:

School District Wellness Committee

- Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the school and community, including parents, students, food services staff, Physical Education, school site Principal or Vice Principal, member of the school board, health professionals, and members of the public at large.
- Convene the School District Wellness Committee at least four times during the school year at hours convenient for public participation. The committee will discuss implementation, monitoring and revision of the local school wellness policy and provide policy recommendations to the Board of Education.
- Charge the School District Wellness Committee, District Superintendent and site administrators with annually ensuring that the Local School Wellness Policy is implemented, monitored and revised.

Food and Beverages Sold on Campus

- Ensure that the foods and beverages served and sold on campus are nutritious, appealing and attractive to students.
- Ensure that the foods and beverages served and sold on campus meet, at a minimum, local, state and federal statutes and regulations, and whenever possible, exceed minimum standards.
- Increase and promote availability of drinking water as an essential component of student wellness by improving access to free, safe drinking water in compliance with Senate Bill 1413 (Leno).
- Peanut and products containing peanuts are discouraged to be sold or distributed for district sponsored activities.

School Meals (Reimbursable Meals)



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- Nutrition Services will offer meals to students through the National School Lunch Program
- Whenever possible, ensure that nutritious lunches and snacks are offered during school and after school.
- Serve food in quantities appropriate to the needs of students at their age level as guided by the California Department of Education's New Food-Based Menu Planning approach.
- Maintain updated nutritional guidelines set by the USDA 7 CFR Parts 210 and 220.
 - <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

Foods and Beverages Sold Individually (e.g., A la carte items, fundraisers, or student stores)

Ensure that foods and beverages sold individually comply with local, state and federal regulations.

Elementary Schools

When referring to Elementary Schools, the definition of elementary school is a public school with no grade higher than grade six.

Allowable Foods:

The only foods that can be sold to elementary students are full meals, exempt foods and dairy or whole grain foods that meet specific calorie, fat, saturated fat and sugar requirements. (Applies from midnight before the school day and until 1/2 hour after school).

Exempt Foods:

These foods can be sold and do not have to meet calorie and fat limits; however, they cannot have added sugars or fat (check the ingredients list to ensure).

- Nuts
- Nut butters (such as peanut butter)
- Seeds (such as sunflower seeds)
- Eggs
- Cheese packaged for individual sale
- Fruits and non-fried vegetables
- Legumes

Notes:



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Food items for sale containing non-exempt foods or ingredients combined with the exempt items above must comply with the restrictions for non-exempt foods (e.g. trail mix containing chocolate chips).

Dairy and Whole Grain Foods:

Individually sold dairy or whole grain foods can be sold if they contain

- Not more than 175 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)
- No artificial trans fat (see details below)

Dairy - A food made from milk with the exception of cheese packaged for individual sale.

Whole grain:

- For purchased grain or bread products
 - Label contains the statement: “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart diseases and certain cancers” or
 - The first listed grain ingredient is a whole grain, or
 - If the first listed ingredient is not identified as a whole grain, obtain documentation from the manufacturer within previous 12 months that lists a combination of whole grains that combined represent at least 51% of the weight of the total grains.

Allowable Beverages:

Beverages should not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks) for lactose sensitive or intolerant students with Doctor signed Special Meal Accommodation form. Additionally, beverages should not contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine). (Applies at all times, regardless of the time of day).

Only the following beverages are allowed:

- Fruit/Vegetable juice
 - Consists of at least 50% juice AND have no added sweeteners
- Milk - Nonfat or 1% cow's
 - Must contain vitamins A and D and at least 25% of the Daily Value for calcium, contains no more than 28 grams of total sugar per 8 fluid ounces.



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- Non-dairy milk alternatives
 - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
 - No more than 5 grams of fat per 8 fluid ounces
 - No more than 28 grams of caloric sweetener per 8 fluid ounces.
- Water - With no added sweeteners

Middle Schools

When referring to middle school contains grades seven or eight.

Allowable Snacks and Entrees:

(Applies 1/2 hour before school day and until 1/2 hour after school.)

Snacks (Generally regarded as supplementing a meal)

Individually sold food items must meet the following:

- Not more than 250 calories
- Not more than 35% of total calories from fat
- Not more than 10% of total calories from saturated fat
- Not more than 35% of total weight from sugar (natural and added)

Exempt Snacks:

Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits and non-fried vegetables, and legumes that do not contain added sugars or fat. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; fruit and non-fried vegetables are exempt from the sugar limit. All must meet the limit of 250 calories or less.

Notes:

Food items for sale containing non-exempt foods or ingredients combined with exempt items shall comply with the restrictions for non-exempted foods (e.g. trail mix containing chocolate chips).

Entrees (Generally regarded as the primary food in a meal)

Entrees shall:

- Contain no more than 400 calories per item
- Contain no more than 4 grams of fat per 100 calories (36% fat)

Entrees must contain:



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- 2 or more of the following groups: meat/meat alternative, grain/bread, vegetable/fruit (e.g. turkey sandwich, baked potato with chili, fruit and cheese platter) or
- A meat/meat alternative alone (e.g. sausage patty, egg, chicken nuggets) excluding nuts, nut butters, seeds, cheese, and yogurt.

To determine if an individual snack or entrée meets California's nutrition standards, check the Nutrition Facts label. Visit the on-line snack calculator at:

<http://www.californiaprojectclean.org/doc.asp?id=180&parentid=95>, which allows you to input information from the Nutrition Facts label to determine if the food meets the standards.

Allowable Beverages:

Beverages should not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks). Additionally, beverages should not contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine). (Applies at all times, regardless of the time of day).

Only the following beverages are allowed:

- Fruit/Vegetable juice:
 - Consists of at least 50% juice AND have no added sweeteners.
- Milk - Nonfat or 1% cow's:
 - Must contain vitamins A and D and at least 25% of the Daily Value for calcium, contains no more than 28 grams of total sugar per 8 fluid ounces.
- Non-dairy milk alternatives:
 - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
 - No more than 5 grams of fat per 8 fluid ounces
 - No more than 28 grams of caloric sweetener per 8 fluid ounces.
- Water - With no added sweeteners
- Electrolyte replacement beverage:
 - Water is the first ingredient; no more than 2.1 grams added sweetener per 1 fluid ounce; between 10 and 150 milligrams of sodium per 8 fluid ounces; between 10 and 90 milligrams of potassium per 8 fluid ounces; and no added caffeine

Food and Beverages Sold During a Meal Time:

These federal food and beverages restrictions, known as the Foods of Minimal Nutritional Value (FMNV), are effective ONLY during a meal period and ONLY in a food service area.



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The following foods and beverages cannot be sold by any entity to a student during a meal period in a food service area:

- Carbonated or aerated water
- Water ices - except if made only with 100 percent juice
- Chewing gum
- Hard candies
- Jelly and gum candies
- Marshmallow candies
- Fondant
- Licorice
- Spun candy
- Candy coated popcorn

A food service area is any location on a school campus where a federally reimbursable meal is served and/or eaten.

A food categorized as a FMNV may be exempted from the federal restrictions. A current list of FMNV exempt products can be found at [Foods of Minimal Nutritional Value](#). A FMNV-exempted food or beverage must still meet all other state and federal rules that apply.

Water

- Provide all students and employees with access to clean, safe, palatable drinking water free of charge at every District facility including cafeteria and eating areas, hallways, play yards and athletic fields, and faculty lounges throughout the school day and at before- and after-school activities.
- Allow students to bring drinking water from home and to take water into the classroom, provided that the water is in a capped container, such as a bottle, to prevent spills.
- Encourage all school administrators, teachers, and building staff to model drinking water.
- Perform maintenance on all water fountains regularly and as needed.
- Conduct periodic testing of all drinking water sources in each District facility. Make the test results available in an easily accessible format (e.g., post on District website) and deliver letters to affected students and parents.

Fundraising



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- Superintendent or designee will ensure that alternative fundraising strategies such as sales of non-food items, promotion of physical activity, and/or sales of nutritious food items that meet or exceed California Nutrition Standards and Rosedale Union School District food and beverage standards (see *Foods and Beverage Items Sold Individually* section) are used in school fundraisers.
- Chief Business Officer or designee and Wellness Committee will provide a suggested list of approved fundraising activities to district staff.

Student Organizations:

Food and beverage sales by student organization are effective midnight to 30 minutes after school.

Elementary School:

The following rules apply ONLY to food and beverage sales by student organizations

- Only one food or beverage item may be sold, and
- Sales must be approved by governing board of school district or designee, and
- Sale must be after the lunch period, and
- Food or beverage item cannot be prepared on campus, and
- Only four sales per school per year, and
- Food or beverage item is not one that is sold in the food service program at that school during that school day.

Middle School:

The following rules apply ONLY to food and beverage sales by student organizations

- Only three categories of food or beverage item may be sold (e.g., chips, sandwiches, juices, etc.), and
- Sales must be approved by governing board of school district or designee, and
- Only one student organization is allowed to sell per day, and
- On any four days any and all student organizations can sell, and
- Food or beverage item cannot be prepared on campus, and
- Food or beverage categories are not ones that are sold in the food service program at that school during that school day.

Vending

Vending machines are not allowed on the school sites.

Parties/Celebrations



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Parties at School:

In an effort to improve student's health, parents are encouraged to bring healthy options for all parties. For safety reasons only commercially prepared/store bought food and drinks should be served to students. Food - healthy food options like fruit, vegetables and crackers are strongly urged. Small bags of chips, individual cupcakes and candy should be given on a limited basis. Drinks - If the party will be in the classroom, only bottled water can be served. If it will be outside the classroom, parents should bring water or juice with at least 50% fruit juice for students to drink. No soda will be allowed.

- *School-wide parties:*
 - Limited to three a year
 - Check with your school to see what days these will be
- *Classroom parties:*
 - Limited to once a month and should be at the end of the day

Rewards

Foods purchased through Nutrition Services or that meet guidelines can be used as a reward for student accomplishments, including collaboration with private industry that may provide the incentive item

School Events

Any event hosted on school campuses midnight to 30 minutes after school must meet California Nutrition Standards and Standards set forth by Rosedale Union School District (see *Foods and Beverages Sold Individually* section)

Physical Education (PE)

- Elementary schools are to meet California State Physical Education standards of 200 minutes per 10 days.
- Middle Schools are to meet California State Physical Education standards of 400 minutes per 10 days.
- Ensure students are offered expanded opportunities for physical activity and promote lifelong physical activity.
- The physical activity program shall include an emphasis on teaching fitness and lifelong recreational aerobic activities.
- Intramural sports will be played as part of the after-school enrichment program at Rosedale School sites.



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- The summer school program may offer Nutrition Education and Physical Education as part of it's curriculum.
- Nutrition education may be incorporated in the Physical Education class curriculum at all schools.
- Bringing in local experts will be allowed for sports or activities not traditionally taught during Physical Education classes in the after school setting, such as local law enforcement teaching a self-defense unit, etc

Physical Activity

- Ensure students are offered opportunities for lifelong physical activity.
- Intramural sports will be played as part of the after-school enrichment program at Rosedale School sites
- The District and its site administrators will ensure that physical activity is not given out as a disciplinary measure.
- Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus
- Goal is to increase the Physical Fitness Test (PFT) testing scores for 17-18 by 5%

Marketing

Marketing of healthy food and beverages will be strategically placed in cafeterias promoting wellness through fruit, low-fat milk and water consumption.

Nutrition Education

- The after-school program shall provide a section of nutrition education as part of their curriculum.
- Nutrition related posters shall be displayed in the dining areas of all school sites to encourage healthy food choices.
- If possible teachers will be allowed to establish a garden as part of curriculum to give students the opportunity to plant, harvest, and eat food they have grown.
- Parents and students will receive information about nutrition and physical activity as it relates to childhood and adult health.

Other District/School-Based Activities

Health Education



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- Have a yearly local health fair in which, among other health related issues, nutrition and physical activity information will be given.
- Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus

Health Promotion for Staff

Rosedale Union School District offers flu shot clinics and Health Smarts through SISC for all employees.

Family/Community Involvement

- Share nutrition information through the parent center and through taste-testing at school or community functions (examples: parent nights, fairs, etc.).
- Have a yearly local health fair in which, among other health related issues, nutrition and physical activity information will be given.

Healthy School Environment

Ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.

- Nutrition Services shall work with school site leadership to improve cafeteria décor and atmosphere by adding colorful nutrition posters and/or murals to all school cafeterias.
- Nutrition Services shall solicit student preferences in planning menus and snacks through surveys and taste tests of new foods and recipes.
- Rosedale Union School District staff shall be encouraged to periodically join the students for lunch in the cafeteria in an effort to model good manners and behavior.
- School sites, when possible, will continue to develop outdoor eating areas suitable for all seasons.
- Students will be provided sufficient time to eat and socialize with classmates.

After-School Programs

- The after-school program shall provide a section of nutrition education as part of their curriculum.
- Develop after-school activities that involve physical activity such as walking clubs and increased access to sports/physical fitness equipment.



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- All food and beverages provided in after school programs must meet or exceed the California Nutrition Standards and Rosedale Nutrition Standards (see *Foods and Beverages Sold Individually* section).

Policy Implementation and Monitoring

- The Local School Wellness Committee and its members along with the District Superintendent and site administrators have the responsibility of monitoring and ensuring that the Local School Wellness Policy is followed by all staff and students in Rosedale Union School District.
- The local School Wellness Policy will be reviewed and revised on a yearly basis by the school wellness committee.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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