



2024 Wellness Policy Report

El Tejon Unified School District



Our Wellness Goals



We met these goals:

The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that is designed to provide students with the knowledge and skills necessary to promote and protect their health. ETUSD will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods. ETUSD ensures students are offered opportunities for lifelong physical activity. ETUSD is committed to the development of wrap-around services that will support and encourage the health, wellness and engagement of our students and their families.

We are still working on these:



Employee Wellness: The District values the health and well-being of every staff member. The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Local School Wellness Policy: Triennial Assessment, Committee review of the state physical fitness test results.

District Wellness Committee

Actively recruiting!

- Led by Teril Hattoff, Food Service Director
- Designates Chief Business Official, Vanessa Romero, to ensure that schools use the wellness policy.

Current members include:

Teril Hattoff, Food Service Director
 Sara Haflich, Superintendent
 Michael Vogenthaler, Principal, High School
 Corey Hansen, Principal, Middle School
 Michael McNelis, Principal, Elementary
 Irene Kimbrough, Parent
 Jackie Ryan, Parent

Our District Wellness Policies



Food Services will offer meals to students through the National School Lunch program. Whenever possible, ensure that nutritious lunches and snacks are offered during the school, after school and during the summer months. 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. Offer a variety of fresh fruits and vegetables. Serve 51% or higher whole grain products for lunch. Serve only non-fat chocolate milk and 1% white and nutritionally equivalent non-dairy alternatives. HHFKA sodium requirements must be met. Maintain updated nutritional guidelines set by the USDA 7 CFR Parts 210 and 220. Goal for district wellness policy is 100% met for all sites.

Planning, Tracking, & Sharing

The District Superintendent or designee shall designate at least one person within the local or at each school that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.

Each school shall post the district wellness policy in public view within all school cafeterias and school site offices. Each school shall post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education. The Committee will review the results of the State Physical fitness test each year. The wellness policy will be assessed and updated as indicated at least every three years.



EL TEJON UNIFIED SCHOOL DISTRICT WELLNESS POLICY



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Updated 2023-2024

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2. Background

The Healthy, Hunger-Free Kids Act of 2010 (42 USC 1758b) mandates each district participating in the National School Lunch Program (42 USC 1751-1769) or any program in the Child Nutrition Act of 1966 (42 USC 1771-1791), including the School Breakfast Program, to adopt a districtwide school wellness policy. The following policy fulfills this mandate and should be revised to reflect district practice. Other policies in the district's policy manual will likely contain additional provisions supporting this wellness policy, such as BP 3312 - Contracts, BP/AR 3550 - Food Service/Child Nutrition Program, BP/AR 3552 - Summer Meal Program, BP/AR 3553 - Free and Reduced Price Meals, BP/AR 3554 - Other Food Sales, BP/AR 6142.7 - Physical Education and Activity, and BP/AR 6142.8 - Comprehensive Health Education.

Although the Governing Board has discretion under 42 USC 1758b to determine specific policies appropriate for its schools, the U.S. Department of Agriculture (USDA) is required to develop regulations that provide a framework and guidelines to assist districts in establishing their student wellness policies and to provide technical assistance through the Centers for Disease Control and Prevention (CDC). Currently the USDA and CDC provide resources and implementation tools on their web sites. In addition, CSBA's Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide summarizes research on the relationship between nutrition and physical activity and student achievement, provides worksheets for policy development, and contains other resources that may be useful in the development of the wellness policy.

3. General Information

The El Tejon Unified 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 El Tejon Unified 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.

4. School District Wellness Committee

- Establish and sustain a School District Wellness Committee, consisting of a group of individuals who represent the schools and community, including parents, students, food service staff, physical education, school site Principals, school board 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 (LWP) and provide policy recommendations to the Board of Education.
- Ensuring annually that the Local School Wellness Policy is implemented, monitored and revised.

2023-2024 School District Wellness Committee

- Teril Hattorff , Food Service Director
- Sara Haflich, Superintendent
- Michael Vogenthaler, Director of Student Services, Frazier Mountain High School
- Michael McNelis, Principal, Frazier Park Elementary School
- Corey Hansen Principal, El Tejon School
- Irene Kimbrough, Parent
- Jackie Ryan, Parent

5. Foods and beverages Served and Sold on campus

- Ensure that 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 SB 1413 (Leno).
- Be served in clean and pleasant settings.

6. School Meals (reimbursable meals)

- Food Services will offer meals to students through the National School Lunch program.
- Whenever possible, ensure that nutritious lunches and snacks are offered during the school, after school and during the summer months.
- 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.
- Offer a variety of fresh fruits and vegetables.
- Serve 51% or higher whole grain products for lunch.
- Serve only non-fat chocolate milk and 1% white and nutritionally equivalent non dairy alternatives.
- HHFKA sodium requirements must be met.
- Maintain updated nutritional guidelines set by the USDA 7 CFR Parts 210 and 220.

7. Competitive Foods and Beverages

(e.g. those distributed inside and outside the school meal programs through vending machines, in the cafeteria ala carte lines, fundraisers, students stores, etc.)

- Ensure that foods and beverages sold individually comply with local, state and federal regulations (e.g. USDA Smart snacks in school and California regulations).
- All vending machines must meet all Food and Beverage standards established in this policy.
- Non-compliant food may be sold, provided:
 - The sale of those items takes place off of and away from school premises, or
 - The sale of those items takes place on school premises at least one half hour after the end of the school day and ends before 12:00AM (midnight).

Elementary School

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 until ½ hour after school is out.*)

EXEMPT FOODS: These foods can be sold and do not 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: Food items for sale containing non-exempt foods or ingredients combined with exempt items above must comply with the restrictions for non-exempt foods (*e.g. trail mix containing chocolate chips*).

Ala carte entrees cannot be sold in Elementary Schools. Outside entities (e.g. PTSO) may sell a “full meal” provided it meets the USDA/CDE meal pattern.

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

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 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.
- For bread or grain products prepared by schools: the weight of the whole grains is at least 51% of the total grain weight of the product.

ALLOWABLE BEVERAGES

(Applies at all times, regardless of the time of day)

Beverages may not contain added sweeteners – caloric or non caloric – with the exception of non-dairy milk alternatives (e.g. almond, rice, or soy milks) for lactose sensitive or intolerant students with Doctor signed Special Meal Accommodation form. Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g. electrolytes), or stimulants (e.g. caffeine).

Only the following beverages are allowed:

- 100% Fruit/Vegetable juice
- Milk, non-fat or 1% cows – 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, contains no more than 28 grams of total sugar 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 School

When referring to middle school contains grades seven or eight.

ALLOWABLE SNACKS AND ENTREES (Applies midnight to ½ hour after school is out.)

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.

NOTE: 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:

- 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

(Applies at all times, regardless of the time of day). Beverages may not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks).

Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine).

Only the following beverages are allowed:

- 100% Fruit/Vegetable juice

- Milk - Non-fat 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.

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 Exemptions Under the Competitive Foods Regulation. 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.

High School

When referring to high school contains grades 10 to 12.

ALLOWABLE SNACKS AND ENTREES (Applies midnight to ½ hour after school is out.)

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.

NOTE: 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 (35% fat)

Entrees must contain:

- 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>, which allows you to input information from the Nutrition Facts label to determine if the food meets the standards.

ALLOWABLE BEVERAGES

(Applies at all times, regardless of the time of day). Beverages may not contain added sweeteners – caloric or non-caloric – with the exception of non-dairy milk alternatives (e.g., almond, rice, soy milks).

Additionally, no beverages may contain additives, including colors, flavorings, herbs, vitamins, and minerals (e.g., electrolytes), or stimulants (e.g., caffeine).

Only the following beverages are allowed:

- 100% Fruit/Vegetable juice
- Milk - Non-fat 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 (no serving size limit)
- Electrolyte Replacement Beverage:
 - Must be either ≤ 5 calories/8 fl. Oz (no calorie) or ≤ 40 calories/8 fl. Oz (low calorie)
 - Water is the first ingredient; < 16.8 grams added sweetener per 1 fluid ounce; between 10 and 150 milligrams of sodium per 8 fluid ounces; between 10 and 150 mg sodium per 8 fluid ounces; 10-90 mg of potassium per 8 fluid ounces; and no added caffeine; ≤ 20 fl. Oz serving size (no calorie) or ≤ 12 fl. Oz (low calorie).
- Flavored Water:
 - Must be either ≤ 5 calories per 8 fl. Oz (no calorie) or ≤ 40 calories per 8 fl. Oz (low calorie); no added sweetener; no added caffeine; ≤ 20 fl. Oz serving size (no calorie) or ≤ 12 fl. Oz serving size (low calorie).

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.

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 Exemptions Under the Competitive Foods Regulation. 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.

8. Celebrations and Events

In an effort to improve student's health, parents are encouraged to bring healthy options for all parties. Schools should limit celebrations that involve food during the school day to no more than one party per class per month, and should be at the end of the school day. The district will disseminate a list of healthy, party ideas to parents and teachers. Celebrations should occur after the last lunch period.

For safety reasons, only commercially prepared/store bought food and beverages may be served to students (***no homemade items***). (See section 16)

Food – healthy, food options like fruit and vegetables, small bags of chips or crackers. Candy, including sugar-free items, should be discouraged.

Beverages – If the party is in the classroom, only bottled water can be served. If the party will be outside the classroom, parents should bring water or 100% juice for students to drink. No soda will be allowed.

Any event hosted on school campuses, including but not limited to, open house, parent meetings, carnivals that provide food, when possible should meet California Nutrition Standards and Starts set forth by the El Tejon Unified School District (see section 16).

REWARDS

Foods purchased through the Food Services Department 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 including but not limited to:

- Open house,
- parent meetings,
- carnivals that provide food,

When possible should meet California Nutrition Standards and Standards set forth by the El Tejon Unified School District (see section 16).

9. Fundraising

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 the El Tejon Unified School District food and beverage standards be used in school fundraisers.

The Food Services Manager and Wellness Committee will provide a suggested list of approved fundraising activities to district staff.

STUDENT ORGANIZATIONS: Food and beverage sales by student organizations are effective during or 30 minutes before or after school hours.

Elementary School – The following rules apply **ONLY** to food and beverage sales by student organizations:

- Only one (1) food or beverage items may be sold, and
- Sales must be approved by governing school board or designee, and
- Sale must be after the lunch period, and
- Food or beverage cannot be prepared on campus, and
- Only four sales per school 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 (3) categories of food or beverage items may be sold (e.g. chips, juices, etc.), and
- Sales must be approved by governing school board or designee, and
- Only one student organization is allowed to sell per day, and
- Only four days per school year any and all student organizations can sell,
- Food or beverage cannot be prepared on campus, and

- Food or beverage item is not one that is sold in the food service program at that school during that school day.

High School – The following rules apply **ONLY** to food and beverage sales by student organizations:

- Only three (3) categories of food or beverage items may be sold (e.g. chips, juices, etc.), and
- Sales must be approved by governing school board or designee, and
- Only one student organization is allowed to sell per day, and
- Only four days per school year any and all student organizations can sell,
- Food or beverage cannot be prepared on campus, and
- Food or beverage item is not one that is sold in the food service program at that school during that school day.

10. Physical Education

- 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.
- High schools are required to take the equivalent of two academic years of physical education.
- Ensure students are offered expanded opportunity for physical activity and promote lifelong physical activity.
- The physical activity program shall include an emphasis on teaching fitness and lifelong recreational aerobic activities.
- 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 law enforcement teaching a self-defense unit, etc.

(Daily recess – All elementary school students will have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.)

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 El Tejon school sites.
- The District and its site administrators will ensure that physical activity is not given out as punishment, the use of detentions, campus clean-up, and other non-physical activity punishments will be encouraged.
- Create/expand community partnerships to increase the range of physical activity options available to students and staff, on and off campus.
- When possible increase the amount of physical activity related enrichment classes through intramural sports.

11. Nutrition Education

The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.

Nutrition education information will be shared on the district website.

12. Food Marketing in schools

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

The district is committing to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School based marketing of brands promoting predominately low-nutrition foods should be discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

13. Communication with Parents

The El Tejon Unified School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches/snacks and to refrain from including beverages and foods that do not meet the above nutritional standards.

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this available via the district website and/or district-wide communications.

14. Staff Wellness

The El Tejon Unified School District values the health and well-being of every staff member. Who will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle?

- The ETUSD offers flu shot clinics and Health Smarts through SISC for all employees.

15. Measuring the School Wellness Policy

- The District Superintendent or designee shall designate at least one person within the local or at each school that is charged with operational responsibility for ensuring that the school sites implement the adopted local wellness policy.
- Each school shall post the district wellness policy in public view within all school cafeterias and school site offices.
- Each school shall post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.
- The Committee will review the results of the State Physical fitness test each year.
- The wellness policy will be assessed and updated as indicated at least every three years.
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16. List of Nutritious Classroom Snacks

To support the district's nutrition efforts and promote student wellness, parents/guardians and staff are encouraged to select any foods and beverages that are donated/purchased for classroom activities/celebrations from the following list of nutritious classroom snacks:

- | | |
|--------------------------------------|---|
| *100% fruit juices | *Low-fat string cheese |
| *Low fat milk | *Deli meat, cheese & crackers |
| *Water | *Honey Roasted Sunflower Seeds (Azar) |
| *Fresh fruits | *Microwave popcorn (low-fat) |
| *Fruit packaged in its own juice | *Yogurt Chex Mix (General Mills) |
| *Frozen yogurt | *Fresh vegetables with low fat dip |
| *Frozen juice bar | *Animal crackers |
| *Lemon Sour Raisins (Champion) | *Pretzels |
| *Low-fat granola bar | *Baked Tortilla Chips with Salsa |
| * Peanut Butter and crackers | *Dried Craisins (USDA) |
| *Ritz Bits w/ Cheese (General Mills) | *Vanilla Graham Crackers (Pepperidge Farms) |

Foods and beverages from this list must be store bought, in the original sealed container, and ready to eat.

Fruits and vegetables donated may be purchased in a sealed tray from the store.

Other nutritious snacks may be added to the list by getting approved of the Food Service Manager and Wellness Committee, provided these items meet all of the following nutritional standards:

1. Not more than 35% of the total calories are from fat
2. Not more than 10% if the total calories are from saturated fat
3. Not more than 35% of the total weight of the item, excluding fruits & vegetables, are composed of sugar.

To ensure that foods brought into schools for celebrations/activities conform and contribute to the nutritional well-being of students, the following items are discouraged: **cakes, cookies, cupcakes, pies, candy, and soda.** We appreciate your understanding and support of these new policies. Together, we will be able to provide our students with a model of healthy living to emulate for years to come.

17. Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a [Form AD-3027, USDA Program Discrimination Complaint Form](#) (PDF), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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: 833-256-1665 or 202-690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.