

## Policy Highlights

### **Foods Available on Campus**

Only compliant foods & beverages will be **sold** on campus from 30 minutes before to 30 minutes after the school day.

Only compliant snacks are recommended to be **served** during the school day.

Only compliant foods are recommended for use as rewards.

Birthday celebrations should take place after lunch.

### **Physical Activity**

Provide students with opportunities for moderate to vigorous physical activity on a regular basis.

### **Health & Nutrition Education**

Provide students the nutrition education they need to adopt a healthy lifestyle.

### **Staff Support**

SSD staffs are encouraged to serve as positive role models.

Encourage all students to lead a healthy and active lifestyle.

## Definitions

**“Snack”** - A food that is generally regarded as supplementing a meal, including but not limited to, chips, crackers, nachos, French fries, donuts, cookies, and candy.

**“Entrée”** - A food that is generally regarded as being the primary food in a meal, and shall include, but not be limited to, sandwiches, burritos, pastas & pizzas.

**“Sold”** - the exchange of food for money, coupons or vouchers.

**“Added Sweetener”** - Any additive other than 100% fruit juice that enhances the sweetness of a beverage.

**“SB 12”** - State Law for Food Standards

**“SB 965”** - State Law for Beverage Standards

**“Moderate Physical Activity”** - Movement that causes moderate increases in breathing, sweating, and heart rate. Such activities include brisk walking, active play, active housework, and gardening.

**“Vigorous Physical Activity”** - Movement that causes heavy breathing and sweating and large increases in heart rate. Examples of such activities include jogging, aerobic dancing, biking, swimming, skating, soccer or other active sports.

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Child Nutrition  
Services

## **Student Wellness Policy**



**Santee School District**

Tel: 619-258-2290

### **SB 12 compliant snacks contain**

- No more than 35% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 35% sugar by weight
- No more than 250 calories per individual food/snack item

### **Compliant entrée items contain**

- No more than 400 calories per entrée
- No more than 4 grams of fat per 100 calories
- Entrees do not need to meet the above listed snack standards

### **SB 965 compliant beverages**

- Fruit-based drinks with no less than 50 percent fruit juice and no added sweeteners
- Vegetable-based drinks with no less than 50 percent vegetable juice and no added sweeteners
- Drinking water with no added sweeteners
- Milk (two percent fat, one percent fat, nonfat, soymilk, rice milk or other similar nondairy milk)
- Electrolyte replacement beverages containing no more than 42 grams of sugar per 20 oz

### **Examples of non-compliant foods:**

- Soda or other carbonated drinks
- Water with added sweeteners
- Candy
- Chewing gum
- Snow cones, water ices
- Non-baked chips or other fried foods
- Cookies, Cakes
- Muffins, Donuts
- Candy coated popcorn

### **Examples of compliant foods:**

- Bottled water with no added sweeteners
- 2%, 1% & Non-Fat Milk
- 100% Fruit juice
- Fresh fruit & vegetables
- Baked chips
- Whole grain breads and crackers
- Pretzels
- Graham crackers
- Nuts and seeds  
(consider allergies before giving out nuts)
- Frozen juice bars (100%)
- Reduced fat and sugar ice-cream

This list is not intended to be all inclusive and certain kinds of crackers, popcorn etc., may not meet the nutritional requirements. Please contact Child Nutrition Services with any questions.

### **Rewards**

*Class/Student reward(s) from teacher/staff to student(s)*

When rewarding students for academic performance or good behavior, non-food items are recommended. If food items (snack or entrée) are given as a reward, they must meet or exceed SB12 & SB 965 as listed.

### **Celebrations & School Sponsored Activities**

*ACE /Good Citizen Awards, Graduation, Birthday Celebration, Dances*

All persons providing beverages and snacks for class celebrations and school sponsored events shall be encouraged to provide items that adhere to SB12 & SB965 as listed. Class/Birthday celebrations should be planned for after lunch.

### **Fundraising Activities and Food Sales During the School Day**

During the school day, only one student organization may sell up to three food or beverage items per day upon approval of the governing board. Such foods and beverages cannot be prepared on campus and cannot be the same as items sold in the food service program that day at that school. On no more than four days during year, any number of student organizations may sell food and beverages.  
(MB 00-810—CCR Title 5, Section 15501)

All other fundraising or food sales must take place 30 minutes before or after the school day.