

## The Truth About Sweets

- ◇ The average American eats more than 150 pounds of sugar each year!
- ◇ As part of a healthy diet, less than 10 teaspoons of sugar is recommended daily. Be careful!! A slice of cake and a regular can of soda each have about 10 teaspoons of sugar.
- ◇ Watch out for hidden sources of sugar such as corn syrup, molasses, fruit juice concentrate, and honey.
- ◇ Adding spices like cinnamon, ginger, vanilla or nutmeg can bring out the natural sweetness in foods without adding extra sugar and calories.



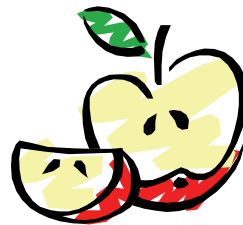
## Healthy Choices



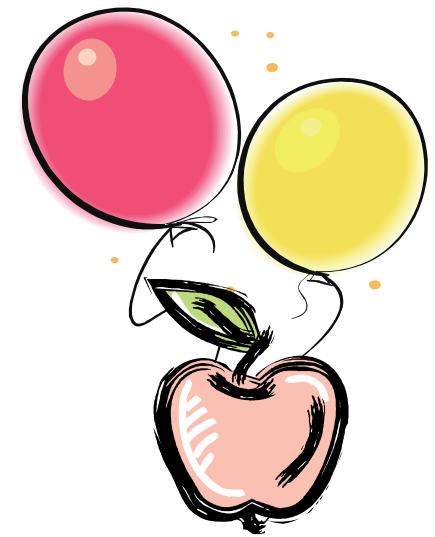
Research clearly reveals a link between nutrition and fitness, good health, and the ability to learn. This means that the food and physical activity choices children make now can affect their academic achievement today and their productivity as adults.

The U.S. Department of Agriculture—Food and Nutrition Service makes the following suggestions:

- ◇ Eat a variety of foods.
- ◇ Eat fruits, vegetables, and grains more often.
- ◇ Be physically active.



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## Healthy Choices For Classroom Celebrations

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# CLASSROOM CELEBRATIONS AND PARTIES

Nearly all of us have a fond memory of a classroom party from our childhood. Whether it is bringing cupcakes to school to celebrate a birthday, sharing candy on Valentine's Day, savoring a Thanksgiving feast, or enjoying the tastes of a different culture in a high school language class, food plays an integral role in many schools.

The CVUSD Wellness Policy addresses new rules & regulations regarding food and beverages at classroom celebrations. Student Wellness Policy 5030 states in part:

*"School staff shall encourage parents/guardians or other volunteers to support student wellness by considering nutritional quality when selecting snacks for class parties and limiting foods or beverages that do not meet nutritional standards. Class parties or celebrations in elementary schools shall be held after the lunch period when possible."*



**Successful Students  
Through Healthy Foods & Fitness**

## Healthy Snacks

- ◆ Fresh fruits and vegetables
- ◆ 100% fruit juice or vegetable juice
- ◆ Bottled water
- ◆ Frozen juice bars (100% juice)
- ◆ Fruit cups
- ◆ String cheese
- ◆ Seeds and nuts

## Check The Label on These Snacks

- ◆ Low fat crackers
- ◆ Trail mix
- ◆ Baked chips or pretzels
- ◆ Energy or granola bars
- ◆ Unsweetened cereal mixes
- ◆ Whole grain breads
- ◆ Low or non-fat milk
- ◆ Unfrosted cupcakes or low fat fruit muffins
- ◆ Reduced sugar and fat frozen novelties
- ◆ Low fat pudding cups



## State of CA Standards For Snacks Sold on Campus

An individual snack item may have no more than:

- ◇ 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, vegetables that have not been deep fried, and cheese packaged for individual sale)
- ◇ 10% of its calories from saturated fat (excluding eggs and cheese packaged for individual sale)
- ◇ 35% sugar by weight (excluding fruits and vegetables)
- ◇ 175 calories (elementary schools)
- ◇ 250 calories (middle and high schools)

## Examples of Non-Nutritious Snacks

- ◇ Soda (A 12 oz. "sports" drink is allowed at middle but not elementary schools.)
- ◇ Snow cones, cookies, cakes, donuts, chips, fried foods, candy coated popcorn



## **Ideas for Birthdays, Holidays, & Classroom Celebrations**

Included below are ideas for classroom celebrations that can help to encourage a positive and healthy environment. Be sure to contact your child's teacher before implementing any celebration ideas.

- ◇ Look for fun, non-food items that students could share with classmates such as stickers, pencils, notepads, or other school or art supplies.
- ◇ Present the library with a "Birthday Book." For a small cost, a student may donate a new book from pre-approved selections available in the school library. A special Birthday Book Club Gift Card will be placed inside the front cover of the book to honor the student's birthday gift. The student will then have the privilege of being the first person to check out the new book.
- ◇ If your child wants to bring a birthday snack, look for creative, nutritious items. Check the CVUSD Child Nutrition website for tips on nutritional facts labels. Have your child help to select a healthy snack by studying nutrition labels.