

Nutrition Guidelines

Redlands Unified School District believes that all food and beverages available to students should:

- Support the District's Wellness Curriculum
- Promote optimal student health
- Maintain the integrity of all Federal/State School Feeding Programs
- Adhere to all Safe Food Handling Practices

Nutrition Guidelines adopted by the District shall apply to:

- Fundraising
- Organization Sales
- Vending
- Classroom Celebrations
- Educational Events
- After School Snack Program
- Incentives

Resources

San Bernardino Co. Dept. of Public Health
www.sbcounty.gov/eatwell

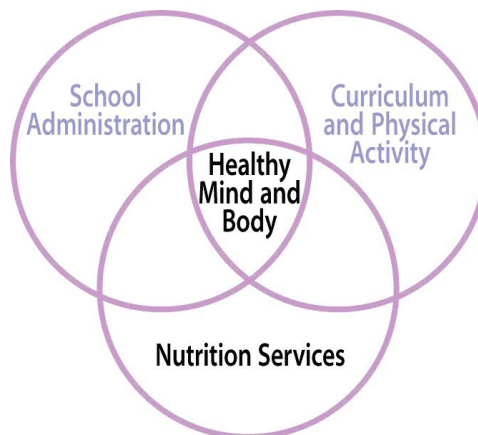
California Project LEAN
www.californiaprojectlean.org

Dairy Council of California
www.dairycouncilofca.org

U.S. Dept. of Agriculture TEAM Nutrition
www.fns.usda.gov/tn/

California Healthy Kids Resource Center
www.californiahealthykids.org

Action for Healthy Kids
www.actionforhealthykids.org



Redlands Unified School District

Wellness Policy

The Redlands Unified School District recognizes the link between student health and learning and has developed a Wellness Policy that will promote student health and create a healthy learning environment for students.

The Wellness Policy sets goals for health education, physical activity, nutrition standards and other school based activities designed to promote student wellness.



RUSD Food & Beverage Guidelines

Senate Bill (SB) 12 and Senate Bill (SB) 965 set standards for food items sold to students at school.

Snack items sold must contain:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% of sugar by weight
- Not more than 175 calories for elementary students
- Not more than 250 calories for secondary students

Acceptable beverages include:

- Drinking water with no added sweetener
- Fruit or vegetable-based drinks with no less than 50% fruit or vegetable juice and no added sweetener
- Milk – 2%, 1% nonfat, soy, rice or other similar nondairy milk
- Electrolyte replacement beverages with no more than 42 grams of added sweetener per 20 oz. serving

SB 965 prevents sodas from being sold at any elementary school, and prevents sodas from being sold at the middle school from ½ hour before school starts until ½ hour after school ends

What Beverages/Foods Are Always Acceptable?

Healthy Beverage Examples:

Water
Milk – 2%, 1% or non-fat
Juicy Juice – 100%
Hansen's Natural 100% Juice
Florida Natural 100% Juice
Minute Maid 100% Juice
Snapple 100% Juice
Tree Top 100% Juice

Healthy Snack Examples:

Fresh Fruits & Vegetables
Fruit Mix/Peach/Pear/Applesauce Cups
Dried Fruit
String Cheese
Yogurt – Low fat & Non-fat
Graham Crackers
Animal Crackers
Goldfish Crackers
Vanilla Wafers
Pretzels
Baked Chips – 1-1/8 oz bags
Trail Mix without candy Popcorn
Nutri-Grain Bars – 1.3 oz
Granola Bars – 1.5 oz
Fruit Juice Bars – 100% Juice
Nuts & seeds (special diets)

What Items Are Not Acceptable To Be Given To Students Or Sold Within School Hours?

**Food Items with Trans-Fat
(SB 80)**

or

**Foods of Minimal Nutritional Value
(FMNV)**

**Carbonated Beverages or Energy Drinks
Water Ices (does not contain fruit juice)
Chewing Gum, Candy, or Licorice**

Creative Fundraising Ideas!

Gift Wrap	Candles
Magazines	Greeting Cards
Holiday Wreaths	Cookbooks
Calendars	Key Chains
T-Shirts & Sweat Shirts	Tupperware
Coffee Cups, mugs	Gift Certificates
License Plate Holders	Bumper Stickers
Coupon Books	First Aid Kits
Stationary	Gift Baskets
Magnets	Sport Bottles
Lanyards	Tote Bags
Buttons & Pins	Hats
Chip Clips	Books