



WELLNESS LETTER



Check out our Wellness Policy

Visit the website below to view the PUHSD Board Approved Wellness Policy.

This site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

This website also has information about the National School Lunch Program, approved snacks/beverages and Wellness Survey Results.

For questions or suggestions please contact Nutrition Services at
do-nutrition-services@puhsd.org

<https://www.terrabites.cafe/13/departments/wellness>

We welcome any comments, suggestions or feedback regarding the Local School Wellness Policy. Please visit the link below to access the survey.

<https://forms.gle/mCYKSVq99udZ2BwG8>

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Wellness Letter



FREE BREAKFAST & LUNCH FOR ALL STUDENTS FOR THE 2021/2022 SCHOOL YEAR

The USDA has extended free meals for all students.
No application is necessary.

Stay Healthy this Winter

Eat Healthy

Wash your hands often

Cover your face when sneezing or coughing

Exercise often

Get plenty of rest



Questions, Comments or Input?

Email us at:

do-nutrition-services@puhsd.org

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