



Approved Food List – Smart Snacks

USDA’s Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014 and merges the previous California Nutrition Standards.

The following list is of foods and beverages that meet the standards for all grade levels. This list is **not all-inclusive**. Alternative items may be available at different stores.

Manufacturers’ ingredients and distribution change frequently. If you have additional questions, please contact JCCS Food Service Supervisor Jerry Smith at jerry.smith@sdcoe.net

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)		
Brother’s	All Natural Fruit Crisps	1 bag	X	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X	
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X	
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X	
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X	
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X	
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X	
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X	
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)		
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X	
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X	
Dole	Fruit Squish’ems	1 pouch	X	
Earth’s Best	Organic Applesauce- Cinnamon	1 cup (113g)	X	
Earth’s Best	Organic Applesauce- Original	1 cup (113g)	X	
Earthbound Farm	Organic Raisins	1 box (43g)		
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)		
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X	
Great Value	Unsweetened Applesauce	½ cup	X	
Great Value	Dried Apricots	7 pieces	X	
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)	X	
Kirkland	Sunsweet Dried Apricots	About 6		X
Kirkland	Sunsweet Dried Plums	About 6		X
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	

Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		
Motts	Natural Apple Sauce	1 cup (111g)	X	
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)		
Sunmaid	Raisins	1 box (42.5g)	X	X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X
Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	
Corn Nuts	Variety Pack	1 package (1/3 cup)		X
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup	X	
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X	
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz		
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)		
Smart Balance	Smart N' Healthy Popcorn	4 cups popped		
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup		
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz	X	
Quaker	Rice Cakes- All Flavors	1 Cake	X	
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips		

Crackers and Grahams

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Annie's	Homegrown Bunny Grahams- Honey, Chocolate Chip, Chocolate	About 28 cookies (30g)	X	
Crunchmaster	Multi-seed- Five Seed	14 crackers		X
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X	
Homekist	Honey graham Crackers	2 full cracker sheets	X	
Kashi	Snack Crackers- Not Cheddar	15 crackers		
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)		
Kellogg's	Special K Cracker Chips- Individual Bags	1 package	X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X	
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X	
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X	
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X	
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X	
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	X	
Nabisco	Triscuit- All Flavors	About 6 crackers	X	
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X	
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	
Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X	

Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X	
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Costco
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion Refreshers	≤ 8 fl oz.	≤ 12 fl oz.	X	
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X	
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)		
Dole	100% Pineapple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Great Value	100% Juice (Apple, Cranberry, Grape)	≤ 8 fl oz.	≤ 12 fl oz.	X	
Great Value	Vegetable Juice from Concentrate (100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	
Horizon	Organic Milk- Lowfat- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X	
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.		
Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X
Langer's	100% Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Martinellis	100% Pure Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.		X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Motts	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	≤ 8 fl oz.	≤ 12 fl oz.	X	

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/High)	Wal-Mart	Costco
Silk	Pure Almond Milk- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.	X	
Simply Orange	100% Juice- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Seneca	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sunsweet	100% Prune Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	
Tummy Tickler	100% Juice- Apple	≤ 8 fl oz.	≤ 12 fl oz.	X	
Treetop	100% Apple Juice	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Treetop	100% Juice Assorted	≤ 8 fl oz.	≤ 12 fl oz.		X
Treetop	Fresh Pressed Juice	≤ 8 fl oz.	≤ 12 fl oz.		
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.	X	
All Brands	100% Juice (Product Must State 100% Juice)	≤ 8 fl oz.	≤ 12 fl oz.	X	X
All Brands	Milk- Lowfat 1%, or Fat Free	≤ 8 fl oz.	≤ 12 fl oz.	X	X
All Brands	Milk Alternative- Reduced Fat Enriched- Rice, Nut or Soy	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)		
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X	
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X	
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X	
Dannon	Light & Fit	6oz (170g)	X	
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X
Frigo	Light String Cheese	1 stick (28 g)	X	
Great Value	Lowfat Yogurt- All Flavors	6 oz	X	
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X	
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X	
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)	X	
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X	
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X	
Precious	String Cheese	1 stick (28g)	X	X
Precious	Stringsters Reduced Fat String Cheese	1 stick		
Sargento	String Cheese	1 stick	X	
Sargento	Light String Cheese	1 stick		
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)		
Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X	
The Laughing Cow	Babybel Light	1 piece		X
The Laughing Cow	Cheese Wedges Light- All Flavors	1 wedge	X	X
Yoplait	Original Yogurt- All Flavors	6oz	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)		
Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X	
Yoplait	Light Yogurt- All Flavors	6oz	X	X
Yoplait	Greek 100- All Flavors	5.3oz (150g)		
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X	
Weight Watchers	String Cheese	1 stick	X	

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Fiber One	Streusel Bar- Strawberry or Blueberry			
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)		
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X	

Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X	
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X
CLIF	LUNA fiber- All Flavors	1 bar (40g)		
Great Value	Crunch Oats & Honey	2 bars (42g)	X	
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X
Nature Valley	Crunch Granola Bar- Oat N Honey, Peanut Butter, Cinnamon	2 bars (42g)	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Ice Cream/Frozen Fruit Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45g)	X	
Blue Bell	Fruit Bars- All Flavors	1 bar	X	
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X	
Nestle	Outshine Fruit Bars and Coconut Water	1 bar		
Fruttare	Fruit Bars- All Flavors			
Fudgesicle	Fat Free- No Sugar Added	1 bar (65g)	X	

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Fudgesicle	100 Calorie Bar	1 bar (65g)	X	
Healthy Choice	Premium Fudge Bars	1 bar (64 g)		X
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar		
Skinny Cow	Ice Cream Sandwiches- All Flavors	1 sandwich	X	
Skinny Cow	Cones- All Flavors	1 cone	X	
Skinny Cow	Bars- All Flavors	1 bar		
Weight Watchers	Fudge Bars- Giant Latte	1 bar	X	
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X

Revised 4/24/2017

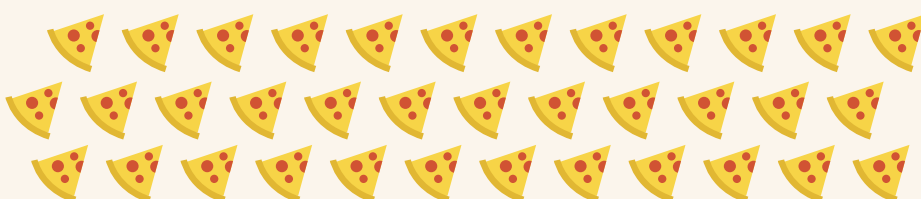
FOOD AT SCHOOL PARTIES

What one **YEAR** of school party food really looks like.

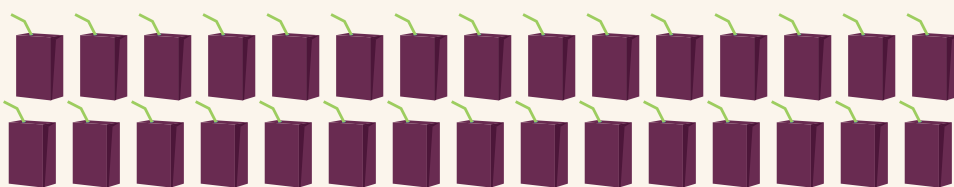
Your child has **40+** parties in one school year for birthdays, holidays, and school celebrations during which they likely consume...



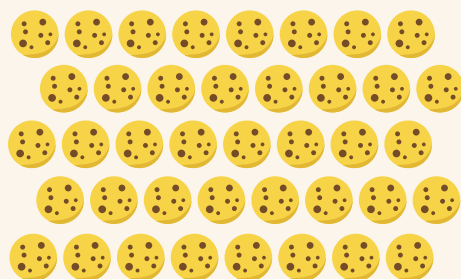
42 cupcakes (131 calories per cupcake)



42 slices of pizza (285 calories per slice)



30 juice boxes (not 100% juice; 90 calories per juice box)



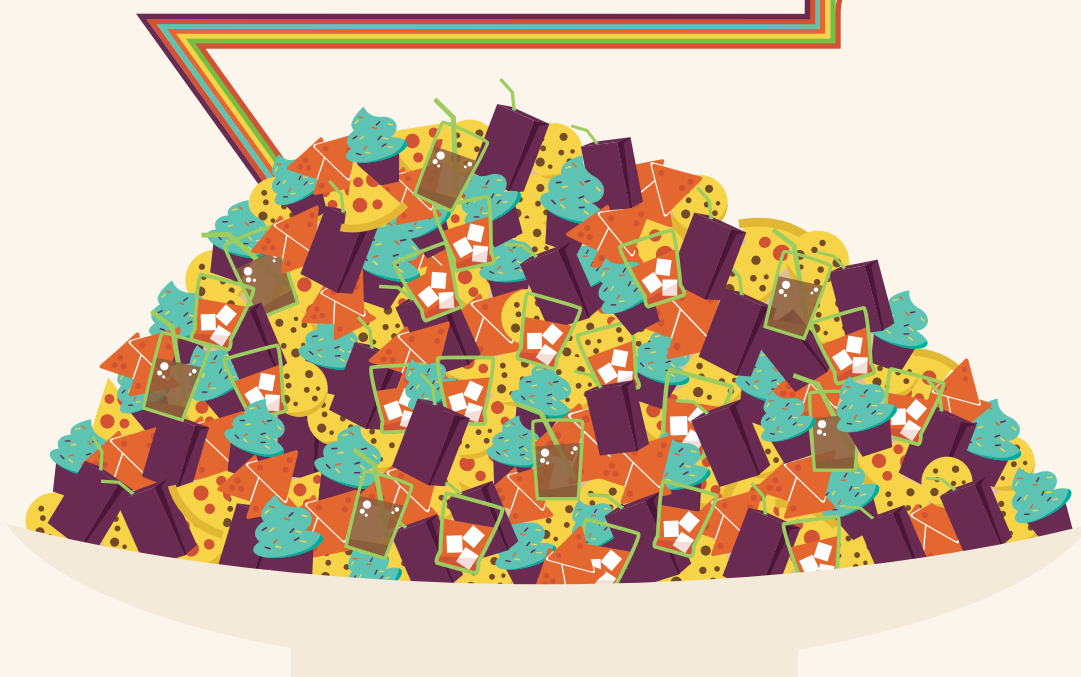
40 cookies (78 calories per cookie)



24 sugar sweetened beverages (cola or punch; 182 calories per serving)



24 servings of chips (150 calories per serving)



31,260 calories in one year

If your child eats one of everything at each party, they will gain 8.9 pounds per year!

3500 extra calories = 1 pound of excess weight*

"GO" PARTY SUGGESTIONS



Serve **GO foods** or SLOW foods at school parties instead of unhealthy foods. Get creative! Try serving fruit and vegetables in fun ways, such as fruit kabobs.



Plan active party games or crafts! Focus on having fun and moving instead of unhealthy food.



Work together to limit extra food by planning once a month birthday parties or starting a menu sign up. Lastly, consider sending sugary birthday snacks home with a note on school policy so parents can learn and decide what food is allowed.

Brought to you by

CATCH

MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

See our website www.catchinfo.org for more information or the MSD Center blog: <http://go.uth.edu/GOparty> for more tips and resources. Follow @msdcenter & @usaCATCH on Twitter or like us on Facebook!

*The calories to pound is a rough estimate and not exact.

COMIDA EN LAS FIESTAS ESCOLARES

La realidad de las fiestas escolares en un **AÑO**.

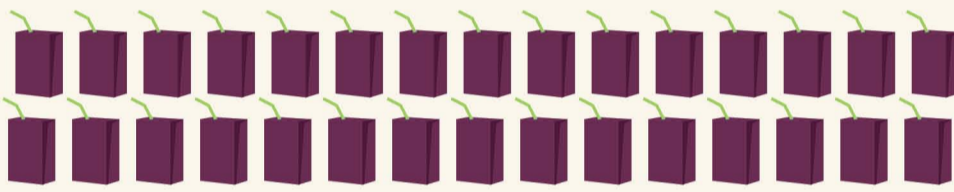
Su hijo participa en **40+** fiestas de cumpleaños, días festivos, y celebraciones escolares dentro del año escolar, durante los cuales consume aproximadamente...



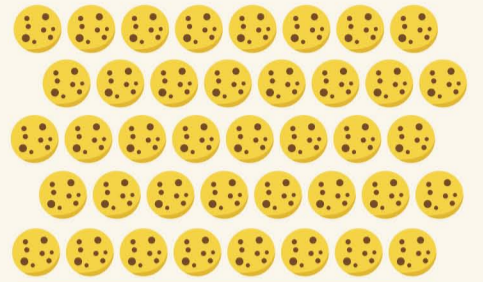
42 pastelitos ("cupcakes") (131 calorías/pastelito)



42 rebanadas de pizza (285 calorías/porción)



30 cartones de jugo (no 100% jugo; 90 calorías/cartón)



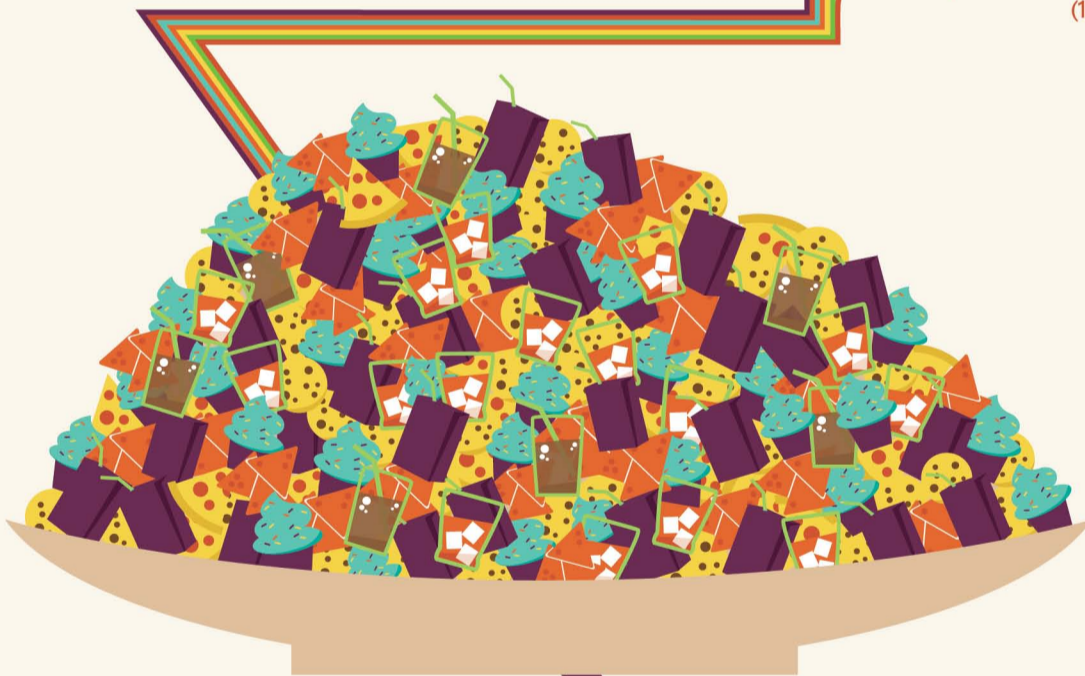
40 galletas (78 calorías/galleta)



24 bebidas azucaradas (soda o ponche de fruta; 182 calorías/porción)



24 porciones de papitas fritas ("chips") (150 calorías/porción)



31,260 calorías en un año

Si su hijo consume una porción de cada una de estas categorías de comida, laumentará 8.9 libras en un año.

3500 calorías extra= 1 libra de peso exceso*

Sugerencias para fiestas "GO"



Sirve alimentos GO o SLOW en las fiestas escolares en vez de alimentos poco saludables. ¡Usa tu creatividad! Por ejemplo, puedes servir brochetas de frutas.



¡Planea actividades y juegos divertidos! Enfoca la fiesta en diversión y actividad, no en alimentos poco saludables.



Programa solamente una fiesta al mes y utiliza un menú para limitar calorías extra. Finalmente, puedes devolver alimentos poco saludables con una nota explicando las reglas de comida para fiestas en la escuela.

Brought to you by

CATCH

&



MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

Siga @msdcenter y @usaCATCH en Twitter o síganos en Facebook

*La cantidad de calorías por libra de los ejemplos son aproximadas.

Effective & Healthy Rewards

for Kids



Rewards and performance accomplishments reinforce desirable behavior and encourage its repetition.

The Most Effective Rewards

- * Are intrinsic (the behavior itself results in good feelings)
- * Or, if extrinsic, the rewards
 - Are related to the behavior
 - Fit naturally into the context and mission of a classroom
 - Are given promptly after the positive behavior occurs
 - Are awarded consistently

at school, at home, and in the community

The goal of rewarding is to help children internalize desirable behaviors, so external rewards are not needed.

Schools have a responsibility to both teach and model healthy behaviors.

- Research clearly demonstrates that healthy kids learn better. The best learning environment includes consistent health messages that are supported by access to healthful foods, beverages, and physical activity.
- Non-food rewards support student health

Disadvantages of Using Food as a Reward

- Teaches kids to eat when they're not hungry: The use of foods as rewards, pacifiers, and treats communicates to a child that there are reasons for eating other than hunger.^{1,2} Using food to reward behavior or performance connects food to mood and can instill lifetime habits of rewarding or comforting oneself with food.
- Encourages over-consumption: Children's preferences for foods increase when those foods are used as rewards for performing non-food-related tasks; also, limiting those foods causes children to like them more.^{2,3}
- Compromises health: Foods commonly used as rewards are "empty calorie" foods - high in calories, fat, sugar, and salt and low nutritional value. These foods displace healthier food choices and contribute to the development of obesity, diabetes, hypertension, and cavities.
- Undermines classroom learning: Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding with foods of low nutritional value.



Coalition on
Children and
Weight San Diego

www.ccwsd.org

Alternatives to Food as a Reward⁴

Remember the positive power of praise and recognition.
Respect and words of appreciation can go a long way.

"Thanks for helping!"

"You did a great job!"

The options for non-food rewards are limited only by imagination, time, and resources.

Recognition

- Recognize the student's achievement during school-wide announcements and/or the school's website
- Create a photo recognition board
- Write a note to the student commending the achievement
- Phone, email, or write a letter to parents/guardians
- Give a certificate of recognition/achievement

Privileges

- Go first
- Choose a class activity
- Help the teacher
- Enjoy extra recess with a friend
- Make deliveries to the office
- Read outdoors
- Have a teacher read a special book to the class
- Do puzzles, word play, or brainteasers
- Take care of the class animal for the day
- Get "free choice" time at the end of the day
- Eat lunch with a teacher/principal
- Take a walk with the teacher/principal
- Select a book from the library
- Sit with a friend

Earn Play Money, Tokens, or Points for

- Gift certificate to a bookstore or sporting goods store
- Sports equipment
- Ticket to an event or movie
- Magazine subscription
- For older children, enter a drawing for donated prizes
- Other reward items (see next column)

Reward Items

- School supplies Sports equipment (Frisbee, hacky-sack, hula hoop, jump rope, ball)
- A plant, or seeds & a pot
- Paperback book
- Trophy, plaque, ribbon
- Sticker
- Magnet
- Stuffed animal
- Temporary tattoo
- Hair accessory
- Bracelet, necklace
- Shoe laces
- Sunglasses
- Cap
- T-shirt
- Cup
- Flashlight
- Trip to treasure box filled with toys/trinkets
- Various low-cost toy/trinket
- Extra credit

Rewards for a Class

- Allow extra recess
- Provide extra PE, art, music, or reading time
- Dance to music
- Play a game (i.e., reading or phonic board game)
- Eat lunch in a special place
- Go to the lunchroom first
- Read outdoors
- Hold class outdoors
- Teacher reads aloud to the class
- Schedule a field trip
- Show a fun video

References

1. Puhl R and Schwartz MB (2003). If you are good you can have a cookie: The link between childhood food rules and adult eating behaviors. *Eating Behaviors*, 4:283-293.
2. Birch LL (1999). Development of food preferences. *Annu Rev Nutr*, 19:41-62.
3. Fisher J and Birch LL (1999). Restricting access to palatable foods affects children's behavioral response, food selection and intake. *Am J Clin Nutr*, 69:1264-72.
4. Adapted from Alternatives to Food as Reward, Connecticut State Department of Education, Bureau of Health & Nutrition Services and Child/Family/School Partnerships, 2004; Constructive Classroom rewards, Center for Science in the Public Interest, www.cspinet.org/schoolfood; Alternatives to Using Food as a Reward, Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State university Extension), 2004, www.tn.fcs.msue.msu.edu/foodrewards.pdf.

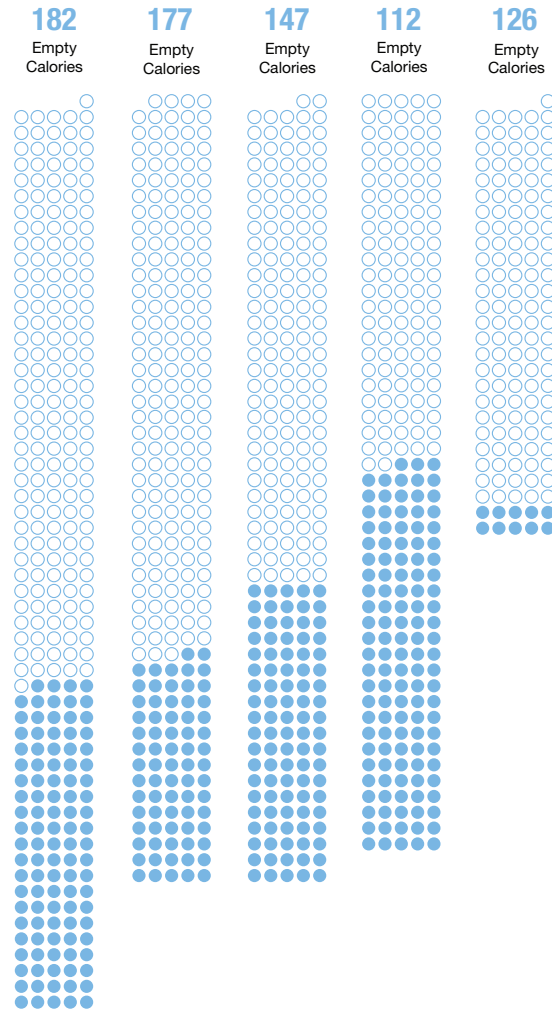


SMART SNACKS IN SCHOOL

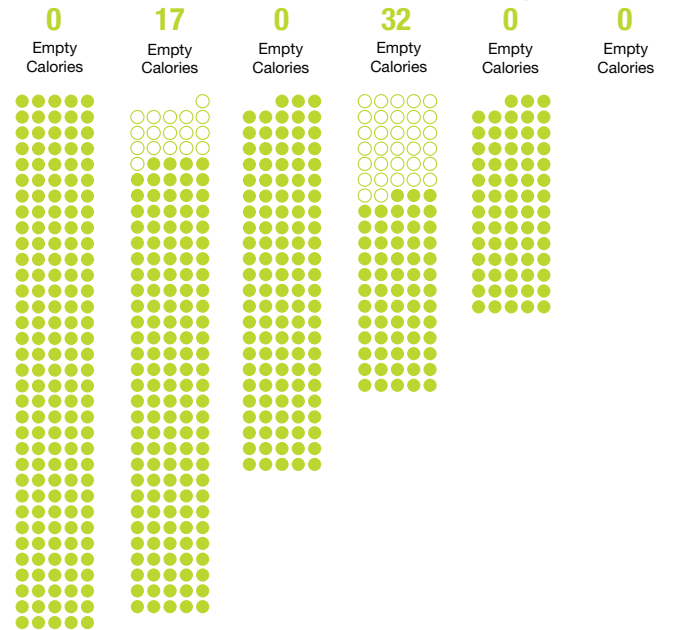
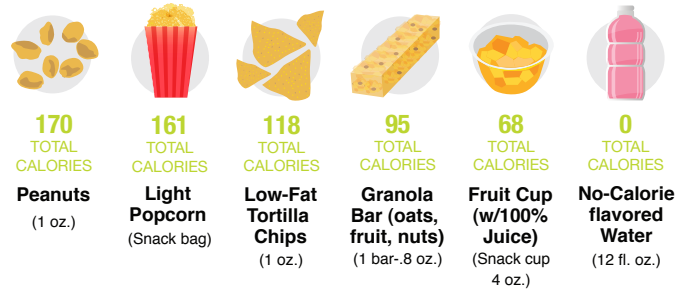
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

Smart Snacks in School Beverage Options

The Healthy Hunger-Free Kids Act of 2010 directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. The new Smart Snacks in School nutrition standards will help schools to make the healthy choice the easy choice by offering students more of the foods and beverages we should be encouraging—whole grains, fruits and vegetables, leaner protein, low-fat dairy, while limiting foods with too much sugar, fat and salt.

Smart Snacks in School lays out targeted, science-based nutrition standards for beverages that reflect current nutrition science and progress being made in States and local communities across the country, as well as through existing voluntary efforts. The new standards allow variation by age group for factors such as portion size and caffeine content. While water is available on an unlimited basis, USDA has established reasonable, age-appropriate portion size standards for all other beverages in order to reinforce the important concepts of moderation and balance in student diets.

Highlights of the *Smart Snacks in School* nutrition standards include:

- **Healthier beverage options during the school day. All schools are allowed to sell:**
 - Plain water (carbonated or uncarbonated);
 - Unflavored low-fat milk;
 - Flavored or unflavored non-fat milk (and milk alternatives); and
 - 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.
- **Portion sizes based on age.**

Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages, while middle and high schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.
- **Additional options for older students.**
 - The new standards provide additional beverage options to high school students, recognizing their increased independence, relative to younger students, and the wide range of beverages available to high school students in the broader marketplace. Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students:
 - Calorie-free beverages, in up to 20-ounce portions; and
 - Lower-calorie beverages with up to 40 calories per 8 ounces or 60 calories per 12 ounces. These may be sold in up to 12 ounce portions.
- **Caffeinated beverages remain an option for high school students.**

The new nutrition standards do not restrict the sale of caffeinated beverages to high school students. USDA encourages school districts to exercise caution when selecting items for sale to their students. USDA will continue to monitor the Food and Drug Administration's (FDA) work on caffeine and will consider revising the nutrition standards in the future as appropriate.



CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 1 of 9****Student Wellness – (JCCS and Monarch Schools)**

The San Diego County Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for JCCS and Monarch Schools students. The county superintendent of schools or designee shall coordinate and align the San Diego County Office of Education (SDCOE) efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the county superintendent of schools or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

The county superintendent of schools or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, County Board of Education members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the JCCS and Monarch Schools student wellness policy.

To fulfill this requirement, the county superintendent of schools or designee may appoint a wellness advisory council or another SDCOE committee whose membership shall include representatives of the above groups. The county superintendent of schools or designee also may invite participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues. The county superintendent of schools or designee may make available to the public and JCCS or Monarch Schools community a list of the names, position titles, and contact information of the members.

The wellness advisory council/committee shall advise SDCOE on health-related issues, activities, policies, and programs. At the discretion of the county superintendent of schools or designee, the duties of the council/committee may also include the planning,

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 2 of 9**

implementation, and evaluation of activities to promote health within the school or community.

Goals for Nutrition, Physical Activity, and Other Wellness Activities

SDCOE shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, SDCOE shall review and consider evidence-based strategies and techniques.

SDCOE nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before-and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

SDCOE may enter into a joint use agreement or memorandum of understanding to make JCCS and/or Monarch Schools facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 3 of 9**

Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, SDCOE may provide access to health services at or near JCCS or Monarch schools and/or may provide referrals to community resources.

The County Board of Education recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The county superintendent of schools or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. The county superintendent of schools or designee shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

Nutrition Guidelines for All Foods Available at School

For all foods and beverages available on each campus during the school day, SDCOE shall adopt nutrition guidelines consistent with United States Code, Title 42, sections 1758, 1766, 1773, and 1779, and federal regulations, and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize SDCOE's ability to provide nutritious meals and snacks, all JCCS and Monarch schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education (CDE), SDCOE may sponsor a summer meal program. The JCCS and Monarch schools will include evidence-based strategies to increase meal participation. Students will have access to a safe, comfortable eating environment with adequate time to eat.

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 4 of 9**

The county superintendent of schools or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code section 38086 and United States Code, Title 42, section 1758, and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

SDCOE protects the privacy of all qualifying students. No overt identification of students eligible for free and reduced priced meals will occur. Student households shall be provided with the annual notification to advise the parent or guardian of the program of free and reduced priced meals pursuant to Education Code section 49510. If another qualifying meal provision program is active and available at the school that the student's parents or legal guardians qualify, and is based on annual household income, then it shall also be provided.

SDCOE believes that all foods and beverages sold or served to students during the school day at JCCS and Monarch schools/programs, including those available outside SDCOE's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by SDCOE for foods and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards and shall not reduce student participation in SDCOE's food service program.

The county superintendent of schools or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

JCCS and Monarch Schools staff shall encourage parents/guardians or other volunteers to support SDCOE's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible and the maximum number of classroom celebrations will be no more than three per year. This will be consistent at each school site.

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 5 of 9**

Nutrition Services shall have sole authority to provide food and beverages from the beginning of the school day until after the last lunch period to ensure food safety and to maximize the schools' ability to serve healthy and appealing meals. All Non-Program foods must be maintained separately and away from Nutrition Services, shall meet or exceed state and federal nutrition standards, and shall not reduce student participation in JCCS and Monarch Schools' food service program. These non-program foods can be included in Nutrition Services' regularly scheduled Administrative Review by state nutrition officials and separate records must be kept by the operating entity selling or serving them.

Nutrition Services shall have sole authority for the nutritious snack required in state and federally funded, SDCOE sponsored, before- and after-school programs.

School meals shall include whole, fresh, unprocessed foods and ingredients whenever possible. These meals shall also use foods low in sodium and limit sources of trans fatty acids whenever possible.

Nutrition Services shall monitor and implement food safety procedures for all food sold, served, or consumed on school premises, with the exception of food brought from home for individual consumption or staff-only functions.

To reinforce SDCOE's nutrition education program, SDCOE prohibits the marketing and advertising of non-nutritious foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free giveaways, or other means.

Program Implementation and Evaluation

The county superintendent of schools or designee shall designate the Food Service Program Supervisor as its meal program service administrator, as appropriate, to ensure that each school site complies with this policy.

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 6 of 9**

The county superintendent of schools or designee shall assess the implementation and effectiveness of this policy at least once every three years. The plan for evaluation shall be directed by the program administrator.

The assessment shall include the extent to which JCCS and Monarch schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy.

The county superintendent of schools or designee shall invite feedback on JCCS and/or Monarch Schools and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The county superintendent of schools or designee shall establish indicators that will be used to measure the implementation and effectiveness of JCCS and Monarch Schools activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the JCCS or Monarch Schools nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all SDCOE programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program

CLASSIFICATION: Students

ADOPTED: 9/9/20

**SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools**

PAGE: 7 of 9

-
4. Extent to which foods and beverages sold or served on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
 5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
 6. Results of the state's physical fitness test at applicable grade levels
 7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
 8. A description of JCCS or Monarch Schools efforts to provide additional opportunities for physical activity outside of the physical education program
 9. A description of other county-wide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of SDCOE data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the county superintendent of schools or designee shall prepare and maintain the proper documentation and records needed for the administrative review of JCCS and Monarch Schools' wellness policy conducted by the CDE every three years.

The county superintendent of schools or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the content and implementation of this policy and assessment results.

CLASSIFICATION: Students**ADOPTED: 9/9/20****SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools****PAGE: 8 of 9**

The assessment results shall be submitted to the County Board of Education for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus JCCS and/or Monarch Schools resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

Notifications

The county superintendent of schools or designee shall inform the public about the content and implementation of the SDCOE's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He or she shall also inform the public of JCCS and/or Monarch Schools' progress towards meeting the goals of the wellness policy, including the availability of the triennial SDCOE assessment.

The county superintendent of schools or designee shall distribute this information through the most effective methods of communication, including SDCOE, JCCS, or Monarch school newsletters, handouts, parent/guardian meetings, SDCOE, JCCS, and Monarch Schools web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

Each school may post a summary of SDCOE's nutrition and physical activity laws and regulations prepared by the CDE.

Records

The county superintendent of schools or designee shall retain records that document compliance with the Code of Federal Regulations, Title 7, section 210.31, including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy for each JCCS and Monarch school site, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

CLASSIFICATION: Students

ADOPTED: 9/9/20

SUBJECT: Student Wellness in Juvenile Court and
Community Schools (JCCS) and Monarch
Schools

PAGE: 9 of 9

Derivation: Adopted 9/9/20.

Legal Reference: Education Code

33350-33354, 38086, 49430-49434, 49490-49494, 49500-49505, 49510-49520,
49530-49536, 49540-49546, 49547-49548.3, 49550-49562, 49565-49565.8,
49570, 51210, 51210.1-51210.2, 51210.4, 51220, 51222, 51223, 51795-51798,
51880-51921

California Code of Regulations, Title 5

15500-15501, 15510, 15530-15535, 15550-15565,

United States Code, Title 42

1751-1769j (1758b), 1771-1793 (1773), 1779

Code of Federal Regulations, Title 7

210.1-210.33 (210.31), 220.1-220.22

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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:* (202) 690-7442; or
- (3) *email:* program.intake@usda.gov.

This institution is an equal opportunity provider.