

PUSD Food & Beverage Guidelines

An Allowable Snack

does not contain more than:

- 35% of calories from fat
- 10% of calories from saturated fat
- 35% sugar by weight
- 175 calories for elementary students
- 200 calories for secondary students

Exempt Snacks can be served

without meeting the definition above:

Nuts, nut butters, seeds, eggs, cheese packaged for individual sale, fruit, legumes and vegetables that have not been deep fried. These items can be served as snacks without meeting the definition above.

Acceptable School Beverages:

- Drinking water (no added sweetener)
- Fruit or vegetable based drinks (no less than 50% fruit or vegetable juice and no added sweetener)
- Milk (2%, 1%, nonfat, flavored, soy, rice and other similar non-dairy milk)
- Electrolyte replacement drink [less than 42 grams of sweetener per 12 oz. (high school only)]

Allowable Student Food & Beverage Snack List*

Preferred Items:

(items must meet guidelines unless exempt)

- Fresh fruits and vegetables
- Dried fruit
- Fruit snacks
- Canned fruits (applesauce & peach cups)
- Cheese
- Nuts, seeds (consider allergies)
- Popcorn (consider allergies from the oil)
- Peanut butter (consider allergies)
- Low fat yogurt
- Bakery items (low fat muffins, low fat bagels)
- Pretzels
- Graham crackers
- Goldfish crackers
- Yogurt covered raisins
- Frozen juice/fruit bars (no less than 50% juice)
- Trail mix without candy (consider allergies)
- Acceptable school beverages

Limited Items

(items must meet guidelines unless exempt)

- Baked chips (Doritos, potato, etc.)
- Granola bars
- Frozen yogurt or sorbet
- Cookies (low fat, low sugar)
- Smoothies

Not Allowable:

(items not meeting guidelines)

- Sodas
- Candy or gum
- Fried chips (Potato, Doritos, Cheetos, etc.)
- Food at personal celebrations
- Daily food rewards

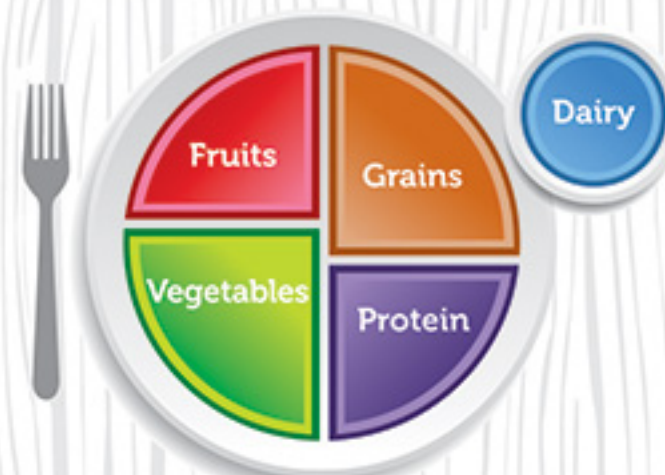
*This list of items is not intended to be all inclusive. The District's Wellness Policy is applicable ½ hour before and through ½ hour after school.

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**Pasadena
Unified School District**

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*A guide to the healthy food measures adopted by
Pasadena schools to foster wellness in our children.*

Before

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Foods Available to Students

Any chips, candy, soda, cookies, cakes, etc.

- There are established guidelines that indicate which foods are allowed to be offered or sold

Classroom Celebrations

Could serve any type of food, anytime of day, and at all celebrations

- Food is only served at a maximum of 50% of celebrations and must be scheduled after lunch
- Must follow the Acceptable Food & Beverage Snack List

Non-Food Celebrations

Were encouraged

- Promote alternative non-food celebrations such as: scavenger hunts, sport games and contests, arts & crafts, board games, movies, computer time and extra recess time

Classroom Luncheons

Were scheduled at anytime of day with no nutritional guidelines to follow

- Are scheduled during lunch time
- Are part of the National School Lunch Program, which follows Federal & State nutritional guidelines
- Ordered exclusively through Child Nutrition Services

Food Safety

Only addressed in the school cafeteria, not in classrooms

- Requirement of signed Safe Food Handling Procedures in the Classroom document when home-made food items are served

Fundraising

No restrictions on the number or type of fundraisers held on campus

- Food items must meet Acceptable Food & Beverage Snack List
- Only one non-compliant food fundraiser per year
- We strongly support the use of non-food fundraisers such as jog-a-thons, recycling, gift wrapping and box tops

Food as a Reward

Commonly used as an incentive for daily academic or behavioral tasks. (Cookies, candy, ice cream, etc.)

- Not allowed due to the negative physical, psychological, and emotional impact it may have on student health
- Utilize non-food items such as water bottles, key chains, extra recess time, school supplies and athletic equipment

What's a Wellness Policy?

The Pasadena Unified School District developed a Wellness Policy to promote student health through nutrition education, enhanced nutrition guidelines, and physical education and activity. PUSD strives to create a healthy environment where our students have an opportunity to learn the importance of nutrition and physical activity while being provided nutritionally rich foods and beverages.

Here are some of the highlights of our policy:

The District believes that the introduction of nutrition related concepts helps foster healthy lifestyle behaviors and leads to academic success among our students.

Approved curriculum sources include the Dairy Council of California, USDA Nutrition Curriculum, Harvest of the Month, California Project Lean and the UC Davis Cooperative Extension.

Physical education and activity during the school day follows the Board adopted Physical Education Policies and Procedures.

The District encourages the use of fine and gross motor skills, sports, and any other form of physical activity as a substitute for classroom rewards, celebrations and school fundraisers.

Wellness Resources

Child Nutrition Services Website:
pusdfoodfun101.com

- School Menus and Nutritional Information
- Nutrition Library
- Fundraising Ideas
- Non-food Rewards
- Allowable Snack List
- Wellness Policy

USDA Nutrition Information:
choosemyplate.gov

Dairy Council of California:
dairycouncilofca.org

