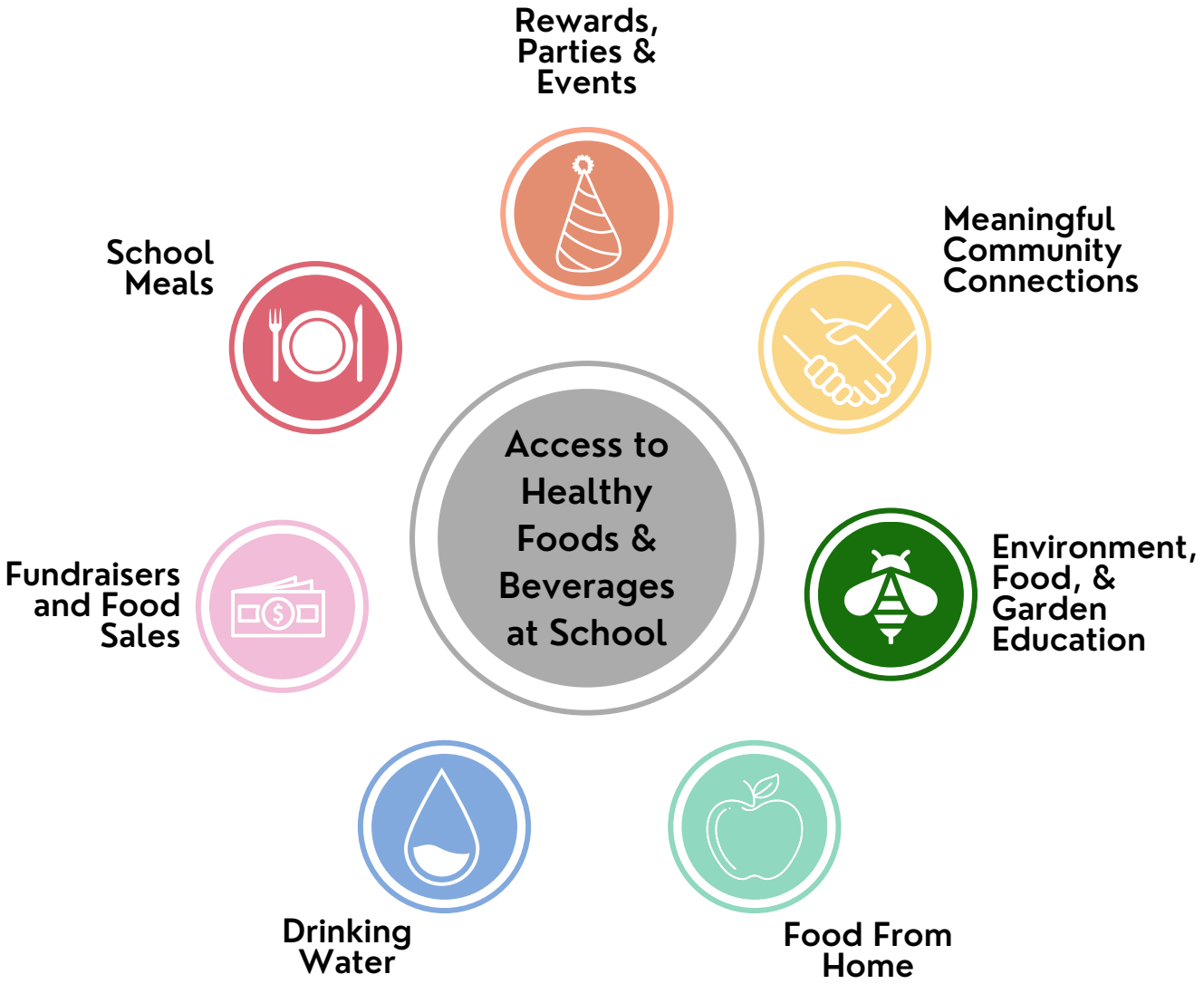
Access to Healthy Food at OUSD

OAKLAND UNIFIED SCHOOL DISTRICT
Community Schools, Thriving Students

OUSD is committed to providing access to healthy food to all students in our schools throughout the day. Healthy foods and beverages are important because they help children to pay better attention in class, build good eating habits, and decrease risk of chronic disease in the future. Everyone in our community has a role in helping our students succeed!



For more information...

Visit OUSD's Nutrition Services website

Visit The Center's website

Visit the Wellness Policy website

Or contact efgprograms@OUSD.org for more information

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School Meals

- Meet and often exceed federal and state regulations
- Breakfast and lunch are provided to all students, free of charge
- OUSD's Central Kitchen is working toward healthy and locally sourced items for school meals

Rewards, Parties & Events

- When offering rewards and incentives, consider certificates and special opportunities (i.e. extra recess time)
- Celebrations and family events are important to the whole community. For events, fruit and salad from the garden are great options

Meaningful Community Connections

- Schools are partnering with local organizations to provide environment, food, and garden programming
- Students can connect with Oakland's unique history of food programs, such as the Black Panther Free Breakfast Program
- The Market Off West distributes free produce and goods from the garden @ The Center
- Some schools partner with Alameda County Community Food Bank to provide food for families

Environment, Food, & Garden Education

- Field Trips @ The Center
- Internships
- School Garden Supports
- Environment, Food & Garden Champions and Professional Development
- Harvest of the Month tastings
- FoodCorps members are at some school sites

Food From Home

- Students, families and staff are encouraged to follow OUSD's Healthy Food Guidelines when bringing snacks, meals or drinks onto campus
- Food should not be taken from students as long as it is eaten during designated times in designated school spaces

Drinking Water

- Schools provide free, clean drinking water through water stations
- Students are encouraged to bring re-usable water bottles to school

Fundraisers and Food Sales

- Fundraisers are a great way to bring the community together for a common cause
- Food sold for fundraisers must meet or exceed Healthy Food Guidelines until 6pm on school days
- As options, consider student art auctions, walk-a-thons, and healthy food sales like 100% fruit popsicles