

<ul style="list-style-type: none"> • Other School-based activities that promote student wellness. 	<ul style="list-style-type: none"> • All schools to offer extracurricular physical activities • Schools and communities will not use physical activity or withhold physical activity opportunities as punishment • Make school grounds available to community before, during, after school, weekends, school vacations, especially for physical activity and nutrition programs • Provide support for parents to provide a healthy diet and daily physical activity through written, electronic, and verbal means • Encourage parents to supply healthy foods brought to school • Establish and maintain a SB559 400 minutes of PE each 10 school days staff wellness committee 		
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Federal Regulation	NANA Policy	Laws, Guidelines, Codes	Pending Legislation
<p>Goal II – Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity</p> <ul style="list-style-type: none"> • Nutrition Guidelines • Competitive foods guidelines 	<p>Nutrition Guidelines</p> <ul style="list-style-type: none"> • Meet minimum local, state, federal requirements • Offer variety of fruits and vegetables • Only 1% and fat-free milk, and nutritionally equivalent non-dairy alternatives • 50% of grains served are whole grains • Schedule 10 minutes to eat breakfast, 20 minutes to eat lunch • Schedule meals at appropriate intervals • Allow student to eat during scheduled mealtime activities • Schedule mealtimes following recess in elementary schools • Provide access to hand washing before they eat • Provide reasonable accommodations for oral hygiene • Discourage students from sharing foods/beverages due to possible personal dietary restrictions • Foods should be sold as balanced meals • Only low-fat and non-fat milk, non-fried vegetables should be sold individually • Allowable beverages for Secondary Schools <ul style="list-style-type: none"> ○ Water, no caloric sweetener ○ Greater than 50% fruit/veg. juice, no caloric sweetener ○ Unflavored/flavored low-fat/fat-free milk and nutritionally equivalent non dairy alternatives • 35% or less calories from fat (excluding nuts, seeds, nut butters) • 10% or less calories from saturated fat and trans fat combined • 30% or less sugars by weight • 230 mg or less sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items • 480 mg or less sodium per serving for pastas, meats, soups • 600 mg or less sodium per serving for pizza, sandwiches, main dishes <p>Food Sold outside the school meal program</p> <p>Food Marketing in Schools</p> <ul style="list-style-type: none"> • Consistent with nutrition education and health promotion • Limit marketing to foods/beverages that meet the standards • Prohibit all other types of food marketing 	<p>California Education Code</p> <p>EC 49547 – Establishment of Nutrition Program</p> <p>EC 49431 – Establishes nutrition standards for food served at schools</p> <p>EC49431.5 Establishes nutrition standards for beverages served at elementary and middle schools</p> <p>EC 35182 – guidelines for foods served to students including content and calorie limits.</p> <p>EC38085 – Requires that 50% of all foods sold outside the NSLP and SBP be from the “List of Nutritious Foods” identified in EC.</p> <p>EC 48931 Provides school boards power to authorize organizations to sell food on school grounds outside the NSLP and SBP</p> <p>California Code of Regulations Title 5, 1550 SBE policies in response to EC 48931 – regulations for the sale of food by student organizations in elementary schools Title5, 15501 SBE policies in response to 48931: Regulations for the sale of food by student organizations in junior high and high schools.</p>	<p>SB965 High School compliance with the sale of beverages standards by the school district designee.</p> <p>AB 443 School Food Sales – This measure deletes the requirement that the SBE develop policy and regulations for the sale of food by pupil and adult organizations and instead requires the governing board of any school district or county office of education to ensure sales do not interfere with participation</p> <p>SB522 requires vending machines on government property provide public notice that at least 50% of the food/beverages offered in machine meets nutritional guidelines</p> <p>SB12 sweetener rules for grades 7-12</p> <p>SB 965 Soda Ban Bill</p> <p>AB443 Food sales by pupil organization</p> <p>AB622 Beverage sales to meet specified nutrition standards</p> <p>AB 105 –California Choice Seal on food that meet a set criteria</p>

	<p>Fundraising</p> <ul style="list-style-type: none"> • Encourage non-food activities for fundraising • All foods sold must comply with standard listed above • Encourage activities that promote physical activities <p>Snacks</p> <ul style="list-style-type: none"> • Will emphasize fruits and vegetables and water • Disseminate a list of healthful snacks to teachers, after school personnel, parents • Eligible schools will participate in the federal snack reimbursement program <p>Rewards</p> <ul style="list-style-type: none"> • Foods or beverages will not be used as rewards for academic performance or good behavior – Withholding foods or beverages will not be used as a punishment <p>Celebrations</p> <ul style="list-style-type: none"> • Limit celebrations involving food to 1 party/class/month. Celebration should include no more than 1 food or beverage that does not meet the standards. <p>School-sponsored events</p> <ul style="list-style-type: none"> • Will meet the nutrition standards as sated above 		
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<p>Goal III – Provides assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to section 9(f)(1I) and 17(a)of the Richard B. Russell National School Lunch Act (42 U.S.C 1758 (f)(1), 1766 (a)0, as those regulations and guidance apply to schools.</p> <ul style="list-style-type: none"> • Healthy School Meals – Lunch • Healthy School Meals – Breakfast 	<p>School Meals</p> <ul style="list-style-type: none"> • Appealing and attractive • Pleasant environment • Meet minimum local, state, federal requirements • Offer variety of fruits and vegetables • Only 1% and fat-free milk, and nutritionally equivalent non-dairy alternatives • 50% of grains served are whole grains <p>Breakfast</p> <ul style="list-style-type: none"> • Schools encouraged to operate the School Breakfast Program • Review bus and bell schedules, adopt “grab-and-go” or breakfast in the classroom to maximize SBP participation • Market SBP and serving healthy breakfast to parents <p>Portion Sizes</p> <ul style="list-style-type: none"> • 1.25 oz for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky • 1 oz for cookies • 2 oz for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, other bakery items • 4 fluid oz. For beverages excluding water • Portion sizes of a la carte items will not be larger than comparable portions offered in the school meal program • Two fruits or non-fired vegetables offered for sale at locations where food is sold <p>Other</p> <ul style="list-style-type: none"> • Eliminate social stigma/prevent overt identification of students eligible for F&RP meals • School with 50% or more student eligible for F&RP meals will sponsor the SFSP for at least 6 weeks between the academic school year, encouraged for entire period 	<p>Code of Federal Regulations (CFR) 7CFR 210.10 Nutrition Standards and menu planning for National School Lunch Program 7CFR 210.11 Established competitive food regulations for NSLP 7CFR 210.8 Identifies nutrition standards and menu planning approaches for School Breakfast Program (SBC) 7CFR210.12 identifies competitive food regulations for SBP</p> <p>California Education Code EC 49531-49531.1 Defines participation in Breakfast and Lunch programs</p>	<p>AB1392 Summer Food Service Program = guidelines</p> <p>AB444 Dept of Ed to develop and maintain guidelines for all food and beverages served and sold on public school campuses</p> <p>AB569 food vendors of public schools to display standard nutrition label on prepackages/prepared food items</p>

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<p>Goal IV – Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy</p> <ul style="list-style-type: none"> • Implementation Plan • Designated Person(s) 	<p>Monitoring</p> <ul style="list-style-type: none"> • District superintendent or designee ensure district-wide compliance of wellness policies • Principal or designee ensure policy compliance at school site • School food service staff ensure policy compliance • School district to report on most recent School Meals Initiative (SMI) findings and resulting changes • District superintendent or designee to report every three years on wellness policy compliance to school board, school health council, parent/teacher organizations, school administrators, school health services. <p>Policy Review</p> <ul style="list-style-type: none"> • Each school to conduct a baseline nutrition and physical activity assessment, compile at district level and set priorities • Repeat assessment every three years to review policy compliance and progress • Determine areas in need of improvement and revise wellness policies as necessary <p>Training</p> <ul style="list-style-type: none"> • Provide Teachers/school food service staff/other staff appropriate and continuing professional development 	<p>EC 49547.5, 49548-54948.5 Nutrition for Needy – Summer Food program</p> <p>EC 49430 – Free and Reduced Price meals program</p> <p>EC49432 – posting of Nutritional and Physical Activities guide</p>	<p>AB1385 This bill would require the State Department of Education to develop and implement a data matching system to directly certify recipients of public assistance programs for enrollment in the NSLP and SBP</p> <p>AB1056 Professional development training to food service workers</p> <p>AB1385 Data management system for NSLP and SBP</p>

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<p>Goal V – Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.</p> <ul style="list-style-type: none"> • School wellness planning board 	<p>School Health Council</p> <ul style="list-style-type: none"> • Include students, parents, teachers, food service professionals, health professionals, community members • Create, strengthen, work within existing school health council • Develop, monitor, review, revise Local School Wellness Policies 	<p>EC 49533 Defines Child Nutrition Advocacy council</p>	<p>AB927 new committee – California Council on Physical Fitness and Sports</p>