

Policy Highlights

Physical Activity

Students will be provided physical education no less than 200 minutes per every 10 days of class. This will include moderate to vigorous physical activity.

Health & Nutrition Education

Students will be provided the nutrition education they need to adopt a healthy lifestyle.

Staff Support

NSD staff members are encouraged to serve as positive role models, and will encourage all students to lead a healthy and active lifestyle.

Foods Available on Campus

- *Fundraising food sales can only take place on campus 30 minutes after the end of the school day. Please refer the Fundraising Guidelines for Parents and Staff brochure for more information.*
- *Only healthy, compliant snacks and/or beverages are permitted to be served during the school day.*
- *Only healthy, compliant foods and/or beverages are permitted to be used as rewards.*
- *Birthday celebrations that include food items must take place after lunch. Cupcakes and other non-compliant foods are not allowed.*

Help Fight Childhood Obesity



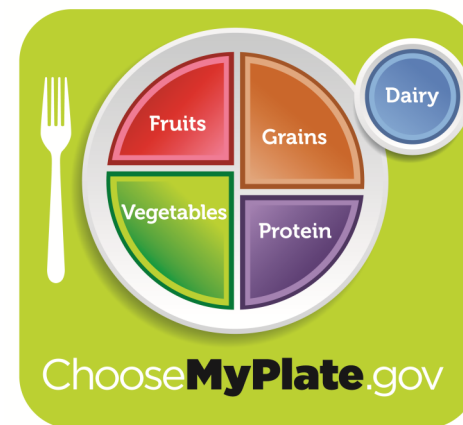
Child Nutrition Services
1500 N Avenue
National City, CA 91950
Phone: 619-336-7730
Fax: 619-336-7531

<https://www.nsd.us/domain/40>

**Always consider allergies
before giving out any foods
or beverages.**



Wellness Policy Guidelines for Staff and Parents



Guidelines for Non-Program Foods and Beverages Served to Students on Campus During School Hours

Compliant Snack Requirements:

- No more than 35% of calories from fat.
- No more than 10% of calories from saturated fat.
- No more than 35% calories from sugar (except fruit, non-fried vegetables, dried fruit and nut/seed combo) as portioned per package.
- No more than 0.5 grams trans-fat per servings
- No more than 200 mg of sodium per item/container
- No more than 200 calories per item/container.

Compliant Beverage Requirements:

- Fruit or Vegetable juice with no less than 50 percent juice, and no added sweeteners, and not more than 8 ounce serving size.
- Drinking water that is without added sweeteners.
- Milk not more than 8 fluid ounce serving size. 1% (unflavored), nonfat (flavored or unflavored), and contains Vitamins A and D with at least 25% of the calcium Daily Value per 8 fluid ounces
- Non-dairy milk must be nutritionally equivalent to milk, must contain per 8 fluid ounces

This institution is an equal opportunity provider

No Homemade Foods

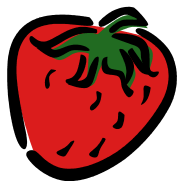
Only foods or beverages produced in a licensed **commercial kitchen** or facility which is subject to regular health inspections by a local, state, or federal agency in the United States, may be served to students. **No homemade foods or beverages of any kind may be served.**

Examples of compliant foods:

- Bottled water with no added sweeteners
- 1% and Non-Fat Milk (see requirements)
- 100% Fruit juice (see requirements)
- Fresh fruits & vegetables
- Whole grain breads and crackers
- Frozen 100% juice bars
- Reduced fat and sugar ice cream

Examples of non-compliant foods:

- Soda or other carbonated drinks
- Cupcakes, Cookies, Cakes
- Water with added sweeteners
- Fortified sports drinks
- Chewing gum, Candy
- Snow cones, Ice cream cups
- Non-baked chips or other fried foods



Please Note:

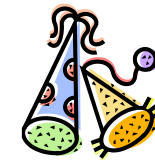
This list is not intended to be all-inclusive. Certain kinds of crackers, popcorn, etc., may or may not meet the nutritional requirements.

Rewards

Class/Student rewards from Teacher/Staff to students



When rewarding students for academic performance or good behavior, non-food items are recommended. If food items (snack or entrée) are given as a reward, they must meet or exceed Compliant Requirements as listed. Consider allergies before giving out any food.



Celebrations

Birthdays, Good Citizen Awards, Graduation, Attendance Rewards

All persons providing beverages and snacks for class celebrations and school sponsored events shall provide items that adhere to the Compliant Requirements as listed. **Class and/or birthday celebrations will be planned for after lunch.** Consider allergies before giving out any food.



*For information on fundraising activities please see the **Fundraising Guidelines for Parents and Staff** brochure*