



CBO Wellness Action Plan Pledge SMART – E Goal



Specific Serve healthy food & drink at all SFUSD events, especially at celebrations

Measureable Check policy guidelines for the first few months until it's routine

Action-oriented Review the wellness policy guidelines – sfusd.edu/bewell

Realistic Check regularly with the “Should I Bring” & celebration guidelines one-pager or contact the Wellness Policy Project Manager for feedback. hafizs@sfusd.edu or 415-847-2936

Timely On my first SFUSD event/celebration where our CBO is serving food, & thereafter

Equity - We will **not** serve foods or drinks that do not meet the wellness policy guidelines, especially sugary drinks. As a CBO, we now know that SFUSD has *students and families who suffer disproportionately from diabetes and other health-related issues*. We will role model healthy eating for SFUSD students, and we will have *discussions with them as why we are serving healthier options.*



CBO Wellness Action Plan
SMART – E Goal



Specific _____

Measurable _____

Action-oriented _____

Realistic _____

Timely _____

Equity _____

For more support, feel free to contact – Saeeda Hafiz, Wellness Policy Project Manager,
School Health Programs, Office: 415-242-2615 Cell:415-847-2936, email – hafizs@sfusd.edu

Wellness Policy on the website - sfusd.edu/bewell