



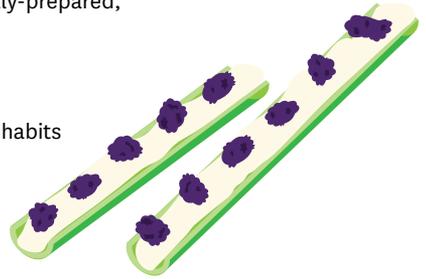
NUTRITIOUS NOURISHMENT

We nourish more than our bodies when we provide students, staff, and families with the knowledge, attitudes, skills, and experiences needed to sustain healthy eating habits.

LET'S MAKE BIG CHANGE TOGETHER

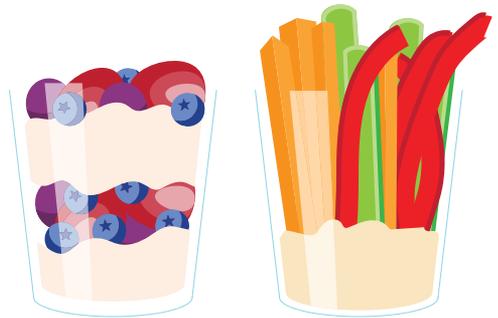
We have the capacity to provide for each student's nutritional needs throughout the day. With each school participating in and promoting all available federally-funded school nutrition programs, together we will:

- Provide all students equitable access to fresh, locally-prepared, high-quality food regardless of their ability to pay
- Help mitigate childhood obesity
- Address issues of hunger in our community
- Support the development of lifelong healthy eating habits
- Improve academic outcomes for our students
- Strengthen community across cultures



SFUSD's nutrition guidelines apply to **all food and beverages donated, sold or served** to students, staff and families on every PreK-12 campus and administrative building, including:

- Snacks
- Celebrations
- Classroom-based activities
- School meals
- Vending machines
- School stores
- Snack bars and/or concession stands
- Fundraisers on school grounds
- Afterschool programs
- Family meetings
- Staff meetings



Individuals or organizations selling, serving, or donating food and beverages during the day must be pre-approved in writing by SNS (sfusd.edu/BeWell).

SFUSD'S NUTRITION GUIDELINES ARE ONLINE AT sfusd.edu/BeWell

QUESTIONS? EMAIL: BeWell@sfusd.edu



WHAT WORKS WELL

- ✓ Encouraging students to take advantage of school meals
- ✓ Engaging families and raising awareness of all school nutrition programs
- ✓ Allowing students to finish or eat breakfast in the classroom
- ✓ Modeling healthy eating behaviors
- ✓ Inspiring students to eat more whole grains, fruits, vegetables, and legumes
- ✓ Having meals with students
- ✓ Ensuring adequate time for students to eat their meals after they sit down
- ✓ Accommodating cultural food preferences and special dietary needs



WHAT DOESN'T WORK WELL

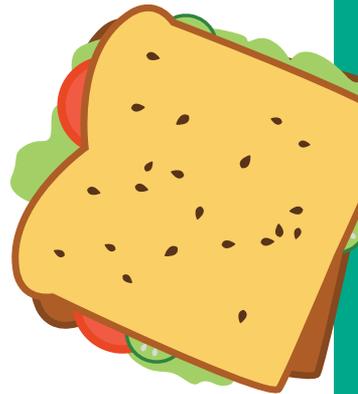
Discouraging participation in SFUSD's federally-funded school meal programs by offering students other food and/or beverages. Schools shouldn't invite or contract with anyone to provide food and/or beverages to students unless the provider has been pre-approved in writing by SNS.

Using SFUSD funds to purchase food or beverages that do not meet SFUSD's nutrition guidelines (sfusd.edu/BeWell).

Marketing or advertising non-compliant foods and/or beverages (e.g., exterior of vending machines, school posters, free giveaways, etc.) or using curricula that include unnecessary brand names.



Research has consistently shown a powerful connection between health and academic achievement, with poor health often negatively affecting students' attendance, grades and ability to learn in school. Students with better general health are more likely to graduate from high school on time and attend college or post-secondary education.



be well. do well.

THE NEW SFUSD WELLNESS POLICY

sfusd.edu/BeWell