



CULVER CITY UNIFIED SCHOOL DISTRICT

FOOD SERVICES DEPARTMENT

CCUSD WELLNESS POLICY BOARD POLICY 5030(a) Reviewed & Adopted 5/12/09

The Culver City Unified School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. Therefore it is the policy of CCUSD that:

1. The school district will engage students, parents, teachers, administrators, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policies.
2. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, physical education and school meal programs, and with related community services.
3. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.

In order to achieve Policy Goals CCUSD will:

Create a District Health Council to consist of individuals representing the school community, including parents, students, child nutrition professionals, members of the school board, school administrators, teacher, health professionals and members of the public.

Wellness

1. Nutrition & Physical Activity
 - a. The Board will adopt goals for nutrition education, physical activity and other school-based activities designed to promote school wellness.
 - b. Nutrition education shall be provided as part of the health education for all K-12 grades.
 - c. Physical education will be provided through physical education, recess, school athletic programs and other extracurricular programs
 - d. District staff to serve as positive role models
2. Nutrition Quality of Foods and Beverages Sold on Campus
 - a. The Board shall adopt nutrition guidelines by which all foods are sold on campus



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3. **School Meals (Reimbursable Meals)**
 - a. All schools will participate in available federal school meal program, ie: School Breakfast Program and National School Lunch Program.
 - b. Food Served under these programs will be appealing to children; served in clean & pleasant setting; meet nutritional requirements established by local, state and federal regulations; include a variety of fresh fruits and vegetables; include only low-fat (1%) and fat-free milk (or it's non-dairy equivalent as approved by USDA); include whole grain items; include daily vegetarian options and
 - c. Meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)1, 1766(a), and 1779(a) and (b), as they apply to schools.
 - d. Nutritional information, if available, to be shared with parents and students.
4. **Food and Beverages Served Outside of Reimbursable School Meals**
 - a. Nutrition standards adopted by the district shall apply to all foods sold to students, including foods and beverages provided through the food service program, student stores, vending machines, fundraisers or other venues.
 - b. Celebrations - schools should limit celebrations involving food to no more than one party, per classroom, per month. The Food Service department shall provide food for celebrations that occur before the end of the last lunch period as a reimbursable meal. Any celebration occurring after the last lunch period should include no more than one food or beverage that does not meet state and federal regulations.
 - c. Rewards - Food and beverage should not be used to encourage or reward academic behavior or performance, nor will food and/or beverage be withheld as a punishment.
 - d. Fundraising Activities - School-based organizations will be encouraged to use non-food item fundraising.
 - e. Snacks - After-school care and enrichment programs should promote healthy eating and feature a variety of fruits and vegetables and whole grain products.
 - f. School-sponsored Events - Healthy foods and beverages to be promoted.
 - g. Monitoring and Policy Review - Superintendent to appoint at least one person at each site charged with the operational responsibility for ensuring site implementation of policy.
 - h. Monitoring - Assigned designee to monitor and ensure compliance; Food Service staff to ensure compliance with nutritional policies and report on the most recent USDA School Meals Initiative (SMI) review findings and any result changes. Superintendent or designee to develop compliance report every three year.
 - i. Policy Review - School-by-school assessment to be compiled and needs identified and prioritized at a district level.
 - j. Posting Requirements - Each school shall post the district's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)