



Delivering foods and beverages through federally mandated reimbursable school meal programs that meet or exceed federal regulations. For example, the District has chosen *not to serve flavored milk at meals or snacks.*

CHULA VISTA ELEMENTARY SCHOOL DISTRICT

Wellness *noun*
 Definition:
 physical well-being, especially when maintained or achieved through good diet and regular exercise

WELLNESS POLICY 5030 SUMMARY
 May 2012



Prohibiting food items in celebration of a student's birthday on the school site during the school day.



Instead.....
 Choice of favorite game or book, give a special privilege!

Permitting no more than two parties/celebrations with food for each class, per school year, to be scheduled after lunch whenever possible.

All food items should be store-bought, pre-packaged, and/or pre-wrapped for

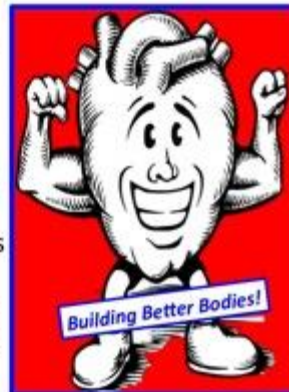


Restricting school staff and other entities from using non-compliant food as a reward for academic performance, accomplishments, or classroom behavior. The District *emphasizes non-food* incentives as alternatives to all school staff.



Prohibiting the marketing and advertising of non-nutritious foods and beverages on school sites. School staff is *strongly encouraged* to use non-descriptive containers for food and beverages they consume while with children.

Supplying a standards-based K-6 physical education program emphasizing physical fitness, positive health practices, and skill development, that meets or exceeds the State mandated instructional minutes required at the elementary level.



Giving all students opportunities to be physically active throughout the day with activities such as classroom mini-breaks, physical education, recess, school intramurals, special events, Safe-Routes to School, and before-and after-school programs.

Encouraging school organizations to use non-food items and/or healthy food items for fundraising purposes and special events. If food is used, there should be an *effort to balance healthier, appropriate portion-size food choices with non-nutritious items.*

Race For Education

We offer:

- All NFL teams
- All MLB teams
- Over 50 colleges
- Heavy 18 oz. plastic cups
- sold in packs of four per design
- *Designs are 5.0
- up to \$6.00 profit from EACH sale goes to your organization
- No upfront money & no inventory
- Free shipping
- *Proudly made in the USA