Wellness Policy Resource Guide

Kelseyville Unified School District (KVUSD) is committed to providing school environments that promote and protect children's health, well-being, and the ability to learn by supporting healthy eating and physical activity.

The purpose of the Wellness Resource Guide is to provide the District's administrators, teachers, staff, parents and volunteers with a compilation of resources which promote the components of KVUSD's Wellness Policy. The Wellness Resource Guide was created to assist you with any questions regarding the policy and to provide you with some useful ideas and materials that will make implementing the Wellness Policy straightforward.

KVUSD believes that all students should be educated in environments that are safe, drug-free, and conducive to learning. According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood is easier than changing unhealthy behaviors during adulthood. KVUSD believes schools play a critical role in promoting healthy and safe behaviors to help students establish lifelong, healthy behaviors. Improving student health and safety increases students' capacity to learn, reduces absenteeism, and improves physical fitness and mental alertness.

The overarching goal of the Wellness Policy is to promote health and wellness, and to convey positive, consistent messages to all District students in accordance with current law. We want to support our students and enable them to achieve more by learning healthy behaviors that will benefit them for the rest of their lives.

***The KVUSD Wellness Policy is located on the Nutrition Services section of the website at KVUSD.org under Nutrition Services.**

Kelseyville Unified School District

Fact Sheet

Wellness Policy

The Wellness Policy is a state and federally mandated policy for Districts who participate in the National School Lunch Program. KVUSD participates in both the National School Breakfast and Lunch Program.

The Wellness Policy covers the following topics:

- School Health, Safety and Environment
- Nutrition
- Physical Activity and Physical Education
- Family, Staff and Community Involvement

Each school ensures foods and beverages sold and served to students on school campus starting at midnight and up to one half hour after the school day, including fundraisers, must be compliant. *Each school campus must follow the Wellness Policy, at minimum.*

Each Principal has the ability to increase restrictions beyond the minimum requirements of the Wellness Policy. In addition, they must ensure compliance on their campus.

Students are provided with tools and resources, such as Physical Education and Physical Activity opportunities, necessary to enjoy a safe and healthy campus. Health services and school policies are in place to promote a safe learning environment.

KVUSD staff and the surrounding community are encouraged to support the District's strategies for promoting student wellness.

You can find the KVUSD Wellness Policy at: kvusd.org under the Food Services Section

If you have questions about the policy, you can email mborghesani@kvusd.org

Frequently Asked Questions

1) Why do we have a Wellness policy?
The Wellness Policy is a district policy, not a nutrition services policy. All school districts participating in the National School Lunch Program must have a Wellness Policy. The policy is reviewed and updated each year as necessary.

2) How do I become a member of the Kelseyville USD Wellness Committee?
You can contact Michelle Borghesani at mborghesani@kvusd.org

3) Who do I contact if I need clarification or have a questions about the Wellness Policy?
You can contact Michelle Borghesani at mborghesani@kvusd.org

4) Do I have to purchase food through Nutrition Services if my child's class is having a celebration involving food?
No, you do not have to purchase food through the Nutrition Services Department, nevertheless, all food provided during a class celebration must be compliant with the district's Wellness Policy. All of the food purchased through Nutrition Services are compliant with the district's Wellness Policy. However, you are always more than welcome to use the Smart Snack Calculator to verify if your snack is compliant. You can find the smart snack calculator at Alliance for a Healthier Generation at https://foodplanner.healthiergeneration.org/calculator/.

5) How did the Wellness Committee decide what to include in the Wellness Policy?
There are federal government regulations that the Wellness Committee refers to when creating and updating the Wellness Policy. We also refer to other school district's policies for guidance and resources.

6) Who has the final say if a product can be served on my school's campus?

Kelseyville Unified School District

"Creating an Atmosphere of Wellness"

Why do we have a Wellness Policy?

Our kids deserve the best! KVUSD believes in promoting and protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish a Wellness Policy

How do we cultivate wellness?

Eat Well

Live Well

By implementing the policy in 4 key areas:

School Environment
Nutrition & Nutrition Education
Physical Education/Activity
Community/Staff Involvement

40.4% of females 5th -9th grade in Lake County are overweight or obese

44.4% of males 5th-9th grade in Lake County are overweight or obese

Smart Snacks in Schools

All food and beverages **served or sold** on campus during the school day must meet strict state and federal standards

Please join us to support a healthy school environment by:

Modeling healthy behavior and celebrating with healthy treats!

Smart Snack Compliant List

This is a list of some snacks and beverages that meet the smart snack guidelines. Contact mborghesani@kvusd.org if interested.

Brand	Name/Description	Serving Size	Item #
	Snacks		
Fiber One	Oats and Chocolate Bar	1.4 oz	6611006
General Mills	Cinnamon Toast Crunch Cereal Bar	1.42 oz	1898651
General Mills	Cocoa Puffs Cereal Bar	1.42 oz	1898891
Cadbury	Grandma's Chocolate Chip Mini Cookies	1.22 oz	7021474
Frito Lay	Doritos Reduced Fat Nacho Cheese	1 oz	6626774
Frito Lay	Doritos Reduced Fat Cool Ranch	1 oz	5073130
Frito Lay	Doritos Reduced Fat Sweet Chili	1 oz	7221700
Frito Lay	Doritos Reduced Fat Flamas	1 oz	4383768
Frito Lay	Lays, Baked Barbecue	1.125 oz	6725335
Frito Lay	Lays, Baked Potato Chip	1.125 oz	6725313
Cheetos	Cheetos Puffs, Reduced Fat	.70 oz	2255848
Cheetos	Cheetos Flamin Hot Baked	.875 oz	4360776
Cheetos	Cheetos Baked Snack Cheese Crunchy	.875 oz	4360762
Pirate's Booty	Snack Puff White Cheddar Aged	1 oz	1347426
Ruffles	Chip Baked Cheddar and Sour Cream	1.125 oz	6783429
Nabisco	Barnam's Animal Crackers	2.125 oz	436345
Kellogg's	Snack Bar Rice Krispie Whole Grain	1.41 oz	2880189
Kellogg's	PopTart Strawberry Frosted Whole Grain	1.69 oz	445062
Nature Valley	Snack Bar Granola Oats-n-Honey	1 oz	4069720
Nature Valley	Snack Bar Granola Variety Chewy	.89 oz	6056741
	Ice Cream		
Blue Ribbon	Ice Cream Bar Fudge	3 oz	7058869
Wholesome Farms	Ice Cream Vanilla Cup Fat Free No sugar added	4 oz	3581699
Blue Bunny	Ice Cream Chocolate Cup Fat Free No sugar added	4 oz	3599018
Blue Ribbon	Sherbet Rainbow Cup	4 oz	3656347
Bomb Pop	Bomb Pop	3.75 oz	7146213
	Drinks		
Switch	Kiwi Juice	7.5 oz	7237581

Switch	Cherry Juice	7.5 oz	7237580
Tree Top	Orange Juice	10 oz	9479544
Tree Top	Cranberry Juice	10 oz	9479460
Tree Top	Apple Juice	10 oz	9470170
Gatorade	Zero-Quencher No Added Sugar Glacier Cherry	12 oz	7274455
Gatorade	Zero-Quencher No Added Sugar Glacier Freeze	20 oz	7071098
Gatorade	Zero-Quencher No Added Sugar Fruit Punch	20 oz	7128633

HEALTHY FUNDRAISERS

Promote family health and well-being. Fundraising events and activities that don't involve selling food to eat on the spot provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods, which put student health and performance in jeopardy. Why not promote healthy eating or physical activity and raise money for your school at the same time?

Selling Food for Immediate Consumption

Fundraisers that involve the sale of foods and beverages intended for immediate consumption during the school day (such as school stores or vending machines) must meet the USDA's Smart Snacks in School Rule. Even though foods and beverages sold outside of the official school day (such as family events or concessions at sporting events) are exempt from these federal standards, encouraging healthier options at these community events sends a strong, positive message about how student health is valued. To learn more about the standards and for ideas on selling healthier food at school, check out AFHK's Food Sales at School tip sheet and Game On activities: Healthy Vending, Smart Snacks Standards, Pricing Strategies to Encourage Healthy Eating, Healthy School Store.

Are Healthy Fundraisers Profitable?

Many non-food and healthy-food fundraisers generate profits for schools equal to or greater than profits from fundraisers selling low-nutrition foods.

Sample Profits — Healthier Fundraisers[1]

- **$1,000:** A school sells 1,440 water bottles with the names/ logos of 5 local business sponsors
- **$4,500:** A walk-a-thon with 100 student, parent and family member walkers each raising $50 in sponsorships
- **$9,000:** 110 families buy scratch cards with discounts at local businesses
- **$30,000/year:** 100 families belong to a grocery store Scrip program

Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets
- Family nights at healthy restaurants

[1]See ActionforHealthyKids.org/References

ACTION FOR HEALTHY KIDS

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Other Non-Food Fundraising Ideas

- Car washes
- Game night, bingo night
- Auctions (live, silent or online)
- Candles, lotions, soaps, greeting cards, stationery
- Plants, flowers, bulbs, seeds
- Discount cards/coupon books
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Holiday-themed decorations and greenery
- Rent a special parking spot
- Parents' day/night out — provide child care with open gym and activities for kids so parents can holiday shop or have an evening out
- Community craft fairs or garage sales — solicit donated items to sell
- Raffle tickets with donated prizes and special items — like a front row "VIP" reserved seat at a school concert

Fundraisers that Promote Physical Activity

- Fun walks or runs
- Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons
- School dances
- Family obstacle courses
- Golf or tennis tournaments
- Teacher-student competitions (volleyball, softball, Frisbee)
- Community garden assistance (weeding, raking) for donations
- Sale or delivery of garden mulch, water softener salt or other home maintenance items for set price
- 30-day fitness and fundraising challenges
- Sport camps for kids — enlist high school athletic teams to hold introductory classes for kids or partner with city parks and recreation

ACTIVE FUNDRAISERS ARE A BLAST!

At **Hoffman Trails Elementary in Hilliard, Ohio**, it was a tradition for the PTO to plan an academically-based "thon" as an annual fundraiser, such as a math-a-thon or history a-thon. But parent Kelly Schulze wasn't thrilled with the unhealthy prizes that were offered, so she took matters into her own hands and organized a "Hippity-Hop-a- Thon."

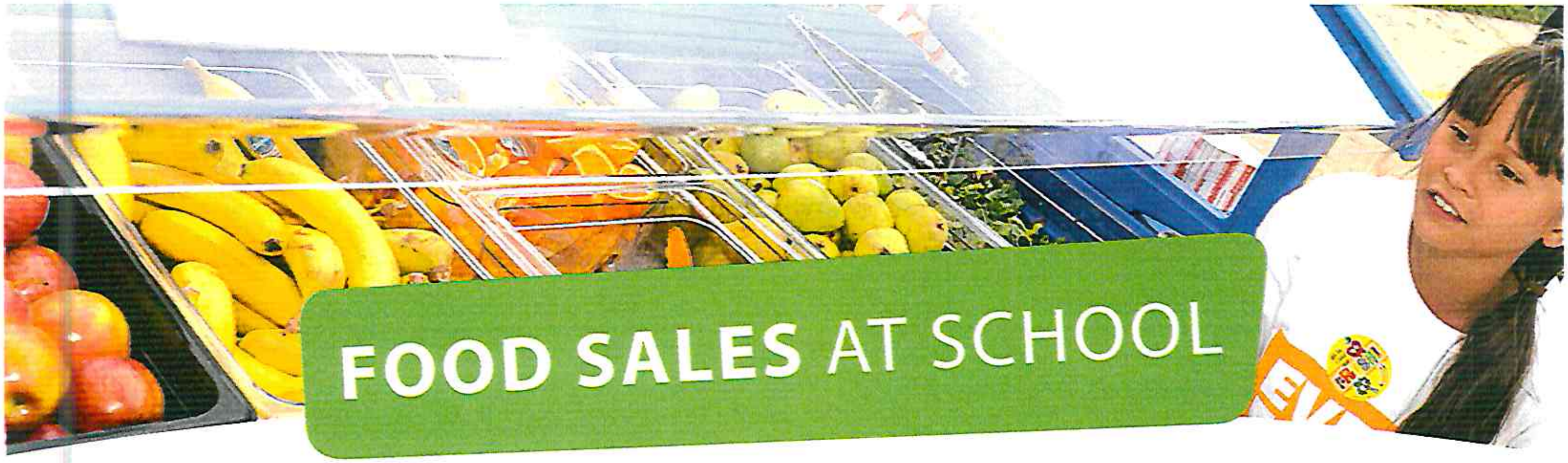
Students collected pledges for their participation, and they earned prizes like extra recess and tickets to attend a school dance with local radio talent serving as DJ. If they raised $50, students could take home their very own hippity-hop ball. The fundriaser turned out to be a huge success. Every single student participated and had a blast.

Active fundraisers help students get the recommended 60 minutes of physical activity every day, and they can help families develop healthy habits together. Check your district wellness policy or school improvement plan to see if they contain any guidelines or goals about increasing physical activity or promoting better health through fundraising activities. If not, find out what it would take to add some so that your efforts become part of the school culture for many years to come.

Resources

Action for Healthy Kids Game On Activities
actionforhealthykids.org/game-on-activity-library
Healthy Fundraising

Center for Science in the Public Interest
cspinet.org/sites/default/files/attachment/schoolfundraising_0.pdf



FOOD SALES AT SCHOOL

When schools sell healthy foods and beverages to fuel their students, they send a strong, positive message about how much they value student health and success. Food and beverage sales to students during the school day outside of school meal programs, or after school at family or athletic events are often designed to raise funds by different school groups to support specific student needs and activities. All competitive foods and beverages sold to students on campus during the school day must meet the United States Department of Agriculture's (USDA) Smart Snacks in School standards. The standards do not cover items served or shared at school (such as celebrations, snacks or rewards), nor do they cover evening, weekend or community events (such as family events or concessions at sporting events).

You Can Support Healthier Food Sales

Even if your school is meeting the national standards for competitive foods, there is still a lot of variation in the nutritional quality of allowable items. Consider the Smart Snacks standards to be the base or "floor" upon which to build your school's own healthy guidelines for all food sales during and after school.

- **Review the Smart Snacks in School rule**, your school or district wellness policy and any state guidelines. If your state or district standards are stricter in some areas, those would take precedence. Use your district wellness policy as a platform to build change.
- **Survey snacks and beverages currently sold.** Find out where and when the sales are taking place and determine who is responsible at each location. À la carte lines are usually operated by district nutrition services. Concessions, vending machines, snack carts and school stores may be run by the school administration, nutrition services, PTO/PTA, student groups, booster clubs, a sports program or another group.
- **Approach groups in charge of food sales in a friendly and professional manner** to discuss the possibility of offering healthier choices. Build consensus by talking about the changes required and offer to help find products. Cooperative purchasing between groups — and even through the district nutrition services — may be possible if groups work together.
- **Work with the school or district business office** to identify which contracts need amending and begin collecting vendor contact information. Talk to your vending companies about trading less healthy options for more nutritious ones. Contract with companies that offer a wider variety of healthier choices. Cooperative purchasing between neighboring school districts may also be a way to increase variety and purchasing power.

What Are Competitive Foods?

Sold in schools outside of meal programs, "competitive foods" compete for student dollars with nutritionally regulated breakfast and lunch programs. Foods and beverages sold through vending machines, à la carte lines (foods sold individually in the cafeteria), snack carts, concessions, school stores and other fundraisers are considered competitive foods.

The Smart Snacks in School Rule defines the "school day" as the period from midnight before and up to 30 minutes after the end of the official school day.

State agencies may set a number of infrequent food or beverage fundraisers that are exempt from the standards as long as they do not take place in direct competition with breakfast or lunch programs in the food service area during meal service.

ACTION FOR HEALTHY KIDS

Tips for Success

Many schools and school groups across the country are switching to healthier food sales (or non-food fundraisers) without negative financial implications. Consider these strategies to increase your chances for success.

- **Involve students in the selection for new choices.** Taste testing and new product promotions for students, staff and parents will build excitement for the new foods and beverages on campus. Communicate the changes with students, staff and parents to keep them updated and gather feedback when possible.
- **Restrict the hours that school stores and vending machines are open and available.** Many schools do not allow access during breakfast and lunch service times; others block access to less nutritious items during the entire school day.
- **Price healthy items cheaper than less nutritious options.** Studies have found that lowering the price of fruits, vegetables and low-fat snacks resulted in a significant increase in the sales of these foods without a decrease in total revenue.[1]
- **Talk with local public health experts** about grants or other ways to fund healthy changes.
- **Convince school and community members that the changes are win-win:** Concessions and competitive foods will continue to make money, and students will be consuming healthier food and drink options!
- **Find more strategies to control the bottom line** from the Illinois Public Health Institute.

FOOD AND BEVERAGE MARKETING

Foods and beverages that are marketed at school during the school day also have to meet the Smart Snacks standards. Take a look around your school — are there posters, signage, coupons, vending machines, book covers or other advertising or marketing materials from food and beverage vendors? If so, make sure that they only show snacks and drinks that meet the standards.

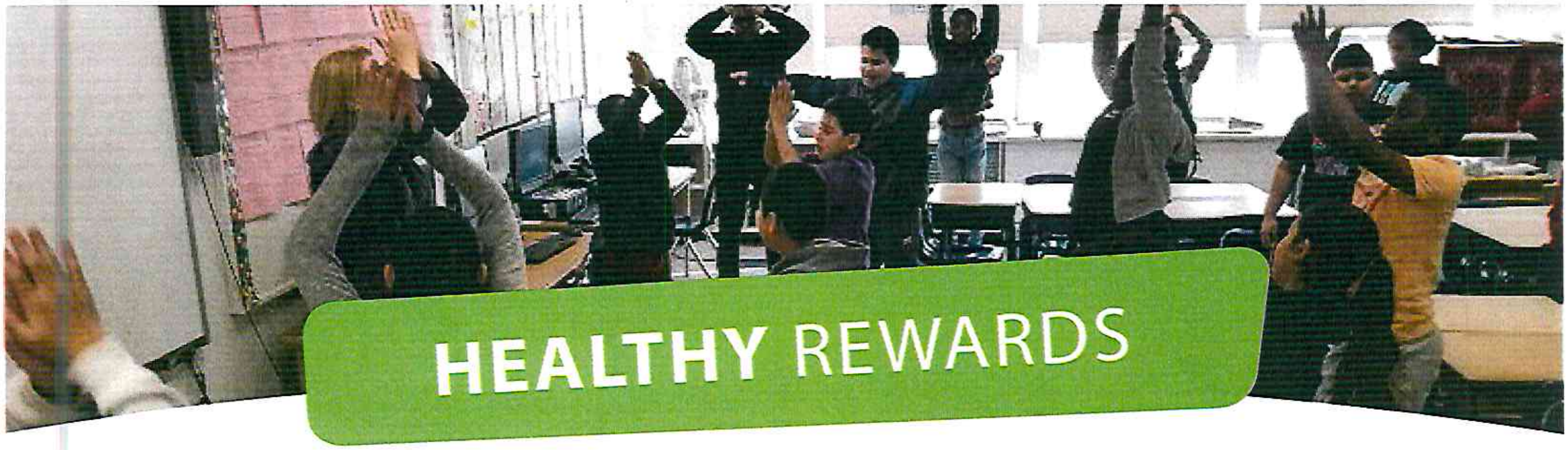
[1]See ActionforHealthyKids.org/References

Resources

Action for Healthy Kids Game On Activities
actionforhealthykids.org/game-on-activity-library
Smart Snacks Standards, Healthy Vending, Food and Beverage Marketing at School, Host a Taste Test, Pricing Strategies to Encourage Healthy Eating

USDA Smart Snacks in Schools
fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks

Illinois Public Health Institute
iphionline.org/center-for-policy-and-partnerships/controlling-junk-food-and-thebottom-line/



HEALTHY REWARDS

Rewards happen at many levels across a school. Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. Food rewards are not recommended at all because they show kids that achievements should be marked by eating—undermining healthy nutrition practices being taught at home or at school. The most effective rewards should promote healthy, active living as a desired value of the community.

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling
- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or "no homework" pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside

ACTION FOR HEALTHY KIDS

MORE »»»

Food Rewards

Food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry — setting the stage for unhealthy habits that can last a lifetime and contributing to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI).[1] Start a schoolwide healthy rewards initiative:

- Find a teacher to be a healthy rewards champion.
- Put up a bulletin board promoting healthy rewards.
- Ask teachers to take a "no-food-as-rewards pledge."
- Give a presentation about healthy rewards at a staff meeting.
- Create school guidelines around healthy rewards.
- Provide trinkets for teachers to use with donations or PTA/PTO funds.
- Recognize teachers who give out non-food rewards.

High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music, movies or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

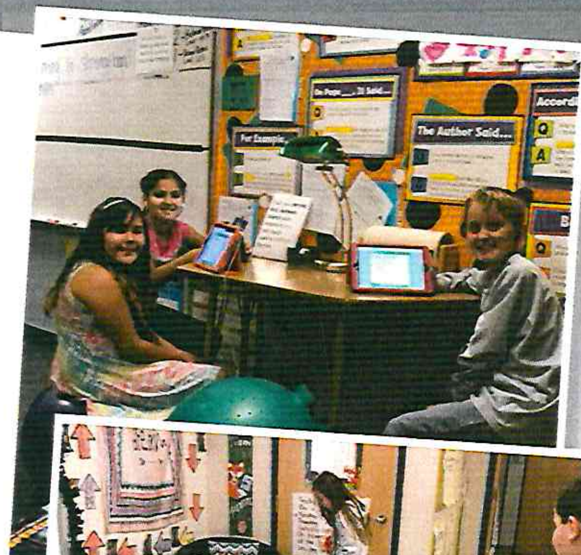
PTO/PTA Rewards

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Active video games
- Pool party, hike or group trip to a kids fun place
- Raffle for bigger

REWARDING CHILDREN

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."

Marlene Schwartz, PhD, Co-Director
Rudd Center for Food Policy and Obesity, Yale University



Reward with Recognition!

Consider recognizing students during morning announcements, at a school assembly, on a photo recognition board or on the school's website. Most kids enjoy hearing their successes acknowledged in front of their peers. Don't underestimate the power of small, personalized efforts such as a phone call or email to a student's parents, a hand-written note commending the achievement or a certificate of recognition.

[1]See ActionforHealthyKids.org/References

The New and Improved Nutrition Facts Label – Key Changes

U.S. FOOD & DRUG ADMINISTRATION

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

"Calories" is now larger and bolder.

3. Fats

"Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

"Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

1 8 servings per container
Serving size 2/3 cup (55g)

2 **Amount per serving**
Calories 230

		% Daily Value*
3	**Total Fat** 8g	**10%**
	Saturated Fat 1g	**5%**
	Trans Fat 0g	
	Cholesterol 0mg	**0%**
	Sodium 160mg	**7%**
	Total Carbohydrate 37g	**13%**
	Dietary Fiber 4g	**14%**
	Total Sugars 12g	
4	Includes 10g Added Sugars	**20%**
	Protein 3g	
5	Vitamin D 2mcg	10%
	Calcium 200mg	15%
	Iron 8mg	45%
	Potassium 235mg	6%

6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

For more information about the new Nutrition Facts label, visit:
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

January 2018

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can "unplug," interact, and focus on each other.

Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.

Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.

Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.

Let kids choose

Get kids engaged with meal preparation at home. Serve meals "family style" to encourage kids to be creative with their plates.

Offer nonfood rewards

Foods aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.

Start simple with MyPlate

Fruits Grains Dairy Vegetables Protein

Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.

Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.

Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.

Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.

Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.

Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.

You know how sometimes it's really, really hard to sit still?

When you're young, your body **wants** to move — naturally! (Adults, not so much.)

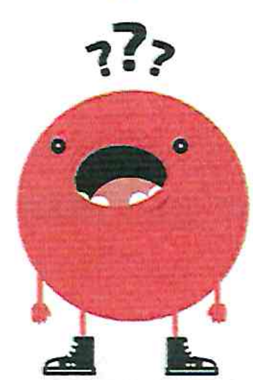
So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

* It's true — physical activity can actually help you do better in school.

How much activity do I need?

If you're between age 6 and 17, you need at least **60 minutes** of activity each and every day.



So, what kind of activity do I need?

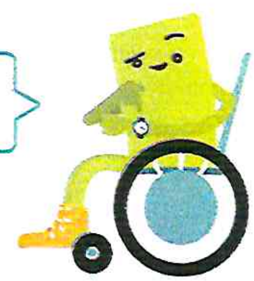
Get a mix of activity. Do things that:

- Strengthen your bones
- Build your muscles
- Make your heart beat faster

Um, strengthen my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

60 minutes all at once? I'm pretty busy.



Not a problem! Split up your 60 minutes over the day however you want — it all adds up!

Before school
Walk to school or the bus stop!
Dance around the living room!

At recess
Play with your friends!
Swing on the monkey bars!

After school
Walk your dog!
Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's *your* move?

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

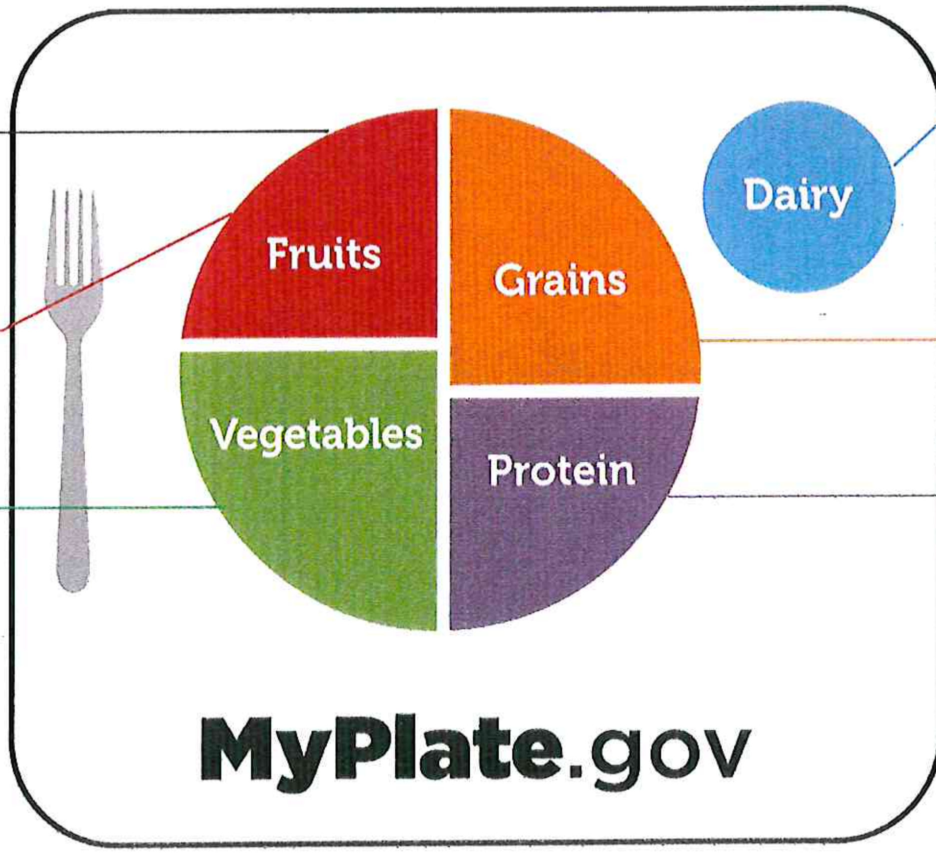
Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.

Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Being active can help you prevent disease and manage your weight.

DGA Dietary Guidelines for Americans

FNS-921
January 2022

Fruits	Vegetables	Grains	Protein	Dairy
Focus on whole fruits like fresh, frozen, canned, or dried. Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.	Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit MyPlate.gov/MyPlatePlan for a personalized plan.

2 cups	2½ cups	6 ounces	5½ ounces	3 cups
1 cup counts as: 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice	*1 cup counts as:* 2 cups raw spinach 1 cup cooked collard, kale or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower	*1 ounce counts as:* 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits	*1 ounce counts as:* 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg	*1 cup counts as:* 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir

Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

Activity

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids > 60 min/day Adults > 150 min/week

Wearing Gloves the Right Way

Here are some key points to remember when wearing gloves!

1 Always wash your hands thoroughly before putting on gloves!

2 Wear gloves, use sanitary utensils and use deli tissue when handling ready to eat foods.

3 Change your gloves anytime you change tasks. Especially after these tasks:

- After touching your body
- After using the toilet
- After eating or drinking
- After handling money
- After handling dirty utensils
- After handling raw food
- After any activities that may contaminate your gloves

4 Remove your gloves before washing your hands.

Facts about Using Gloves:

Using gloves does not eliminate the need for hand hygiene. Likewise, proper hand hygiene does not eliminate the need for gloves.

Gloves reduce hand contamination by 70 to 80%, prevents cross-contamination & protects us again infection.

Safe Food Handling

Prevent food-borne illness by making sure you are cooking all your foods as safely and thoroughly as possible! Not reaching these numbers and/or leaving foods in the danger zone for over 4 hours can cause bacterial growth, putting you and your family's health at risk.

Safe Minimum Internal Temperatures

as measured with a food thermometer

Food Type	Internal Temperature
Beef, Pork Veal, and Lamb (chops, roasts, steaks)	145F with a 3 minute rest time
Ground Meat	160F
Ham, uncooked (fresh or smoked)	145F with a 3 minute rest time
Ham, fully cooked (to reheat)	140F
Poultry (ground, parts, whole and stuffing)	165F
Eggs	Cook until yolk & white are firm
Egg Dishes	160F
Fin Fish	145F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oyster, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165F

Avoid the temperature danger zone: 41-135 degrees F