Why Do We Have a Wellness Policy? Our kids deserve the best! TUSD believes in promoting & 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 wellness policy.

26.9% of youths age 6-19 in Torrance are overweight or obese

Be Healthy! Be Fit! Be Happy!

Lettuce turn up the beet!

How do we cultivate wellness?

By implementing the policy in 4 key areas:
- School Environment
- Nutrition & Nutrition Education
- Physical Education/Activity
- Community/Staff Involvement

Wellness Policy in Action . . .

(what we do)

Play Eat Succeed

- Annual Wellness Fair
- Development of the Wellness Resource Guide
- Healthy Ever After nutrition education lessons
- Healthy alternatives provided at all school events during the school day
- Transparent annual survey and assessment to the community

"Smart Snack in Schools"

All foods and beverages served or sold on campus during the school day must meet strict federal & state standards.

Information provided by TUSD 2017/2018 Wellness Committee

School lunch provides lean protein, whole grains, fruits, vegetables and milk.

Please join us to support a healthy school environment by . . .

- Modeling healthy behavior!
- Celebrating with healthy treats!
- Eating plenty of fruits and veggies!

Think Positively! Exercise Daily! Dance More!

Eat Healthy! Stay Strong!

Visit us at www.tUSD.org for more tools and resources