

Student Food & Snacks

In support of student wellness, we encourage you to consider nutritional quality when bringing in any food items for classroom events. Please check with the teacher regarding any food allergens (e.g. nuts).



Preferred items:

Fresh fruit & vegetables	Yogurt
Dried fruit	Pretzels
Canned fruit	Graham crackers
Cheese	Yogurt covered raisins
Nuts, seeds	Popcorn
Trail mix without candy	Peanut butter
Crackers (<i>low-fat & whole grain</i>)	
Frozen juice or fruit bars (<i>no less than 50% juice</i>)	

Acceptable school beverages
(list on back fold of brochure)



In Moderation:

Cookies (<i>low-fat/low-sugar</i>)	Smoothies
Muffins (<i>low-fat/low-sugar</i>)	Baked chips
Frozen yogurt or sorbet	Granola Bars

Not Recommended:

Soda	Fried chips
Candy	High fat cakes, cookies, pastries
Gum	



LMUSD Food & Beverage Guidelines

Any food offered for sale on school campuses during the school day (from 1/2 hour before until 1/2 hour after) must meet the following criteria:

Snack Guidelines:**

A food item that contains:

- Not more than 175 calories for elementary students and not more than 250 calories for middle and high school students
- Not more than 35% of total calories from fat and not more than 10% saturated fat
- Not more than 35% sugar by weight

****Items exempt from above guidelines include:** nuts, nut butters, seeds, eggs, cheese, fruit, and vegetables

A La Carte Entrée Guidelines: Only Food Services may sell entrees.

Acceptable School Beverages:

Beverages that are:

- Drinking water (*no added sweeteners*)
- Fruit or vegetable based drinks (*no less than 50% fruit or vegetable juice and no added sweeteners*)
- Milk (1%, 2%, nonfat; includes flavored milks), soymilk, rice milk, and nondairy milks
- Electrolyte replacement drinks are acceptable only at the middle and high schools

NUTRITION & WELLNESS RESOURCES

www.lmusd.org

<http://centralcoastgrown.org>

www.dairycouncilofca.org

www.mypyramid.gov

www.cachampionsforchange.net



Lucia Mar Unified School District recognizes the link between student health and learning, and has developed a Wellness Policy for the District that will promote student health through nutrition education, nutrition guidelines and physical activity.



Lucia Mar Unified School District

www.lmusd.org

805-474-3000

Nutrition Education

The District's standards and goals are designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition Education will be:

- Based on current research in compliance with Federal laws and regulations
- Aligned with State frameworks in subjects such as: Mathematics, Science, English & Language Arts, History & Social Studies
- Integrated into core academic subjects
- Provided to parents, teachers and administrators through communication and outreach



Nutrition education outreach shall emphasize the relationship between student health and academic performance.

The Food Services Department will provide nutrition education and support to students, parents, teachers and the community.

Nutrition Guidelines

Lucia Mar Unified School District's food and beverage policy will continue to:

- Support the health curriculum
- Promote optimal health
- Follow State and Federal regulations for the National School Breakfast and Lunch Programs
- Comply with all safe food handling procedures

Nutrition Guidelines adopted by the District shall apply to:

- Fundraising
- Food Service and school organization sales
- Vending machines
- Marketing



Staff and Parents will be encouraged to follow nutrition guidelines for:

- Rewards and incentives
- Classroom celebrations
- Birthdays or personal celebrations

The National School Breakfast and Lunch Programs will follow all Federal and State regulations. Meals are low in fat and free of artificial trans fats, with an emphasis on fresh fruit and vegetables (from local farms when possible), low fat dairy products and whole wheat breads.



Physical Activity & Education

The District's standards and goals shall be based on current research, State and Federal regulations, and are designed to maintain health and performance.

Physical Education Programs will promote:

- Optimal physical fitness
- Skill development to interpret and understand basic health information

Physical Activity opportunities shall be provided on a regular basis through:

- Physical Education
- Recess
- School athletic programs
- Club programs
- Before and after school programs
- Other structured and unstructured activities

Communication shall be developed to encourage consistent physical educational messages that emphasize the relationship between physical fitness and academic performance.

