

LUCIA MAR'S FOOD & BEVERAGE GUIDELINES

Let's Promote Healthy Living!

Lucia Mar educators and staff are dedicated to preparing students for success both academically and in their well-being. By promoting healthy eating and physical activity, we foster habits that can lead to long-term health and success.

Our school district is following state and national guidelines with our nutrition standards for all food and beverage offerings available within the school day. This applies to all groups - staff, parents, student organizations, booster clubs, fundraisers, and our food services department. These standards apply to celebrations, parties, classroom snacks, and rewards for students' performance or behavior.

Smart Snack Guidelines Approved for Classroom Celebrations

A food item that contains:

- Not more than 175 calories for elementary students and not more than 250 calories for middle school 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.

Examples include:

- Popcorn, Baked chips, Tortilla chips, Popcorn-based chips, Snack mixes
- Low-calorie granola or oatmeal bars
- Graham crackers, Breakfast biscuits, 100 calorie packs
- Fruits - fresh, cups, canned (in own juices), pouches, dried
- Vegetables
- Greek yogurt, string cheese
- Acceptable Beverages: Drinking water, Fruit or vegetable-based drinks (no less than 50% fruit or vegetable juice and no added sweeteners). Milk(1%, 2%, nonfat, includes flavored milk), soymilk, rice milk, and nondairy milks.

Use the Smart Snack Calculator to check if your food item meets the standards!

Our schools are working on great alternative classroom celebrations. Please note that the wellness guidelines will impact any food fundraising that takes place DURING the school day.

Let's Promote Healthy Fundraising Alternatives (We can't have food fundraisers during the school day.)

- Selling school spirit gear
- Selling flowers, buttons
- Selling coupon books, a cookbook made by the school
- Selling T-shirts or sweatshirts
- Having bike-a-thons, fun runs
- Having treasure hunts/scavenger hunts
- Having festivals/carnivals
- Having dances/talent shows

Wellness Policy

Lucia Mar Unified School District recognizes the link between student health and learning. For further information on our Wellness Policy or dates of our wellness committee meetings, please visit www.lmusdfood.com and click on the Wellness Policy tab.

Our Goals

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