

Palm Springs Unified School District

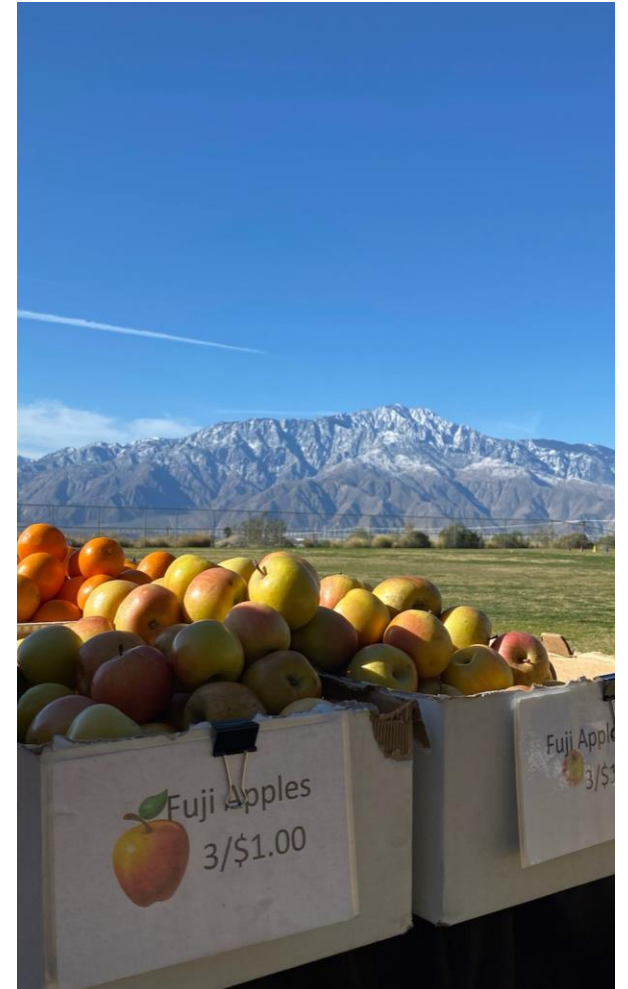
# Wellness Policy Review

March 22, 2022



# Overview

- Outline
  - Policy History
  - Requirements of a School Wellness Policy
  - Importance of Nutrition Education
    - Physical Activity
  - Implementation of our Policy
  - Total Meals Served



# LEGISLATIVE BACKGROUND

- **2004 Child Nutrition and WIC Reauthorization Act**  
Establish Local Wellness Policy by SY 2006
- **2010 Healthy, Hunger-Free Kids Act**  
Local School Wellness Policy Implementation
- **2017 Healthy, Hunger-Free Kids Act**  
Requirements Expanded



# WELLNESS POLICY CATEGORIES

## Goals Include:

- Nutrition Education
- Physical Activity
- School Based Activities To Promote Student Wellness
- Nutrition Guidelines For All Foods Available At School



# How to Manage the Wellness Policy During a Pandemic

- How The Wellness Policy Currently Applies
- Strategies In Nutrition Education And Physical Activity
- Plans When Students Return To Campus

# WELLNESS POLICY CATEGORIES

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- **Nutrition Education**
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# Farm to School Let's Talk Nutrition



Brought to you by Jezebelle Cancino and Farmer Mark Tadros



# NUTRITION EDUCATION



## How much fruit and vegetables do children need daily?

### Girls

Age	Fruit	Vegetables
2-3	1 cup	1 cup
4-8	1-1½ cups	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

### Boys

Age	Fruit	Vegetables
2-3	1 cup	1 cup
4-8	1-1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups

These amounts are for children who get less than 30 min/day of moderate physical activity, beyond normal daily activities. More active children may be able to consume more while staying within calorie needs.

SOURCE: USDA, [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



# Cahuilla Elementary School



"Our students are more alert in class after their recess snack"

# WELLNESS POLICY CATEGORIES

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# PHYSICAL EDUCATION



Kids and teens ages 6-17 need at least 60 minutes of moderate-to-vigorous physical activity every day.

(The U.S. Department of Health and Human Services)

# WELLNESS POLICY CATEGORIES

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# NUTRITION PROMOTION

## Roasted Eggplant

### Ingredients:

- 1/4 cup olive oil
- 2 eggplants
- 3/4 teaspoon Kosher salt
- 1/4 teaspoon grated garlic
- 1 tablespoon chopped fresh basil or Italian parsley
- Fresh ground pepper
- Parchment paper



### Directions:

- Preheat oven to 425 degrees Fahrenheit
- Cut the eggplant into 1-inch chunks, or you can cut it into long planks or round slices. In a large bowl, quickly mix with olive oil, Kosher salt, and fresh ground pepper (the eggplant soaks up the oil fast so mix it as soon as you add it). Pour the eggplant onto a baking sheet lined with parchment paper and spread it into an even layer.
- Roast for 30-35 minutes, until browned and tender, gently stirring the sheet at about the 25 minute mark.
- Remove from the oven and gently toss with the garlic and herbs, making sure to spread out any chunks of garlic that stick.
- Serve it as a side dish, with pasta, or in a sandwich!

**TAKE OFF WITH SCHOOL BREAKFAST**

**#NSBW22 WORD SEARCH**

Can you find these 20 words associated with a superhero-style school breakfast?

B	Z	T	E	G	R	A	I	N	S	H	K	P
E	T	S	A	F	K	A	E	R	B	E	S	T
Z	S	M	O	H	W	M	O	O	K	R	P	G
N	P	A	K	A	G	N	I	N	R	O	M	N
O	I	R	L	P	R	S	I	D	W	F	G	O
I	R	T	I	P	N	E	E	E	A	Q	R	I
T	I	E	M	Y	T	A	R	G	F	S	H	T
I	T	C	I	O	D	Y	N	A	M	I	C	C
R	I	A	R	T	A	S	T	Y	U	S	T	A
T	E	P	Z	H	T	G	N	E	R	T	S	E
U	C	E	R	E	A	L	T	I	U	R	F	Q
N	R	E	D	A	S	U	R	C	A	G	E	U

**Action Breakfast Cape Cereal** **Crusader Dynamic Fruit Grains** **Happy Hero Milk Morning** **Nutrition Power Protein Smart** **Soar Spirit Strength Tasty**

**YUM!** **WOW!** **ZOOM!**

## NATIONAL SCHOOL BREAKFAST WEEK

MARCH 7-11, 2022



**TAKE OFF**  
WITH SCHOOL BREAKFAST  
@YOURCAFETERIA

### DID YOU KNOW?

STUDIES SHOW THAT  
STUDENTS WHO EAT SCHOOL  
BREAKFAST...

SCORE HIGHER ON  
EXAMS



ARE MORE ALERT

HAVE BETTER  
CONCENTRATION +  
MEMORY



We Serve Students  
PALM SPRINGS USD NUTRITION SERVICES

**PSUSD**  
PALM SPRINGS  
UNIFIED  
SCHOOL DISTRICT



@PSUSDNews

# Julius Corsini Elementary School

## PROGRAMA DE FRUTAS Y VERDURAS FRESCAS



SON COMO PEPINOS NORMALES, ¡PERO MINI!

- Los pepinos persas ofrecen fibra, vitamina A, vitamina C, mucha agua y solo unas 20 calorías..
- Pruebe 2 cucharadas de aderezo ranch con sus pepinos persas para un delicioso bocadillo.
- Con la ayuda de un adulto se pueden cortar los pepinos en rodajas y agregarlos a su ensalada.
- Al elegir un pepino persa en la tienda, elije uno que tenga aproximadamente 4-6 pulgadas de largo para una madurez perfecta.



ESTA INSTITUCIÓN ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.

## FRESH FRUIT AND VEGETABLE PROGRAM



THEY'RE LIKE REGULAR CUCUMBERS, BUT MINI !

- Persian cucumbers offer fiber, Vitamin A, Vitamin C, lots of water, and only about 20 calories.
- Try 2 table spoons of ranch with your Persian cucumbers for a yummy snack.
- These mini cucumbers with the help of an adult can be sliced and added to your salad.
- When choosing a Persian cucumber at the store, choose one that is about 4-6 inches long for the perfect ripeness.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



# Sunny Sands Elementary School



# WELLNESS POLICY CATEGORIES

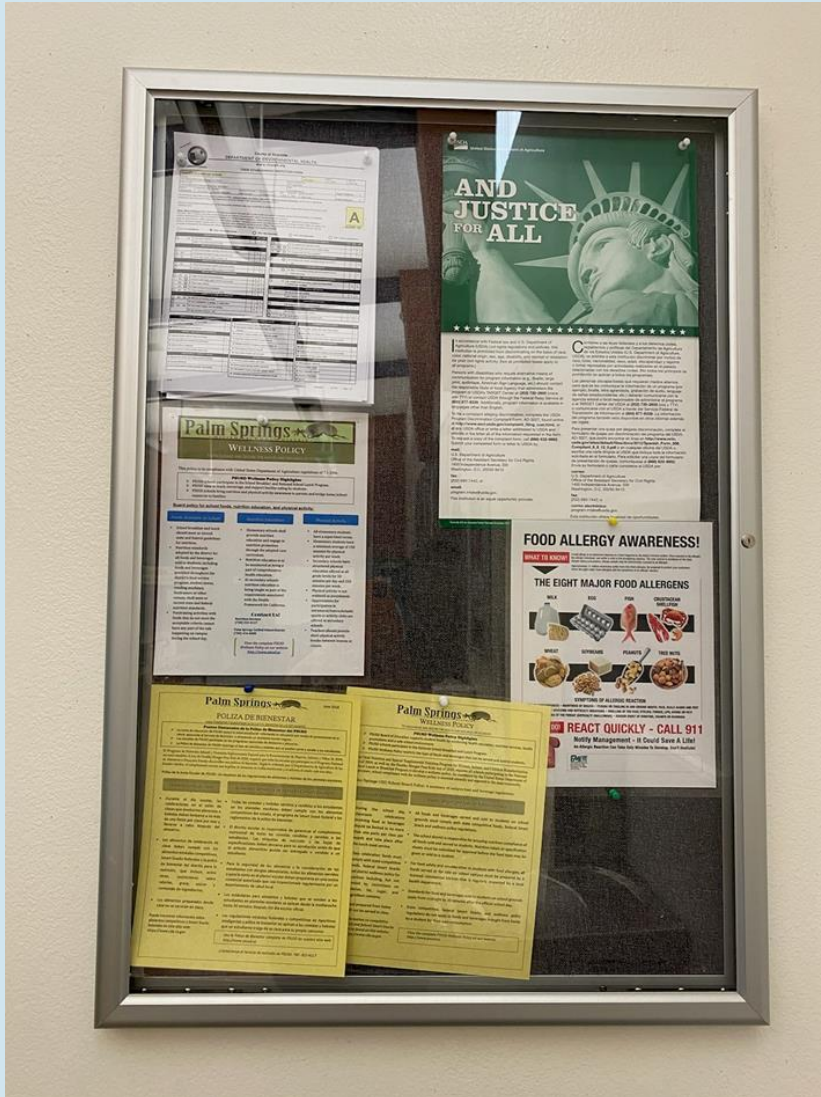
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- **Nutrition Guidelines For All Foods**

**Available At School**



# NUTRITION GUIDELINES



## NATIONAL SCHOOL BREAKFAST WEEK

MARCH 7-11, 2022



### *Menu*



#### **Monday** lunes

- BeneFIT
- Oatmeal Bar
- Crab Apples

#### **Tuesday** martes

- Cheese & Sausage Bagel

#### **Wednesday** miércoles

- Strawberry Cream Cheese Mini Bagels
- Fruit Cup with strawberries, cucumber and tangeloes

#### **Thursday** jueves

- Egg & Sausage Crumble Wrap
- Asian Pear

#### **Friday** viernes

- Waffle with Strawberry Glaze



**PSUSD**  
PALM SPRINGS  
UNIFIED  
SCHOOL DISTRICT

 @PSUSDNEWS

**Featuring**  
fresh fruits  
and veggies  
from our  
neighbors at  
Aziz Farms!






# NUTRITION GUIDELINES Cont'd




# Smart Snack Calculator

→ ↺

🔒 foodplanner.healthiergeneration.org/calculator/

 SMART SNACKS  
PRODUCT CALCULATOR



## Product Information

Take the guess work out of your day! Answer a series of questions to see if your product meets the [USDA's Smart Snacks in School nutrition standards](#)\*. Then save and print for your records!

\*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

**CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE!** If unable to view, please update your browser or try a different browser. Please refer to [USDA's Q&A document](#) for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

**NOTE:** As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

My Product is a ...

- ☐ a) Snack ⓘ
- ☐ b) Side ⓘ
- ☐ c) Entree ⓘ
- ☐ d) Beverage ⓘ

START OVER

NEXT STEP

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🔗 Questions [Contact us.](#)

# MEALS SERVED

Time Period	Total Meals Served
2019/20 (Through March 13 <sup>th</sup> )	2,909,352
2020 (March – Aug 4 <sup>th</sup> )	2,298,497
2020/21 (through May 7 <sup>th</sup> )	6,218,207
Total Pandemic Meals	8,516,704
2021-2022 (August 4 <sup>th</sup> – February)	2,029,394



# Thank You!

