

Palm Springs Unified School District

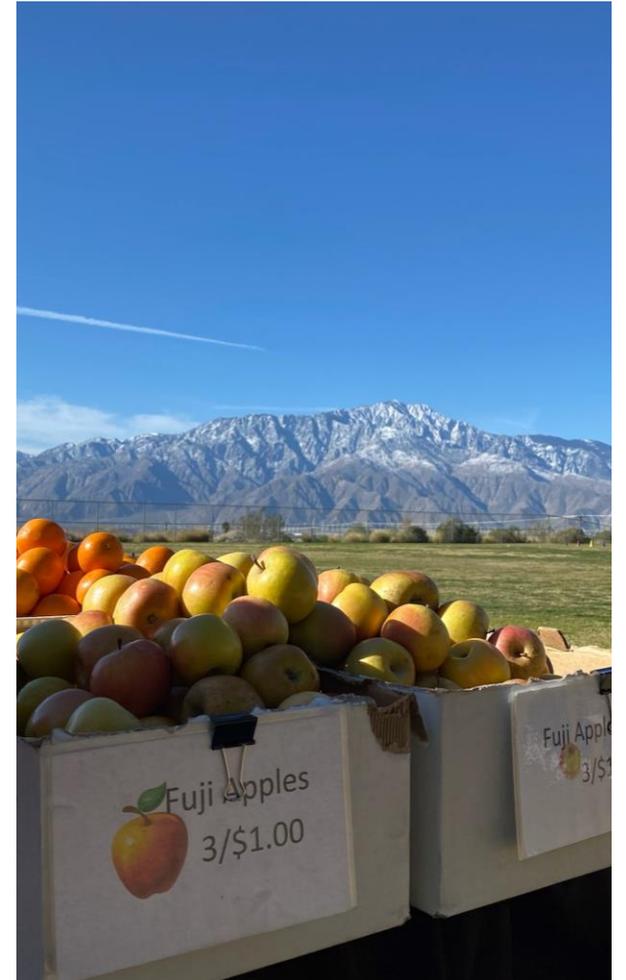
Wellness Policy Review

March 22, 2022



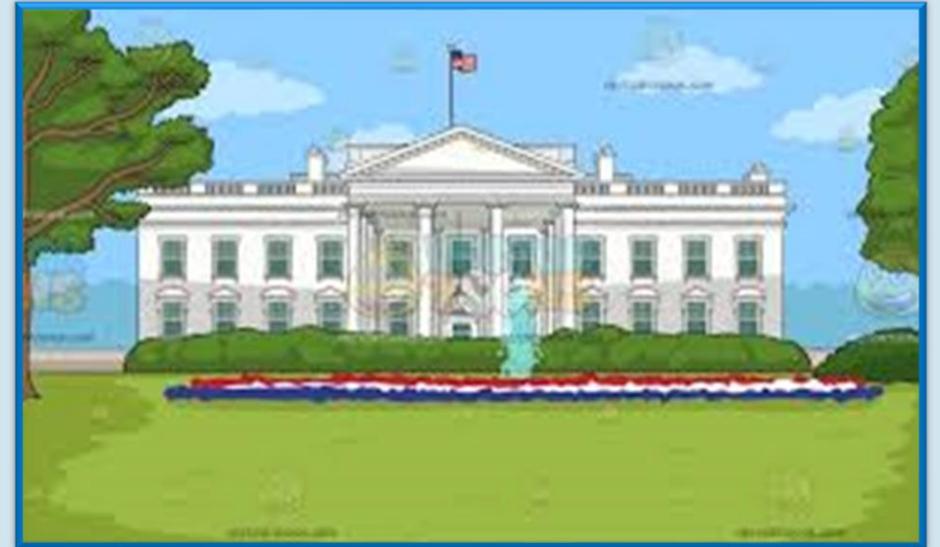
Overview

- 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

Goals Include:

- **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

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. The roasted eggplant will be tender and delicious.
- 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 Fruit Grains
 Happy Hero Milk Morning
 Nutrition Power Protein Smart
 Soar Spirit Strength Tasty

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 7-11, 2022



@YOURCAFETERIA

DID YOU KNOW?

STUDIES SHOW THAT STUDENTS WHO EAT SCHOOL BREAKFAST...

SCORE HIGHER ON EXAMS



ARE MORE ALERT

HAVE BETTER CONCENTRATION + MEMORY



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, elija 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

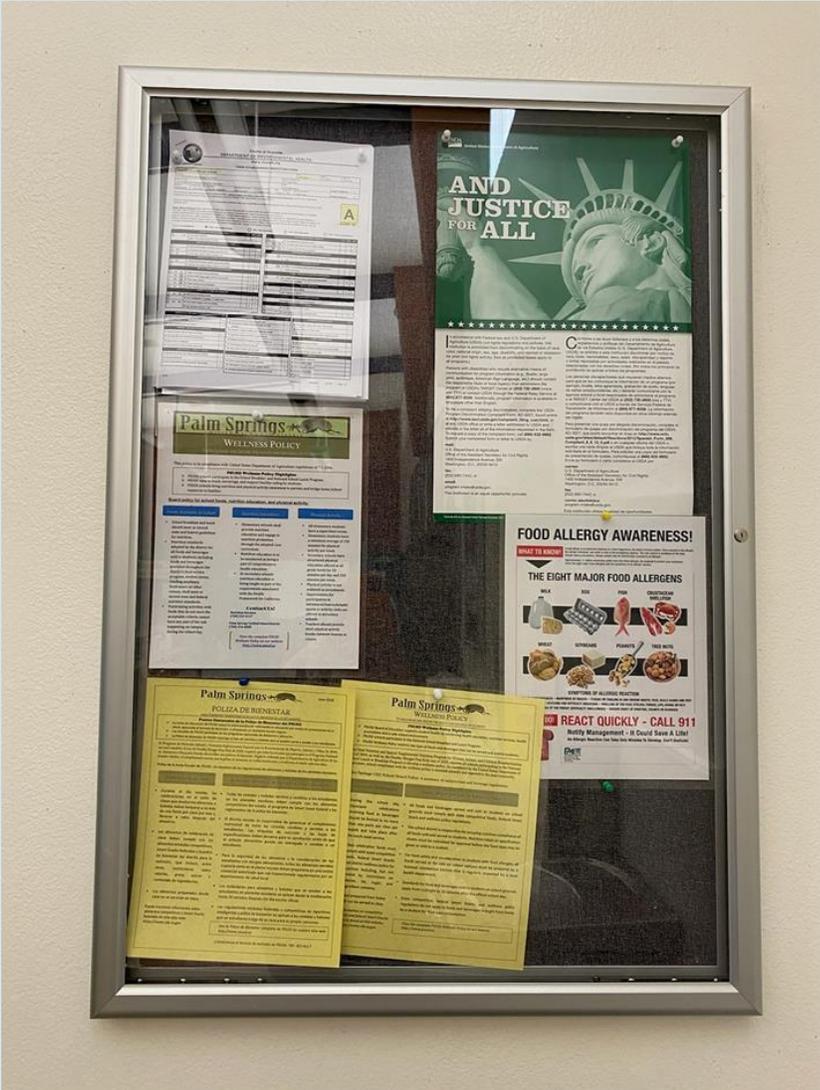
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- **Nutrition Guidelines For All Foods**

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

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



@PSUSDNEWS



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 th)	2,909,352
2020 (March – Aug 4 th)	2,298,497
2020/21 (through May 7 th)	6,218,207
Total Pandemic Meals	8,516,704
2021-2022 (August 4 th – February)	2,029,394

Thank You!

