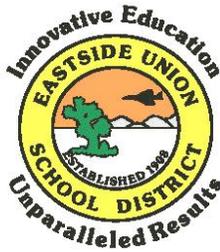


Joshua L. Lightle, Ed.D.  
Superintendent



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## RE: School Wellness Guidelines for Foods and Beverages

Dear Parents and Guardians,

Eastside Union School district is in the constant pursuit of providing our students with a safe and healthy environment. Providing our students with access to a quality education is only part of our mission. We foster to the well being of all of our students needs. In compliance with Federal Regulation (42USC 1751) and Eastside Union School District Board Policy (5030 Student Wellness), the following guidelines for foods are available on each school campus. These policies were created to ensure we are all doing our part to provide our children with a healthy lifestyle.

To support the district's nutrition education efforts and promote student wellness, parents/guardians and staff are required to select any foods and beverages that are donated/purchased for class activities/celebrations from the following list of nutritious classroom snacks:

100% fruit juices *	String Cheese *
Low fat milk *	Deli meat, cheese & crackers
Water	Fig Bars
Fresh fruits *	Microwave popcorn (low-fat)
Fruit packaged in its own juice	Rice cakes
Fruit snacks Yogurt with granola	Fresh vegetables with low fat dip *
Frozen yogurt	Animal crackers *
Frozen juice bar *	Pretzels
Vanilla wafers	Baked Tortilla Chips with salsa
Low-fat granola bar	For classes <b>free</b> of nut allergies:
	<b>Dried fruit &amp; nut trail mix</b>
	<b>Peanut butter crackers *</b>

\*These items may be available for purchase from Child Nutrition Services if ordered at least one week in advance.

- **Foods and beverages from this list must be store bought, in the original sealed container, and ready to eat.**
- Fruits and vegetables donated may be purchased in a sealed tray from the store or brought to the school kitchen for cleaning and preparation by the parent/guardian or teacher.
- Other nutritious snacks may be added to the list by getting the approval of the Site Administrator and Wellness Council; provided these items meet all of the following nutritional standards:

1. Not more than 35 percent of the total calories of the item are from fat
2. Not more than 10 percent of the total calories of the item are from saturated fat
3. Not more than 35 percent of the total weight of the item, excluding fruits and vegetables, are composed of sugar.

To ensure that foods brought into schools for celebrations/activities conform to Board policy and contribute to the nutritional well-being of students, the following items are not permitted: **cakes, cookies, cupcakes, pies, candy, and soda**. We appreciate your understanding and support of these new policies. Together, we will be able to provide our students with a model of healthy living to emulate for years to come.

Sincerely,

Anita Molino

Director of Child Nutrition Services

