

NUTRITION NEWS

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Nutrition Education Project

SFUSD Wellness Policy - Dynamic Strategies for an Improved School Environment



Question: How did Moscone Elementary School raise over \$6000?

Answer: By following SFUSD's Wellness Policy and conducting a healthy fundraiser.

When Moscone Principal, Ms. Zielinski, needed advice on healthier fundraising ideas, she asked Site Nutrition Coordinator (SNC), Louise Hjortenfalk ("Ms. Louise").

Ms. Louise's job as the SNC is to promote more consumption of fruits and vegetables and to encourage kids to be more physically active via nutrition education. Nutrition Education is a vital part of the SFUSD Wellness Policy. Ms. Louise, pointed Ms. Zielinski to the Wellness Policy as a guide for healthier fundraising ideas.

Instead of having the *customary* food-sales fundraiser which often sells unhealthy foods such as chocolate bars or nachos, the principal and staff wanted to do something that would promote better health for the students, their families, and the school while raising money for Moscone. They decided on a Walk-a-Thon.

This material was funded by USDA's Food Stamp Program through the *California Nutrition Network for Healthy, Active Families*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 415-558-4186.

SFUSD Wellness Policy
Revised June 2007

Written by a committee composed of parents, staff, students, nutritionists, and healthcare professionals, formed in 2003. **KEY POINTS**

1. Offer nutrition education for all students emphasizing increased fruits and vegetables intake
2. Encourage healthy snacks at classroom parties & celebrations (i.e. apple slices, raisins and whole grain pretzels)
3. Increase physical activity for students
4. Establish a SFUSD Nutrition Standard for food sold to students
5. Increase the return of the Meal Eligibility Applications (Nutrient-dense food, no "junk food")
6. Improve School Lunch Menu Choices

<http://www.healthiersf.org/Resources/index.html>

A fundraising committee was developed including parents, teachers and students. The committee agreed upon a plan (visit- www.healthiersf.org for more fundraising ideas), and then families started to secure financial pledges by asking surrounding neighborhood stores, friends, and family members.

Moscone collected over \$6000. The success was a pleasant surprise. It was Moscone's first Walk-a-Thon, and it raised more money than a traditional food sale fundraiser.

One third grader reports, "This was a great way to stay healthy and raise money for our school." At the end of the Walk-a-Thon parents followed SFUSD Wellness Policy guidelines and served a healthy fruit snack and refreshing cool water. (continued inside)



What can you do at your school site?

1. Talk with your principal about holding a healthy fundraiser.
2. Form a fundraising committee and select a date and time.
3. Decide how the committee will collect financial pledge donations.
4. Educate the students about the details regarding a healthier fundraiser.

For more information regarding fundraising that encourages students, families and school staff to make healthier nutrition and physical activity choices, please visit

<http://www.healthiersf.org/Resources/index.html>

Question: How did these classroom teachers find the time to do a fun food activity when all schools are asked to focus on academics?



Dr. William Cobb students make yummy fruit kabobs

Answer: By using the SFUSD Wellness Policy to guide them in incorporating nutrition education into the school day so that students can make healthy food choices and be ready to learn.

Each academic year proves to be very challenging for both staff and students. Everyone is doing his or her best to:

- ◆ prepare for standardized tests,
- ◆ keep the mind and body healthy, and
- ◆ enjoy academic learning.

The SFUSD Wellness Policy helped to guide these classrooms in accomplishing the above objectives.

Teachers were inspired to enhance:

Literacy skills - by having students read the recipe and follow the directions. This demonstrates reading comprehension for the students.

Math skills - by having students cut food into fractions and different geometrical shapes. Students get hands-on experience with math concepts and practice hand-eye coordination.

Nutrition Education - by exposing students to different kinds of fruits and vegetables through classroom cooking while teaching academic lessons. These health enhancing activities have changed how classes celebrate parties and achievements.

Parents can also continue to support the SFUSD Wellness Policy in their child's classroom by sending fruits and vegetables as a snack for special celebrations or parties.

Parents were inspired to reinforce, at home, both literacy and math skills by reviewing the classroom lessons with their child. Afterwards the whole family enjoyed eating a meal containing yummy fruits and vegetables.

What are some additional ways you can help?

For special events, instead of sending chips, soda, and cupcakes try sending carrots sticks with low-fat ranch dressing, 100% fruit juice, and a fruit salad cup. Parents are welcome to volunteer at any school function and help with healthy classroom cooking lessons.

We want to hear from your school, classroom or family. What are you doing to follow the new SFUSD Wellness Policy? We may use your story for our next newsletter.

Email your story to info@healthiersf.org. For more information about the SFUSD Wellness Policy and how it can help improve your classroom, family and school life, please visit -

<http://www.healthiersf.org/Resources/index.html>

To learn more about the Nutrition Education Project,

please visit www.healthiersf.org, click on



Bret Harte students make beautiful edible butterflies.