Provide fresh fruit or vegetables for refreshments

Always offer water or “spa water,” preferably in pitchers

Include a short physical activity break

Provide Healthy Choices at our District meetings & events

The SFUSD Wellness Policy was developed to create healthier environments for students and staff, and clarifies the nutrition guidelines for food that is sold or served to students. The policy makes healthy recommendations for food and beverages offered at school and community activities and events. The Student, Family, and Community Support Department is committed to promoting health and wellness for students, staff and families. Choosing healthier food and beverage options begins in our own workplace. For additional resources see www.healthiersf.org/nutrition.