

School Health Programs Healthy Food & Beverage Guidelines

The SFUSD Wellness Policy was developed to create healthier environments for students and staff, and dictates the nutrition guidelines for food that is sold or served to students. The policy makes healthy recommendations for food and beverages offered at school activities and events.

School Health Programs is committed to promoting health and wellness for students, staff and families. Choosing healthier food and beverage options begins in our own workplace. The following healthy food and beverage guidelines will provide guidance for food and beverages served at School Health Programs' meetings and events. The guidelines are divided into two sections:*

- **Section 1** applies to all meetings and functions for staff or students, sponsored by School Health Programs either, at 1515 Quintara or at any school or SFUSD site.
- **Section 2** applies to all meetings and functions for staff and students which take place at 1515 Quintara St.

Section 1: At any School Health Programs sponsored meeting or activity, regardless of location, consider:

1. **Water will be provided** in pitchers or readily available in bulk containers, instead of individual plastic bottles.
2. **No sugar-sweetened beverages** will be served.** (Soda, sports drinks, flavoured waters, punches, sweetened teas...)

Section 2: The following suggestions apply to any meeting or event held at the School Health Programs Office at 1515 Quintara Street—regardless of whether the event is sponsored by School Health Programs or by a community partner.

A. Availability of Food at Meetings

If food is offered at a meeting, offer snacks, such as fruit, vegetables or other low-calorie, healthful food options.

B. Beverages

Water should always be available, preferably served in bulk containers such as water pitchers rather than in individual plastic bottles. Sliced fruit or herbs can be added to water. If juice is served, serving size should be limited to 6 – 8 oz. per serving. Other healthier beverage choices might include:

- Non-caloric beverages such as coffee or tea.
- Carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
- Nonfat or 1% milk or dairy-free alternatives without added sweeteners (soy or rice milk).

C. Foods

Food selections should emphasize fruit, vegetables, whole grains, and non-fat or low-fat dairy products.

- If meat is served, a vegetarian option should also be provided. (Consider a vegan option for larger groups.)
- Include lean meat such as skinless poultry, fish, beans, tofu, eggs, nuts, and seeds.
- Select food with no trans fat, and low in saturated fat, sodium, and added sugar.

- Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
- Provide fresh fruit or other healthy options for dessert. If a sugary or high fat dessert is offered, then fresh fruit must also be provided.
- Serve appropriately sized portions for all foods (i.e. cut bagels in half, use smaller serving utensils, pre-plate portions...

D. Physical Activity:

A 5 - 10 minute physical activity break should be offered at meetings lasting more than two hours. Suggested activities include stretches, calisthenics, dance movements, yoga poses, etc.

E. Treat Foods:

- Staff members should not offer and display in public view, “treat foods,” including candy, chips, cookies, cake.... on a regular basis.
- On special occasions baked goods may be brought for sharing and it is highly encouraged that a healthy alternative (fresh fruit, cut up vegetables...) be offered as well.

Support:

Guidelines will be posted in all School Health Programs meeting areas and will be communicated to all School Health Programs staff

*Guidelines adapted from the UC Berkeley Guide to Healthy Meetings and Events
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>

**Reducing the consumption of sugar-sweetened beverages is one of several prevention strategies to reduce the risk of developing obesity and diabetes for staff, students and families.