

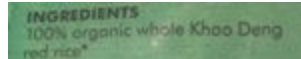
OPUSD Healthy Food Guidelines for All Schools

Foods That Fall Under the Healthy Food Guidelines.

All foods must be from one of the following groups:

- **Water:** Regular or carbonated, flavored or unflavored, no sugar added.
- **Fruit:** Fresh and in season are best. Also consider frozen, dried, or fruit slices/pieces packaged in 100% juice. Always choose 100% fruit juice but limit quantities to 8 oz per day.
- **Vegetables,** not fried: Choose fresh vegetables such as baby carrots, sugar snap peas, and cucumber paired with hummus or low fat dip; or roasted, steamed, or stir-fried vegetables such as broccoli, cauliflower, summer squash, and sweet potatoes; limit white potatoes. Whenever possible choose a variety of more nutrient-dense leafy green vegetables such as spinach, kale, and green leaf lettuce.
- **Healthy Protein:** Choose nutrient dense options such as yogurt, beans, hummus, low fat cheese, eggs, nuts, seeds, and nut/seed butter; if avoiding peanuts and tree nuts, choose sunflower butter or WOWBUTTER. Limit deli meats, hot dogs, red meats and choose chicken breast and ground turkey instead.
- **Whole Grains:** A grain is considered whole if it retains all three of its original parts and associated healthy nutrients. When choosing grain foods, opt for whole grains (e.g. brown rice, oats, corn, and quinoa) or foods made with minimally processed whole grains (e.g. whole wheat bread and whole wheat pasta).

- Whole, unprocessed grains will have the word(s) “whole” or “whole grain.”

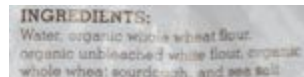


- For packaged grain foods such as pasta, bread, tortillas, and baked goods, read product labels:

(1) Look for the whole grain stamp



(2) Check the ingredient list for **whole** grain as the first item or second item only after water



(3) aim for at least 3 grams of fiber per serving on the nutrition facts label.

Total Carbohydrate	43g	14%
Dietary Fiber	3g	28%
Sugars	0g	
Protein	6g	12%

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Helpful Tips on How to Meet the Healthy Food Guidelines.

<i>Instead of:</i>	<i>Choose:</i>
Candy, including lollipops, gummies, fruit snacks, chocolate, chocolate- or yogurt-coated raisins	<ul style="list-style-type: none"> ● Granola bars, whole grain cereal bars, or fruit and nut bars (KIND, Nature’s Path, Annie’s Homegrown, Larabar, Clif ZBar); for bars with added sugar, aim for varieties containing less than 10 grams of sugar; ● Dried fruit with no or low added sugar ● Fruit and nut/seed trail mix
Refined grain snacks such as hard pretzels, Goldfish crackers, Cheez-It crackers, animal crackers	Whole grain versions of hard pretzels paired with hummus; whole grain Goldfish and Cheez-It crackers; graham crackers
Fried chips, including potato chips, tortilla chips, Flamin’ Hot Cheetos and other crunchy cheese snacks	<ul style="list-style-type: none"> ● Popcorn (air-popped or light) ● Baked tortilla chips with salsa ● Baked potato chips ● Nuts (e.g. almonds, pistachios, walnuts)
Commercial baked goods such as donuts, cookies, and cupcakes	Whole grain baked goods such as whole wheat blueberry muffins and whole wheat zucchini bread; also look for whole grain baked goods made with applesauce, plain yogurt, or mashed bananas in place of fats like butter and oil
Ice cream, sundaes, and artificially flavored popsicles (e.g. Otter Pops)	<ul style="list-style-type: none"> ● Yogurt (regular or Greek) paired with fruit and granola; if choosing flavored, select low sugar varieties made from whole fruit without artificial color and flavor ● Frozen yogurt (low sugar, low- or non-fat) ● Low fat fudge popsicles ● Fruit popsicles made from 100% fruit juice
Soda, diet soda	<ul style="list-style-type: none"> ● Water (regular or carbonated) ● 100% fruit juice (regular or carbonated) with no added sugar

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Important Notes To Remember About Selling Or Serving Food To Students

- Food and Drinks **Sold** During the School Day

Without exception, food and drinks **sold** during the school day must meet all state and federal requirements for Competitive Foods detailed in OPUSD's Wellness Policy [AR 5030](#). Only OPUSD Food Services and the Associated Student Body ("ASB") are allowed to sell food to students during the school day. ASB may only do so, however, **up to four times a school year**. Additionally, California law requires that all food and drinks sold during the school day be pre-approved by the District's Governing Board; ASB should allow sufficient time to secure approval. (See [AR 5030\(c-d\)](#).)

- Food and Drinks **Served to Students (Not Sold)** During the School Day for Classroom Activities, Events, and Celebrations

Food and drink **given** to students for classroom snacks, activities, and celebrations during the regular school day must meet OPUSD's Healthy Food Guidelines. Classrooms may hold an event or celebration involving food that does **not** meet our Healthy Food Guidelines, but only with pre-approval from the school site principal and so long as it does **not occur more than once a month**. Even then, we encourage parent volunteers and teachers to provide students with healthy choices. Please refer to the [OPUSD Recommended Snacks](#) for suggestions and ideas.

- Rewards and Incentives

OPUSD highly encourages the use of [non-food prizes and rewards](#), such as extra recess time or having a desired activity, whenever staff or volunteer auxiliary organizations seek to reward students for a positive outcome. If staff or volunteers choose to use food as a reward (e.g., for good behavior, academic achievement, etc.), the selected food must meet the Healthy Food Guidelines. Staff and volunteers may **not** use candy, soda, donuts, cookies, or other sweet treats as a reward or incentive for students.

- Foods and Drink Sold or Served at School Events **Outside** the School Day

Organizers of events held outside the school day should strive to be as inclusive as possible of the cultural diversity of all the District's students and their families. To that end, a vegetarian or vegan entrée option **must** be offered whenever meals are served. Additionally, healthier entrée choices such as a grilled chicken breast sandwich or turkey burger should be available as an alternative to red meat or processed meat offerings. Event organizers may occasionally get **approval** from the school site principal to sell or serve soda, candy, or other sweet treats to students, but it should only be done on an infrequent basis and always in moderate quantities. **Caffeinated energy drinks may not be sold or served to students at any time**. See [OPUSD Practice and Policy Guide for Food Served Outside School Hours](#) for more detail.