

## OPUSD Healthy Food Guidelines

For Fundraisers, School-Sponsored Events, and Classroom Activities

Good nutrition helps children grow and learn. In October 2017, the OPUSD School Board passed a revised and expanded Wellness Policy for the District and its schools. This policy includes the Healthy Food Guidelines highlighted below. Please note that this document does not represent the comprehensive listing of the nutritional guidelines. Please visit [www.oakparkusd.org/studentwellness](http://www.oakparkusd.org/studentwellness) for the full version of the Wellness Policy.

### What foods fall under the Healthy Food Guidelines?

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; limit fruit juice to one small glass 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.
- **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.
- **Whole Grains:** A grain is considered a whole grain 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."

**INGREDIENTS**  
100% organic whole Khao Deng  
red rice\*

**INGREDIENTS: 100% WHOLE  
GRAIN OATS.**

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

- Look for the whole grain stamp



- Check the ingredients list to find a **whole** grain as the first item or second only after water:

**INGREDIENTS:**  
Water, organic whole wheat flour,  
organic unbleached white flour, organic  
whole wheat sourdough, and sea salt

**INGREDIENTS: WHOLE GRAIN OAT  
FLOUR, CANE SUGAR, OAT BRAN,  
MANGO PURÉE, RICE STARCH, FREEZE  
DRIED MANGO, NATURAL MANGO**

- Glance at the nutrition facts label and aim for at least 3 grams of fiber per serving

<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 0g	
<b>Protein</b> 6g	<b>12%</b>

**Tips on How to Meet the Healthy Food Guidelines**

<b>Instead of:</b>	<b>Choose:</b>
Ice cream, sundaes, and popsicles (e.g. Otter Pops)	<ul style="list-style-type: none"> <li>• 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</li> <li>• Frozen yogurt (low sugar, low- or non-fat)</li> </ul>
Fried chips, including potato chips, tortilla chips, Flamin' Hot Cheetos and other crunchy cheese snacks	<ul style="list-style-type: none"> <li>• Popcorn (air-popped or light)</li> <li>• Baked tortilla chips with salsa</li> <li>• Baked potato chips</li> <li>• Nuts (e.g. almonds, pistachios, walnuts)</li> </ul>
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
Candy, including lollipops, gummies, fruit snacks, chocolate, chocolate- or yogurt-coated raisins	<ul style="list-style-type: none"> <li>• Granola bars, whole grain cereal bars, or fruit and nut bars (KIND, Nature's Path, Nature Valley, Annie's Homegrown, Larabar, Clif ZBar); for bars with added sugar, aim for varieties containing less than 10 grams of sugar;</li> <li>• Dried fruit with no or low added sugar</li> <li>• Fruit and nut/seed trail mix</li> </ul>
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
Soda, diet soda, energy drinks	<ul style="list-style-type: none"> <li>• Water (regular or carbonated)</li> <li>• 100% fruit juice (regular or carbonated) with no added sugar</li> </ul>

**Additional Information About the Healthy Food Guidelines**

**Soda, Candy, Energy Drinks:**

No soda, candy, or caffeinated energy drinks may be sold to students on school campuses.

**Rewards and incentives:**

Food used as a prize or reward (for good behavior, academic achievement, good attendance, etc.) must meet the Healthy Food Guidelines. OPUSD highly encourages the use of non-food prizes and rewards, such as more recess time or having a special activity.

**Classroom or school activities, events, and celebrations:**

Food and drinks brought to school and served to students for events, activities, and celebrations should meet the Healthy Food Guidelines. Schools may allow food/drinks that does not meet the Healthy Food Guidelines, but at no more than once a month.

**Food and drinks sold during the school day:**

Food and drinks sold during the school day must meet the Healthy Food Guidelines and all state and federal requirements detailed in the wellness policy BP/AR 5030.

**Foods and drinks served at school events outside the school day:**

When food or drinks are served at school-sponsored events outside of the school day, healthy choices should be included.