



PINELLAS COUNTY  
SCHOOLS

# WELLNESS GUIDELINES

Elementary School Fact Sheet 2006-2007



## Highlighting Changes

The federal government is requiring all school districts to develop a wellness policy addressing four following areas: 1) Nutrition Education, 2) Physical Activity, 3) Other School-Based Activities, 4) Foods on Campus.

**Nutrition Education:** Instruction is required at all grade levels.

**Physical Activity:** Thirty (30) minutes of daily physical education is required.

**Other School-Based Wellness Activities:** Schools should provide access to hand washing/hand sanitizing before and after students eat.

**Foods on Campus:** Elementary schools may not serve or provide access for students to low nutritional foods and forms of candy on school property until the end of the school day. This includes vending machines, school stores and school fundraisers.

**Snacks and special events:** Parents who would like to send snacks should call the school office or teacher to make sure the items are within the guidelines. All snacks must comply with the district's nutrition standards and may not contain any low nutritional candy or dessert type items (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.).

With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to three different school-approved events each year**. These food items may not be given while school meals are being served.

**Menus and cafeteria options:** All beverages served will be milk, 0-calorie flavored water, 100 percent fruit and/or vegetable juice. Food services menus meet or exceed regulatory nutritional requirements.

**Students with special needs:** Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

**FCAT test days:** Schools and parents may provide one additional snack per day for students taking the FCAT tests. The school snack must comply with the fat and sugar limits of the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

**Field trips:** School-approved field trips are exempt from the nutrition guidelines.

## Healthy Eats for Kids!

### Classroom Snack Suggestions

#### Fresh Fruits

Fresh vegetables  
Unsweetened fruit or vegetable juices  
Canned fruits in natural or light juices  
Raisins or other dried fruits

#### Grains (1.5 oz. or less)

Crackers  
Unsweetened cereals  
Unbuttered popcorn  
Baked tortilla chips  
Unsweetened cereal, pretzel and nut mix  
Pretzels  
Graham or animal crackers  
Goldfish crackers  
Munchies Kids Mix  
Baked chips

#### Cereal Bars

(2 oz. or less)  
Multigrain bars  
Quaker Oatmeal bars  
Rice Krispies Treats

#### Bakery Items (3 oz. or less)

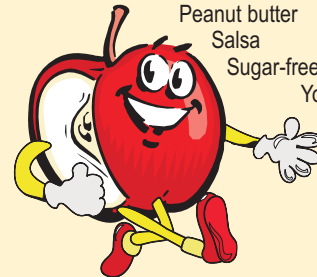
Whole grain breads  
Bagels  
English muffins  
Mini muffins

#### Beverages (12 oz. or less)

Bottled water  
Flavored water (0-calorie)  
Low-fat milk, flavored or unflavored  
100% fruit juices  
100% vegetable juices

#### Miscellaneous

Low-fat cheeses  
Peanut butter  
Salsa  
Sugar-free gelatin  
Yogurt (8 oz. or less)



## Frequently Asked Questions

### Why are the guidelines changing?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity by the 2006-2007 school year.

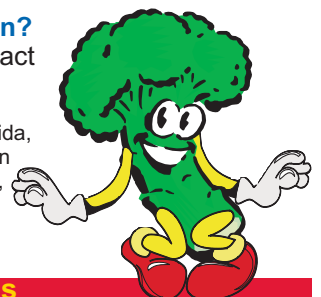
### How does this affect the lunch that I send to school with my child?

These guidelines do not affect what you pack in your child's lunch. Parents may provide low nutritional or candy items for their own child but not for other children.

### Who do I call if I have a question?

For more information, please contact the office at your child's school.

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