

Bellflower Unified School District School Wellness Policy and Nutrition Standards

The Bellflower Unified School District is committed to providing school environments that promote and protect student's health, well-being and ability to learn by supporting healthful eating and physical activity. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Schools will provide nutrition education and physical education that foster lifelong habits of healthful eating and physical activity. Schools will establish linkages between health education, school meal programs, extracurricular activities, and other related services such as counseling.

Wellness Policy

In 2006, the Bellflower Unified School District adopted the Federally Mandated School Wellness Policy. This limits the types of food that may be sold on campus; it requires that specific types of food be served to students who purchase breakfast and/or lunch at school and encourages more physical activity for students throughout the day.

Bellflower Unified School District has developed some guidelines that support the *Wellness Policy* and send a positive message to students. Bellflower Unified School District wants students to eat healthful foods and live healthful lifestyles.

FAST FOOD ITEMS ARE NOT TO BE BROUGHT ON CAMPUS FOR OR BY STUDENTS TO BE EATEN OR SOLD. ONLY HEALTHFUL SNACKS SUCH AS FRUIT, CRACKERS, VEGETABLES, ETC. SHOULD BE SENT WITH STUDENTS. UNHEALTHFUL SNACKS SUCH AS CHIPS, CANDY, COOKIES, AND SODA ETC. ARE NOT ALLOWED. DUE TO LIMITED SPACE, PARENTS ARE NOT PERMITTED TO EAT IN THE CAFETERIA WITH STUDENTS.

STUDENT'S SPECIAL OCCASIONS

Bellflower Unified School District acknowledges the special occasion of each student's birthday. In lieu of food items such as cupcakes, punch and other unhealthy snacks, a positive way to celebrate a student's birthday is to recognize their birthday by donating a book to their classroom library. Happy Birthday pencils given to the student's teacher to distribute might also be a fun way of sharing the happy day.

National School Breakfast/Lunch Program

The district participates in the National School Breakfast/Lunch Program that provides nutritious meals on a voluntary, low-cost basis to students. The program offers free or reduced-price meals for students who meet the standards for participation.

- ☆ Applications for the free and reduced lunch program are sent home the first day.
- ☆ These forms must be completed and returned to the school for processing.
- ☆ Each family needs to complete one application by listing all students and household members on one application.
- ☆ Applications must be completed by each family annually.
- ☆ Completed applications are processed by the Food Services Manager and families who qualify are notified.

FEDERAL REGULATIONS REGARDING THE SCHOOL LUNCH PROGRAM

Federal regulations require that all foods purchased at school must be eaten by students while at school or attending a school function.

- ☆ Students who do not qualify for the free or reduced lunch program may bring cash to pay for meals.
- ☆ Please be sure the money is in a sealed envelope with the student's name and room number.
- ☆ It is strongly recommended that parents take advantage of the pre-paid lunch account.
- ☆ Parents may submit a check made out to BUSD Food Services or use a credit card. To use this service you would call the Nutrition Services office at (562) 866-4192 ext. 7803.
- ☆ To protect the account code, numbers should not be shared. Parents are responsible for monitoring the account balance.
- ☆ Balanced breakfasts, lunches, milk and orange juice are sold daily in the school cafeteria. Prices are subject to change.

- ☆ If a child forgets their money, they must call home for it. Students without a lunch will be provided a small meal that will be charged to their account.