

## Students

### Welfare

#### Classroom Practices

The Watertown Unified School District recognizes that proper nutrition is related to a student's physical well-being, growth, development, readiness to learn, and academic achievement. A healthy school environment provides students with consistent, reliable health information to demonstrate healthy nutrition choices.

The Watertown Unified School District recognizes the benefits of healthy foods in our schools and classrooms to assure that our children can grow, learn and thrive. The link between good nutrition and good education is clearly demonstrated through better attendance, higher achievement, and fewer behavior problems at school.

#### Special Events/Celebrations/Parties

Healthy food options should be available at any school function in the Watertown Unified School District. These school functions include, but are not limited to, classroom parties and celebrations, feasts/banquets and extra-curricular events.

#### Snacks in the Classrooms

The Watertown Unified School District **highly suggests** only nutrient-rich foods be provided and consumed in district classrooms for snacks.

These foods will be low in sugar and fat (less than 3 grams fat per serving qualify as "low fat" and sugar will not be listed as the first or primary ingredient). Examples of nutrient-rich snack foods for classrooms are:

- ~ Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- ~ Fruit kabobs
- ~ Fruit and cheese kabobs
- ~ Baked tortilla chips and salsa
- ~ Baked corn chips and bean dip
- ~ Low fat cheese quesadillas
- ~ Cheese cubes
- ~ Low sugar granola bars
- ~ Pumpkin, zucchini or banana bread
- ~ Go-Gurts (yogurt in a tube)
- ~ Fresh fruit
- ~ Frozen 100% fruit juice pops
- ~ Bagels & low fat cream cheese
- ~ Rice cakes
- ~ Pretzels
- ~ Popcorn
- ~ String cheese

- ~ Dried fruits (raisins, banana chips, etc.)
- ~ Trail mix (dried fruits and raisins)
- ~ Low fat meat sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- ~ Party mix (variety of cereals, pretzels)
- ~ Low sodium crackers
- ~ Cheese & crackers
- ~ Baked corn chips & fat free potato chips with salsa and low fat dips
- ~ Low fat muffins, granola bars
- ~ Angel food and sponge cakes
- ~ Flavored yogurt and fruit parfaits
- ~ Veggie or fruit pizza
- ~ Low fat pudding cups
- ~ Low fat ice creams, frozen yogurts, sherbets
- ~ Low fat and skim milk products
- ~ 100% fruit juices
- ~ Water

#### Alternatives to Using Foods as a Reward/Recognition

Students are often offered non-nutritional food as a reward for “appropriate” behavior at school, at home and throughout the community. Often these are used as rewards as they are easy to prepare, inexpensive, and can bring about short-term behavior change in students.

Students learn preferences for foods made available to them. Poor food choices and inadequate physical activity contribute to being overweight and can lead to obesity. Students learn what they live.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches children to eat when they are not hungry as a reward to themselves.

Students naturally enjoy eating healthy foods and being physically active. Schools and communities need to provide students with an environment that supports healthy behaviors. Food will only be used as a reward on a limited basis. The food which is offered as a reward should conform to school policies.

Buildings are required to implement this policy and to communicate its provisions to parents and staff on an annual basis.

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