

EUREKA UNION SCHOOL DISTRICT

Nutritional Guidelines for School Activities and Special Events

THE EUREKA UNION SCHOOL DISTRICT believes that sound nutritional practices are fundamental to increasing student performance – both academically and physically – and establishing a life-long lifestyle of healthy choices.

Parents / guardians are encouraged to support the students' educational and nutritional needs by considering nutritional quality when selecting any snacks which they may donate for occasional special events. To that end, parents are urged to:

Maximize nutrient rich (or nutrient dense) offerings such as:

- Milk and dairy products, including cheese, yogurt, and frozen yogurt;
- Full strength fruit and vegetable juices and fruit drinks containing 50 percent or more full-strength fruit juice, and fruit nectars containing 35 percent or more full-strength fruit juice;
- Fresh, frozen, canned and dried fruits and vegetables;
- Non-confection grain products including crackers, bread sticks, tortillas, pretzels bagels, muffins and popcorn.

Suggestions: Smoothies, bottled water, whole fruits, fruit-juice sweetened recipes for things like cookies, fruit salads, wraps.

Consider also: Non-food treats, pencils, bookmarks, erasers

Minimize high fat, high caloric, high sugar, nutrient weak offerings such as:

- Confectionary grain products such as cookies, cakes and doughnuts;
- Candy;
- High fructose, high sugar and carbonated sugared beverages including sodas.

THE EUREKA UNION SCHOOL DISTRICT appreciates the support offered by parents in establishing and maintaining an environment that promotes healthy choices for children.