

Pacific Grove Unified School District

Students

Exhibit 5030-A

STUDENT WELLNESS – Positive Food Choices

These references are offered as an informational resource, not an endorsement. Many other items not listed may meet standards. Please refer to product labels.

The California Department of Education Nutrition Service Department has a quick reference card for Public Schools which provides a quick guide to compliant foods, snacks and drinks:

<http://www.cde.ca.gov/ls/nu/he/compfoodsrefpub.asp>

One of the many informative features of this website is the “**Nutrition Calculator**” which will determine instantly whether or not an individually packaged food item would meet the nutrition standards for fat, saturated fat, and sugar established by California legislation:

<http://www.californiaprojectlean.org>

Seven pages of healthy snack ideas with preparation and serving tips:

www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

California Healthy Kid Resources center provides ideas for healthy school snacks:

<http://www.californiahealthykids.org>

Centers for Disease Control have information on school health, physical activity and healthy eating:

<https://www.cdc.gov/healthyschools/npao/strategies.htm>