

STUDENT WELLNESS IS
A PARTNERSHIP

At FUESD, we support the positive household habits families have already established with their children.

When it comes to food and physical activity, we are partners with you, the families of FUESD, helping to ensure lifelong healthy habits for your young learner's sustained success.



Student Wellness

Student Wellness is a priority at Fallbrook Union Elementary School District. Our Wellness advisory committee meets twice per year to ensure the needs of our students and school sites are brought to light and addressed.

For additional information about school fundraisers, please contact us:

Child Nutrition Services Department

409 W Fallbrook Street

Fallbrook, CA 92028

760-731-4352

Visit us at our Web Page:

<http://https://www.fuesd.org/>

Click on Departments > Child Nutrition



in partnership with



Fallbrook Union Elementary School District



A PTA's Guide to Fundraising & Smart Snacks in Schools

FUESD Student Wellness Committee
&
Child Nutrition Services Department

409 W Fallbrook Street
Fallbrook, CA. 92028

STEPS

So you want to have a fundraiser? Here are the steps!

1. Try to choose a fundraiser that **doesn't** involve selling food or drinks
2. If you opt for a fundraiser that **does** involve food or drinks, you must receive prior approval from your school principal. The rules for foods and beverages sold to students are included in this flyer.

Non-Food Fundraiser Options

Below are successful ideas:

- Restaurant dining percentage (restaurants with a healthy menu preferable)
- Magazine sales
- Wrapping paper sales
- Holiday grams
- School spirit hydration bottles
- Stickers
- Key chains
- School Sprit accessories

Resources

https://healthymeals.fns.usda.gov/sites/default/files/uploads/Healthy_Celebrations_Handout.pdf

<http://school-bites.com/healthy-classrooms-initiative/>

<http://www.myschoolcolorrn.com/>

<http://aclassroom-fullofsmiles.blogspot.com/2015/05/how-to-host-school-color-run-fundraiser.html>

Federal/State Requirements for

Food and Beverage Sales

Federal and state law mandates that foods sold to students from midnight to one-half hour after the end of the official school day must meet specific portion and nutrient guidelines. This law applies to all food sold to students by **any** entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

COMPLIANT FOODS

Must be the following:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these the first ingredient.)

AND must meet specific standards for nutrients

COMPLIANT BEVERAGES

Must be fruit or vegetable juice, milk, or water.

- Milk must be nonfat if flavored or 1% plain
- Milk alternatives are allowed only if they meet specific nutrient standards
- Fruit or vegetable juice must be at least 50% juice with no added sweetener
- Water must have no added sweeteners
- ALL BEVERAGES must be caffeine-free

With so many rules and regulations, how is an organization supposed to raise funds for school activities?

Again, the idea is to remove the focus on food. Fundraisers are a great way to incorporate physical activity, family interactions, and positive school climates.

If you **do** integrate food into your fundraiser, here are some tips:

1. Make sure that foods/beverages are not sold before school and are only sold 1/2 hour after school is out (i.e. at a PTA meeting or school event after hours)
2. Check to be sure the foods you are selling are compliant. California has an online calculator to check if your foods are compliant. Check it out here:



Still have questions? Check with your principal or consider joining the Student Wellness Committee. We meet twice per year and are always looking for insight from our community members.

