

**Bakersfield City School District  
The Advisory Bulletin**

<b>To:</b> All Employees	<b>Date:</b> January 7, 2016	<b>No. 16293</b>
<b>Subject: BCSD Student Wellness Food Guidelines</b>		
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## BCSD Student Wellness Food Guidelines

In accordance with Federal and State regulations and BCSD Student Wellness Board Policy (BP 600.3), food is not to be used as a reward or withheld as punishment. Purchase requisitions submitted for food items to be used as rewards will not be approved. Purchase requisitions submitted for nutritious food items to be used for curricular purposes only must make reference to applicable curricular standards in the z-comment section of the requisition.

Board Policy limits celebrations that involve food during the school day to two per year. Class celebrations shall not be paid for using District funds and shall be held after the lunch period. Food items brought to school for celebrations must be commercially prepared and packaged. Foods prepared at home may not be offered. Individual birthday celebrations involving food and beverages are not allowed.

**Please note the following guidelines for celebration snacks:**

**Do not use Non-nutritious foods containing:**

- 35% or more of total calories from fat
- 10% or more of total calories from saturated fat
- 35% or more of total weight is sugar (not including fruits and vegetables)
- first ingredient listed is sugar

**Use healthier foods such as:**

Milk	Fruit	Jerky
100% fruit juice	Vegetables	Raisins
Water	Breakfast Bars	Trail Mix
Granola Bars	Cereal Bars	
Popcorn	Sunflower Seeds	

**Or provide non-food alternatives such as:**

pencils	stickers	small toys
crafts	erasers	pencil sharpeners
bookmarks	pens	special privileges

Thank you for supporting student learning by providing a healthy school environment for all BCSD students.