

Palmdale School District Child Nutrition Program Information

Due to the nationwide incidence of childhood obesity, Palmdale School District implemented a federally mandated Wellness Policy in July 2006.

The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (Note in 42 USC 1751) mandates that any district participating in a federal nutrition program adopt a policy on student wellness that, at a minimum, includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the district determines is appropriate.

As a result of this mandate, the Palmdale School District has adopted a **Wellness Policy**, and we are encouraging all parents and staff to set the example of healthy eating habits to our students.

The most important guideline states **F**oods of **M**inimal **N**utritional **V**alue may ***not*** be served, sold or provided to students while at school. A **FMNV** is a food that provides less than 5% of the Reference Daily Intakes for each of 8 specified nutrients per 100 calories or serving.

These requirements consist of:

Not more than 35 percent of the total calories of the item is from fat;

Not more than 10 percent of the total calories of the item is from saturated fat;

Not more than 35 percent of the total weight of the item, excluding fruits and vegetables, is composed from sugar.

Fruit based drinks must be composed of no less than 100% fruit juice. Vegetable juice must be composed of no less than 100% vegetable juice. Drinking water with no added sweetener and two-percent-fat milk are permissible.

All **candy or soda** fall under the **FMNV** category.

Our desire is to promote a healthy lifestyle and assist our students to be more successful in school.

Please help us by not bringing these items to school and not allowing your children to bring them to school in their lunch sacks.

The easiest way to prevent students from bringing **FMNV** foods to school is by having them participate in the breakfast and lunch program and eating a hot meal provided by your school cafeteria.

The P.S.D. Child Nutrition Department is committed to providing all students of the district with a healthy, nutritious, and appetizing breakfast and lunch daily at each of our 26 school sites, as well as Head Start and Early Childhood Education programs.

We currently have **130** permanent kitchen staff, **40** kitchen substitutes, and 11 employees who work at the District Office and the Child Nutrition Warehouse.

In school year 2007-2008, we served 751,764 breakfasts and 2,620,643 lunches for a total of 3,89,716(million) meals served to students attending Palmdale School District. Head Start totals are 405,807 meals and snacks for the 2007 - 2008 school year.

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