



## MARTINEZ UNIFIED SCHOOL DISTRICT

The Health and Wellness Committee of the Martinez Unified School District strives to promote health and wellness for all children and colleagues by being role models in promoting healthy food and beverages.

As role models for children and families, we work hard at maintaining healthy images at work; by providing healthy opportunities and choices to our colleagues and students. Therefore we will not serve sugar sweetened beverages or other fruit drinks to children and colleagues at any of our meetings, events, activities or celebrations.

Water will be provided free of charge. Whenever possible, the water will be served in pitchers rather than plastic bottles.

We will ensure that only healthy options are provided at meetings, health fairs, or activities and celebrations under our control or sponsorship. Alternative beverages or healthy food options to be considered are:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- Health and Wellness Committee or constituents will serve whole fruit slices, in place of fruit beverages
- Health and Wellness Committee and constituents will support the Soda Free Summers/Rethink your Drink campaign with special emphasis during summer activities
- Low-fat dairy products and whole grains
- Age appropriate portion sizes
- Ensure that healthy food and beverage options are used as incentives, prizes, and giveaways at Health and Wellness committee activities and events

### Implementation of these Guidelines

The Health and Wellness Committee will distribute the document; explain to all staff, volunteers and program participants. This policy guideline will be monitored by the Health and Wellness Committee Membership.

Adopted: 1/26/2012 by Health and Wellness Committee