



Yuba City USD School Wellness



Help YCUSD Schools Create a Culture of Wellness!

Children spend most of their day at school, so it's important that they have access to healthy foods and drinks while they are on campus. Good nutrition also helps to improve academic performance. Our School Wellness Policy encourages schools to make the healthy choice the easy choice for our students. Learn how you can help put the school wellness policy into action.

4 ways you can help:

1 Join us in creating a healthy school environment by:

- Bringing & eating healthy snacks
- Modeling healthy behavior
- Celebrating with healthy treats
- The Wellness Committee meets 4 times a year. If you are interested in joining the committee or attending a meeting, email cslattery@ycusd.org



2 Did you know we have a School Wellness Policy?

- Click the link to read the [YCUSD School Wellness Policy](#)
- For questions or more information, contact: (530) 822-5078.



3 Support classrooms and school events to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events & celebrations.



4 Rate our school wellness. Share how your school is doing in promoting good nutrition and physical activity by taking this brief [survey](#).



What is in YCUSD's School Wellness Policy?

Major topics in the policy include:

- **Nutrition education and promotion**
- **Physical activity**
- **Other wellness activities** (such as school gardens and walk/bike to school)
- **Nutrition standards** for foods and drinks **sold** at school
- Foods & drinks that may be **given** to students (such as at classroom celebrations or foods given as rewards for behavior)
- Food and beverage **marketing**

We are looking forward to working with you to ensure our schools continue to be a healthy place that supports growth and learning.

**Better Health =
Better Learners**