

Sunnyvale School District Office and Operations

Healthy Beverage Position Statement:

Sunnyvale School District Office and Operations department will strive to promote health and wellness by being a role model to promote healthy beverages. At all Sunnyvale School District Office and Operations sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where beverages will be provided, the selection must be in accordance with the Sunnyvale School District Office and Operations Healthy Beverage Guidelines.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy beverage choices. Therefore Sunnyvale School District Office and Operations will:

Provide access to free, safe drinking water

Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.

Comply with Beverage Guidelines

All beverages served (e.g., at meetings) and sold (e.g., in vending machines) at the Sunnyvale School District Office and the Operations Department, will strive to increase the availability of healthy beverage options by promoting to provide the following:

- Water with no added sweeteners;
- Unflavored* non-fat or 1% cow's milk with no added sweeteners
- Unflavored*non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
- 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
- Coffee and tea with no added sweeteners;
- Diet beverages with non-caloric sweeteners

*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

Ensure that Sunnyvale School District Office and Operation employees and clients do not consume sugar loaded beverages in front of students.

Board of Education

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Healthy Food Position Statement:

Sunnyvale School District Office and Operations will strive to promote health and wellness by being a role model to promote healthy foods. At all Sunnyvale School District Office and Operations sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where foods will be provided, the selection must be in accordance with the Sunnyvale School District Office and Operations Healthy Food Guidelines.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy food choices. Therefore the Sunnyvale School District Office and Operations will:

- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
 - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
 - Encourage lean meats, poultry and fish.
 - Significantly limit high calorie/low nutrient foods such as donuts, pastries, cookies, candy, chips and fried foods at any agency events, activities or celebrations
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Encourage high calorie foods/desserts only as an occasional small treat.
 - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, and healthy foods at meetings.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Sunnyvale School District Office and Operation employees and clients.

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Healthy Movement Position Statement:

Sunnyvale School District Office and Operations will strive to promote health and wellness by being a champion for exercise and movement.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities. Therefore the Sunnyvale School District Office and Operations will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Create opportunities for movement for staff and clients, such as “Moving Mondays,” Walking Wednesdays,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Offer a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Encourage employees to build physical activity into their day.

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