PAUSD Draft Dietary Guidelines

Healthy, well-rested, well-fed and physically active students are better able to learn and succeed in school. At Palo Alto Unified, we want to make sure that nutrition at school supports healthy eating, student success and is backed by research.

Research shows that sugar is one of the major causes of today’s epidemic in childhood and adult type 2 diabetes, cardiovascular disease, obesity and chronic diseases [1,2,3,4,5,6,7] The presence of sugar and artificial additives may have a negative effect on physical and mental health. [8,9]

We in PAUSD are taking a leadership role by providing an environment at each of our campuses that supports healthy eating through education and serving healthy foods.

In accordance with this vision, we encourage classrooms, school-sponsored and PTA-sponsored activities to follow these guidelines:

- No food in classrooms with the following exceptions:
  - If snacks or foods are served during snack time or events, healthy foods are strongly encouraged such as natural real foods, unprocessed and without artificial food coloring, dyes, or flavors, like fruits and vegetables. We would like to strongly discourage foods with added sugar such as candy, cakes, cookies, soda and juice.
  - Food is part of the curriculum.
  - Celebrations will follow the celebration guidelines.
  - Food is allowed if part of an IEP or approved medical reason.
- No food rewards or incentives are allowed unless it is designated by an IEP or approved medical reason. Alternatives to rewards guidelines will be followed.


