

SUBJECT: DISTRICT WELLNESS POLICY

Salmon River Central School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{i,ii,iii,iv,v,vi,vii} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{viii,ix,x} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{xi,xii,xiii,xiv} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**I. School Wellness Committee*****Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is the Assistant Superintendent for Curriculum and Instruction

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: <http://www.srk12.org/district-services/health-safety/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's (or schools') events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)**III. Nutrition*****School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. The school meals will be peanut free. They may contain tree nuts in the products with a posting of “containing tree nuts” when the product is used. The school meal programs aim to improve the diet and health of school children, help lessen childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *Summer Food Service Program (SFSP)*. The District also operates additional nutrition-related programs and activities such as Grab and Go Breakfast for the Grades 6-12. All schools within the District are committed to offering school meals through the NSLP and SBP programs.

All students have access to meals that are:

- Appealing and attractive
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets in the Jr. and Sr. High School Cafeteria
 - Sliced or cut fruit
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options yogurt parfaits, chef salad, meat wraps, etc.
 - A reimbursable meal can be created in any service area available to students by the use of the reimbursable meal machine

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- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
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- *Menus will be posted on the District website or individual school websites*
 - *Menus will be created/reviewed by a certified nutrition professional.*
 - *School meals are administered by a team of child nutrition professionals with the And Justice for All training.*
 - *The District child nutrition program will accommodate students with special dietary needs.*
 - *Students will be allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated.*
 - *Students are served lunch at a reasonable and appropriate time of day.*
 - *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day support healthy eating. The USDA defines "school day" as the time between midnight the night before to 30 minutes after the end of the instructional day.

The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

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To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. A list of acceptable products is found at the end of this document.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Snacks provided by parents for the entire class. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

All snacks must be free of peanuts and in original pre-packaged container with nutritional label attached.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

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- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks

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- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.^{xv} This term includes, but is not limited to the following:

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- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. The district is working towards offering CSPAP components to all students.

Physical activity during the school day (including but not limited to recess; classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All Salmon River CSD **secondary students** (middle and high school) are required to take the equivalent of two academic year of physical education.

Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

All physical education classes in Salmon River CSD are taught by licensed teachers who are certified or endorsed to teach physical education and are required to participate in at least a once a year professional development in education.

Waivers, exemptions, or substitutions for physical education classes are not granted.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching

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- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will be offered recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will incorporate activities promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District will strive to offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by *physical activity clubs, physical activity in aftercare, opening up the fitness center, or interscholastic sports*.

I. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes. Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District’s curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events during the school day* will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

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SUBJECT: DISTRICT WELLNESS POLICY (Cont'd.)***Community Partnerships***

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in any school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will offer information that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take are quarterly health newsletters sent out at least two times a per school year; staff access to the wellness center at school; implementing programs and practices that helps to reduce stress and boosts morale, productivity and effectiveness in the workplace. Improving the wellness of employees can directly impact the health of students, not just through improved job performance, but also through positive role-modeling of healthy behaviors.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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- ¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.
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Manufacturer	Brand & Product Name (Serving Size)
Campbells/Pepperidge Farms	Goldfish® 100 Calorie Made with Whole Grain Crackers, 21g
Campbells/Pepperidge Farms	Goldfish® Giant Grahams, 26g
Campbells/Pepperidge Farms	Goldfish® Giant Grahams, 26g
Campbells/Pepperidge Farms	Goldfish® Giant Grahams, 26g
Campbells/Pepperidge Farms	Goldfish® Giant Grahams, 26g
Campbells/Pepperidge Farms	Goldfish® Made with Whole Grain Flavor Blasted®, 21g
Campbells/Pepperidge Farms	Goldfish® Made with Whole Grain Flavor Blasted®, 21g
Campbells/Pepperidge Farms	Goldfish® Made with Whole Grain Snack Cracker, 21g
Campbells/Pepperidge Farms	Goldfish® Physedibles® Baked Animal Crackers, 26g
Campbells/Pepperidge Farms	Goldfish® Physedibles® Baked Animal Crackers, 26g
Campbells/Pepperidge Farms	Goldfish® Physedibles® Baked Animal Crackers, 26g
General Mills	General Mills, Self-Serve Cereal Bowls, 1 oz.
General Mills	General Mills, Wholesome Assorted Cereal, 96 1 oz. Bowlpacks
General Mills	General Mills, Self-Serve Cereal Bowls, 0.5 oz.
General Mills	Cereal BULKPAKS
General Mills	General Mills, Cinnamon Toast Crunch Crisps, 1 oz.
General Mills	General Mills, Cereal On-the-Go, 1 oz.
General Mills	General Mills, Cereal On-the-Go, 0.75 oz.
General Mills	General Mills, Cereal Bar, 1.42 oz.
General Mills	Simply Chex Brand, Snack Mixes, 1 oz.
General Mills	Chex Mix, Hot 'n Spicy Snack Mix, 0.92 oz.
General Mills	Betty Crocker® Oatmeal Bars, 1.24 oz.
General Mills	NATURE VALLEY® Crunchy Granola Bars, 0.74 oz.
General Mills	Nature Valley® Chocolate Chunk Chewy Granola Bar, 0.89 oz.
General Mills	Nature Valley® Chewy Granola Bars - Variety Pack, 0.89 oz.
General Mills	NATURE VALLEY® Crunchy Granola Bars, 1.5 oz.
General Mills	Nature Valley® Fruit 'N Nut Chewy Trail Mix Bar, 1.2 oz
General Mills	Colombo Low Fat Frozen Yogurt, 3 oz.
General Mills	Colombo Nonfat Frozen Yogurt, 3 oz.
General Mills	Yoplait® Original Yogurt, 6 oz.
General Mills	Yoplait® Original Yogurt Variety Pack 18 CT, 6 oz.
General Mills	Yoplait® Original Yogurt Raspberry & Peach 48CT, 4 oz.
General Mills	Yoplait® Original Yogurt Strawberry & Strawberry-Banana 48CT, 4 oz.
General Mills	Yoplait® Light Fat Free Yogurt, 6 oz.
General Mills	Yoplait® Light Yogurt Blueberry Patch & Very Vanilla 48 CT, 4 oz.
General Mills	Yoplait Variety Pack - Light Strawberry and Peach Fat Free Yogurt
General Mills	Yoplait® ParfaitPro Low Fat Yogurt, 8 oz.
General Mills	Yoplait® ParfaitPro Greek Honey Vanilla Fat Free Yogurt, 8 oz.
General Mills	Yoplait® Trix Low Fat Yogurt, 4 oz.
General Mills	Yoplait® SIMPLY GO-GURT Strawberry Portable Lowfat Yogurt, 2.25 oz.

General Mills	Yoplait® Greek Yogurt 4 PK, 4 oz.
General Mills	Yoplait® Greek 100 Calories Fat Free Yogurt, 5.3 oz.
General Mills	Yoplait® Greek Blended Fat Free Yogurt, 5.3 oz.
General Mills	Pillsbury® Mini Muffins, 1.6 oz.
General Mills	Pillsbury® Homestyle Maple Mini French Toast
Hershey's Ice Cream	NF Sour Blue Raspberry Twister Cup
Hershey's Ice Cream	NF Sour Apple Twister Cup
Hershey's Ice Cream	NF Banana Cream Yogurt Twister Cup
Hershey's Ice Cream	NF Birthday Cake Yogurt Twister Cup
Hershey's Ice Cream	NF Cotton Candy Yogurt Twister Cup
Hershey's Ice Cream	NF Birthday Cake Yogurt Dessert Cup
Hershey's Ice Cream	Low Fat Cookies 'N Cream Cone
Hershey's Ice Cream	Crazy Cone
Hershey's Ice Cream	Lemon Sherbet Cup
Hershey's Ice Cream	No Fat Raspberry Yogurt Cup
Hershey's Ice Cream	No Fat Vanilla Yogurt Cup
Hershey's Ice Cream	Orange Sherbet Cup
Hershey's Ice Cream	Polar Blast - Fruit Punch Bar
Hershey's Ice Cream	Reduced Fat Vanilla Ice Cream Sandwich
Hershey's Ice Cream	Banana Tropi-Kool Fruit Bar
Hershey's Ice Cream	Coconut Tropi-Kool Fruit Bar
Hershey's Ice Cream	Mango Tropi-Kool Fruit Bar
Hershey's Ice Cream	Pineapple Tropi-Kool Fruit Bar
Hershey's Ice Cream	Strawberry Tropi-Kool Fruit Bar
Hershey's Ice Cream	Raspberry Sherbet Cup - 4 oz.
Hershey's Ice Cream	Vanilla Mini IC Sandwich
Hershey's Ice Cream	Chocolate Scooter - 2.75 oz
Hershey's Ice Cream	Strawberry Scooter - 2.75 oz
J&J Snack Foods	J&J Snack Foods, Belly Bears 51% Whole Grain Chocolate Grahams, 1 oz
J&J Snack Foods	J&J Snack Foods, Belly Bears 51% Whole Grain Honey Grahams, 1 oz
J&J Snack Foods	J&J Snack Foods, Belly Bears 51% Whole Grain Cinnamon Grahams, 1 oz
J&J Snack Foods	J&J Snack Foods, 51% Whole Grain Jungle Crackers, 0.9 oz
J&J Snack Foods	J&J Snack Foods, Dot's 51% Whole Grain Vanilla Graham Crackers, 1 oz.
J&J Snack Foods	J&J Snack Foods, ABC 51% Whole Grain Mixed Berry Graham Crackers, 1 oz.
J&J Snack Foods	J&J Snack Foods, Sport's 51% Whole Grain Strawberry Graham Crackers, 1 oz.
J&J Snack Foods	J&J Snack Foods, SUPERPRETZEL 51% Whole Grain Regular Size Baked Pretzels - 2.2 oz.

J&J Snack Foods	J&J Snacks, SUPERPRETZEL 51% Whole Grain Regular Size Baked Pretzel (IW), 2.2 oz.
J&J Snack Foods	J&J Snack Foods, SUPERPRETZEL 51%WW Soft Pretzel Rods, 1 oz.
J&J Snack Foods	J&J Snacks, SUPERPRETZEL Fun shapes - 51% Whole Grain, 2.2 oz.
J&J Snack Foods	J&J Snack Foods, SUPERPRETZEL 51% Whole Grain Soft Pretzel Minis, 1 oz
J&J Snack Foods	J&J Snack Foods, SUPERPRETZEL 51% Whole Grain Soft Pretzel Nuggests, 0.5 oz.
J&J Snack Foods	J&J Snack Foods, SUPERPRETZEL Superstix 51% Whole Grain - Cinnamon Bun, 2.1 oz.
J&J Snack Foods	J&J Snack Foods, TIO PEPE'S 51% Whole Grain Fruit Filled Churros 1.9oz.
J&J Snack Foods	J&J Snack Foods, TIO PEPE'S 51% Whole Grain Fruit Filled Churros 1.9oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grains Oatmeal Raisin, 1.33 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grains Double Chocolate, 1.33 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grains Chocolate Chip, 1 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Candy, 1 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Double Chocolate, 1 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Sugar, 1 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Chocolate Chip, 1.33 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Candy, 1.33 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grain Sugar, 1.33 oz.
J&J Snack Foods	J&J Snack Foods, Readi-Bake BeneFIT Reduced-Fat 51% Whole Grains Oatmeal Chocolate Chip, 1.33 oz.
J&J Snack Foods	J&J Readi-Bake Benefit 51% WG Mini Bar 1.25oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Chocolate Chip Cookie, 1 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Oatmeal Raisin Cookie, 1 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Sugar Cookie, 1 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Carnival Cookie, 1 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Chocolate Chip Cookie, 1.5 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Oatmeal Raisin Cookie, 1.5 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Sugar Cookie, 1.5 oz.

Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Carnival Cookie, 1.5 oz.
Otis Spunkmeyer	Otis Spunkmeyer, Delicious Essentials Chocolate Brownie Cookie, 1.5 oz.
PepsiCo Foods	Breakfast Cookies - Oatmeal Raisin
PepsiCo Foods	Chewy Granola Bars - Peanut Butter Choc. Chip
PepsiCo Foods	Chewy Granola Bars - S'mores
PepsiCo Foods	Chewy Granola Bar - Maple Brown Sugar
PepsiCo Foods	Chewy 90 Calorie Granola Bars - Chocolate Chunk
PepsiCo Foods	Chewy 90 Calorie Granola Bars -Oatmeal Raisin
PepsiCo Foods	Chewy 90 Calorie Granola Bars - Peanut Butter
PepsiCo Foods	Chewy 25% Less Sugar Granola Bars - Peanut Butter Choc. Chip
PepsiCo Foods	Chewy 25% Less Sugar Granola Bars - Cookies and Cream
PepsiCo Foods	Chewy Big Bars - Peanut Butter Chocolate Chip
PepsiCo Foods	Life Portion Pack
PepsiCo Foods	Life Bulk
PepsiCo Foods	Cinnamon Life Bulk
PepsiCo Foods	Cinnamon Life Bulk
PepsiCo Foods	Oatmeal To Go- Oatmeal Raisin
PepsiCo Foods	Oatmeal To Go - Brown Sugar Cinnamon
PepsiCo Foods	Oatmeal To Go - Apple and Cinnamon
PepsiCo Foods	Quick Oats Tube
PepsiCo Foods	Steam Table/Kettle Hearty Oats
PepsiCo Foods	Instant Oatmeal - Regular
PepsiCo Foods	Cheetos Fantastix! Baked Snacks - Chili Cheese (WGR)
PepsiCo Foods	Cheetos Fantastix! Baked Snacks - Flamin Hot (WGR)
PepsiCo Foods	Baked! Lays- Original
PepsiCo Foods	Baked! Lays- Original
PepsiCo Foods	Baked! Lays- BBQ
PepsiCo Foods	Baked! Lays- Sour Cream and Onion
PepsiCo Foods	Baked! Tostitos Scoops
PepsiCo Foods	Baked! Tostitos Scoops
PepsiCo Foods	RF Doritos - Nacho Cheese
PepsiCo Foods	RF Doritos - Cool Ranch
PepsiCo Foods	RF Doritos - Spicy Sweet Chili
PepsiCo Foods	RF Tostitos Crispy Rounds
PepsiCo Foods	RF Tostitos Crispy Rounds
PepsiCo Foods	Rold Gold Heartzels
Super Bakery	ULTRA POWER BREAKFAST, 54g
Super Bakery	ULTRA POWER COCOA BREAKFAST, 54g
Super Bakery	MVP BREAKFAST, 54g
Super Bakery	WHOLE GRAIN SUPER DONUT, 54g
Super Bakery	ULTRA MINI LOAF - VERY BERRY, 57g

Super Bakery	ULTRA MINI LOAF - DREAMY ORANGE, 57g
Super Bakery	ULTRA MINI LOAF - BLUEBERRY, 57g
Super Bakery	ULTRA MINI LOAF - BANANA, 57g
Super Bakery	ULTRA MINI LOAF - APPLE CINNAMON, 57g
Super Bakery	ULTRA MINI LOAF - CHOC CHIP, 57g
Super Bakery	ULTRA MUFFIN - VERY BERRY, 57g
Super Bakery	ULTRA MUFFIN - DREAMY ORANGE, 57g
Super Bakery	ULTRA MUFFIN - BLUEBERRY, 57g
Super Bakery	ULTRA MUFFIN - CINNAMON BURST, 57g
Super Bakery	ULTRA MUFFIN - BANANA , 57g
Super Bakery	ULTRA STUFFER - CREAM CHEESE AND STRAWBERRY JELLY, 71g
Super Bakery	ULTRA ENERGY2 - TWIN PK, 64g
Super Bakery	ULTRA ENERGY2 - SINGLE, 32g
Super Bakery	GOODYMAN BROWN RICE CRISPY, 23g
Super Bakery	SUPER STARS - GLAZED, 37g
Super Bakery	SUPER STARS - CINNAMON, 37g
Super Bakery	SUPER STARS - POWDERED, 37g

<u>Manufacturer</u>	<u>Brand & Product Name (Serving Size)</u>
Apple & Eve	Fruitables Fruit & Veggie Juice Tropical Orange 6.75oz
Apple & Eve	Fruitables Fruit & Veggie Juice Strawberry Kiwi 6.75oz
Apple & Eve	Fruitables Fruit & Veggie Juice Berry Berry 6.75oz
Apple & Eve	Fruitables Fruit & Veggie Juice Apple Harvest 6.75oz
Apple & Eve	Fruitables 100 Mixed Berry Fruit & Veggie Juice 4.23oz
Apple & Eve	Fruitables 100 Strawberry Kiwi Fruit & Veggie Juice 4.23oz
Apple & Eve	Fruitables Plus! Tropical Twist Fruit & Veggie Juice 4.23oz
Apple & Eve	Fruitables Plus! Power Punch Fruit & Veggie Juice 4.23oz
Apple & Eve	Apple & Eve 100% Apple Juice PET, 8 fl oz.
Apple & Eve	Apple & Eve Orange Juice PET 8 fl oz.
Apple & Eve	Apple & Eve, 100% Fruit Punch PET, 8 fl oz.
Apple & Eve	Apple & Eve Apple Juice 6.75oz
Apple & Eve	Apple & Eve Strawberry Kiwi 6.75oz
Apple & Eve	Apple & Eve Very Berry 6.75oz
Apple & Eve	Apple & Eve Fruit Punch 6.75oz
Apple & Eve	Apple & Eve Orange Tangerine 6.75oz
Apple & Eve	Apple & Eve Apple Juice 4.23oz
Apple & Eve	Apple & Eve Fruit Punch Juice 4.23oz
Apple & Eve	Apple & Eve Orange Tangerine Juice 4.23oz

Apple & Eve	Apple & Eve Cranberry Raspberry Juice 4.23oz
Apple & Eve	The Switch Grape 8oz
Apple & Eve	The Switch Fruit Punch 8oz
Apple & Eve	The Switch Kiwi Berry 8oz
Apple & Eve	The Switch Watermelon Strawberry 8oz
Apple & Eve	The Switch Black Cherry 8oz
Apple & Eve	The Switch Orange Tangerine 8oz
Apple & Eve	The Switch Hardcore Apple 8oz
Campbell's	<i>Campbell's®</i> Tomato 100% Juice, 5.5 oz
Campbell's	<i>V8 VFusion®</i> 100% Juice, 8 oz
Campbell's	<i>V8 VFusion®</i> 100% Juice, 8 oz
Campbell's	<i>V8 VFusion®</i> 100% Juice, 8 oz
Campbell's	<i>V8®</i> 100% Vegetable Juice, 5.5 oz
Campbell's	<i>V8®</i> 100% Vegetable Juice, 5.5 oz
Campbell's	<i>V8®</i> 100% Vegetable Juice, 5.5 oz
Coca Cola	smartwater®, 20 oz
Coca Cola	DASANI WATER, 20 oz
Coca Cola	Minute Maid® Apple Juice – Aseptic 6.75 oz Box
Coca Cola	Minute Maid® Fruit Punch – Aseptic 6.75 oz Box
Coca Cola	Minute Maid Kids+® Orange Juice – Aseptic 6.75 oz Box
Coca Cola	Seagram's Plain Sparkling Seltzer Water®, 12 oz
Country Pure Foods	Vita Most Eco Cartons, 4 oz.
Country Pure Foods	Vita Most Orange Eco Carton, 6 oz.
Country Pure Foods	Juice4U! V Blend Cups, 4 oz.
Country Pure Foods	Juice4U! V Blend Eco Cartons, 4 oz.
Country Pure Foods	Juice4U! V Blend Eco Cartons, 6 oz.
Country Pure Foods	Juice4U! V Blend Aseptic Juice Boxes, 4.23 oz.
Country Pure Foods	Juice4U! V Blend Aseptic Juice Boxes, 6.75 oz.
Country Pure Foods	Juice4U! 100% Fruit Juice, 4 oz.
Country Pure Foods	Juice4U! 100% Fruit Juice, 6 oz.
Country Pure Foods	Juice4U! V Blend, Eco Carton, 4 oz. - Vampire Red
Dr Pepper Snapple Group	Snapple Spring Water, 16.9oz
Dr Pepper Snapple Group	Deja Blue, 16.9 and 20oz
Dr Pepper Snapple Group	Schweppes Sparkling Water - 7.5, 10, 12, and 20oz
Dr Pepper Snapple Group	Canada Dry Seltzers, 12 and 16.9oz
Dr Pepper Snapple Group	Fiji Natural Artesian Water, 11.2 and 16.9 oz

Envy, Inc.	Fuji Apple 8 oz
Envy, Inc.	Strawberry Kiwi 8 oz
Envy, Inc.	Fruit Punch 8 oz
Envy, Inc.	Acai Berry 8 oz
Envy, Inc.	Orange Pineapple 8 oz
Envy, Inc.	Cherry Apple Non-Carbonated 8 oz
Envy, Inc.	Fruit Punch Non-Carbonated 8 oz
Envy, Inc.	Orange Pineapple Non-Carbonated 8 oz
Fruit 66	Fruit 66---Epic Purple
Fruit 66	Fruit 66---Epic Red
Fruit 66	Fruit 66---Epic Green
Fruit 66	Fruit 66---Epic Yellow
Fruit 66	Fruit 66-- Strawberry Melon
Fruit 66	Fruit 66--Mixed Berry
Fruit 66	Fruit 66--Tropical Punch
Fruit 66	Fruit 66--Passionfruit Mango
Imperial Beverage Systems	Maxx100+ - Fruit Punch - Fortified 100% Juice
Imperial Beverage Systems	Maxx100+ - Kiwi Strawberry - Fortified 100% Juice
Imperial Beverage Systems	Maxx100+ - Mango Banana Passion - Fortified 100% Juice
Imperial Beverage Systems	Maxx100+ - Passion Orange Guava - Fortified 100% Juice
Imperial Beverage Systems	Maxx100 - Fruit Punch - 100% Juice
Imperial Beverage Systems	Maxx100 - Apple - 100% Juice
Imperial Beverage Systems	Maxx100 - Orange - 100% Juice
Imperial Beverage Systems	Maxx100 - Grape - 100% Juice
Imperial Beverage Systems	Maxx100 - Apple Strawberry Banana - 100% Juice
Imperial Beverage Systems	Maxx100 - Kiwi Strawberry - 100% Juice
Imperial Beverage Systems	Maxx100 - Hawaiian Blue - 100% Juice
Pepsi Co	Aquafina - 12, 16.9, and 20 oz
Pepsi Co	Tropicana Apple Juice (small carton), 6 oz
Pepsi Co	Tropicana Pure Premium - Orange Juice - No Pulp, 6 oz

Pepsi Co	Tropicana Pure Premium - Orange Juice - with Calcium & Vitamin D, 8 oz
Pepsi Co	Tropicana Pure Premium - Orange Juice - Healthy Kids, 8 oz
Pepsi Co	Tropicana Pure Premium - Orange Juice - No Pulp, 8 oz
Sunny Delight	Veryfine Apple 100% Juice. 8 oz bottle.
Sunny Delight	Veryfine Orange 100% Juice. 8 oz bottle.
Sunny Delight	Veryfine Fruit Punch 100% Juice. 8 oz bottle.
Sunny Delight	Veryfine Twisted Cherry 100% Juice. 8 oz bottle.
Sunny Delight	Veryfine Grape 100% Juice. 8 oz bottle.
WAT-AAH!	WAT-AAH! Body 16.9oz
WAT-AAH!	WAT-AAH! Brain 16.9oz
WAT-AAH!	WAT-AAH! Energy 16.9oz
WAT-AAH!	WAT-AAH! Power 16.9oz
WAT-AAH!	WAT-AAH! Ph+ 16.9oz
WAT-AAH!	WAT-AAH! Body 10.0oz
WAT-AAH!	WAT-AAH! Brain 10.0oz
WAT-AAH!	WAT-AAH! Energy 10.0oz
WAT-AAH!	WAT-AAH! Party 16.9oz

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