

Jovenes SANOS Nutrition Policy

Whereas the staff of Jovenes SANOS is committed to improving the health of our youth and to modeling good health behaviors; and

Whereas the youth of Jovenes SANOS are dedicated to effecting policy change in the city of Watsonville; and

Whereas proper nutrition is a necessary component in the prevention of obesity and the promotion of healthy lives; and

Whereas the staff and youth of Jovenes SANOS serve as role models to the community; **Now,**

therefore, it will be the interim policy of Jovenes SANOS that:

- **At all Jovenes SANOS meetings, healthy food options will be available. Staff WILL bring low-fat foods and healthy beverages.**

Examples include:

- 100% fruit juices
- Bottled waters
- Fruits and vegetables
- Low-fat dips like bean dip and salsas
- Low or no-fat yogurt, sour creams, and cheeses
- Low or no-fat crackers
- Low or no-fat cookies such as Graham Crackers
- Fruit spreads like apple butter for breads
- Low or no-fat dressings for salads
- Whole grain breads
- Vegetable pizzas with reduced amounts of cheese
- Sandwiches with lean meat and vegetables.

- **Staff is discouraged from bringing high-fat, high-calorie foods and beverages to meetings.**

Examples include:

- Donuts, pastries, muffins, cookies
- ALL Sodas

- **Staff WILL celebrate special occasions and to show their appreciation for the youth without high-fat, high-calorie foods.**
- **Staff and youth WILL NOT bring candy, cookies, pastries, and other high-fat, high-calorie snacks to the office to share with others**
- **Staff WILL provide opportunities for youth to be physically active during meetings.**

This policy will be shared with and explained to the youth of Jovenes SANOS.

This policy will be a standing policy recognized by Jovenes SANOS, effective March 1, 2007. Jovenes SANOS youth helped craft the language of this permanent policy and therefore are assisting Jovenes SANOS

Student Signature:

Student's Printed Name: