



# Torrance Unified School District

"CREATING A CULTURE OF WELLNESS"



## Why Do We Have a Wellness Policy?

Our kids deserve the best! TUSD believes in promoting & protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Federal legislation requires districts who participate in the National School Lunch Program to establish wellness policy.



## How do we cultivate wellness?

By implementing the policy in 4 key areas:

- School Environment
- Nutrition & Nutrition Education
- Physical Education/Activity
- Community/Staff Involvement

Eat Well



Live Well

Be Well



**26.9%** of youths age 6 -19 in Torrance are overweight or obese



## Wellness Policy in Action . . .

(what we do)



*Be Healthy!*   *Be Fit!*   *Be Happy!*



Lettuce turn up the beet!



Play



Eat



Succeed

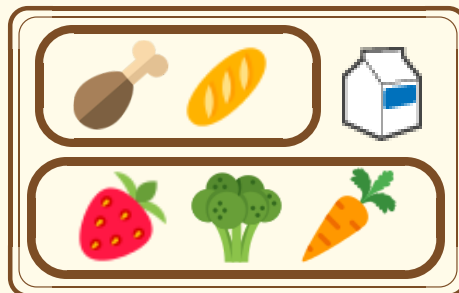
- Annual Wellness Fair
- Development of the Wellness Resource Guide
- Healthy Ever After nutrition education lessons
- Healthy alternatives provided at all school events during the school day
- Transparent annual survey and assessment to the community

## "Smart Snack in Schools"



All foods and beverages **served or sold** on campus during the school day must meet strict federal & state standards.

Please join us to support a healthy school environment by . . .



- Modeling healthy behavior!
- Celebrating with healthy treats!
- Eating plenty of fruits and veggies!

Think Positively!

Exercise Daily!

Dance More!

Eat Healthy!

Stay Strong!



wellness committee

Information provided by TUSD 2017/2018 Wellness Committee



School lunch provides lean protein, whole grains, fruits, vegetables and milk.



Visit us at [www.tusd.org](http://www.tusd.org) for more tools and resources