

RPD & DPH Out-of-School Wellness Policy

I. Introduction & Background

The Recreation and Parks Department (RPD) recognizes and values the health and wellness of its community members. Part of its mission is to support child health and wellbeing by promoting physical activity and supporting nutritious eating habits. Specifically, RPD aims to promote a healthy, active environment; increase nutrition education; and support opportunities to improve access to highly nutritious foods and water, knowing that these are important for youth's wellbeing and ability to learn.

Previously, RPD has developed a food policy for its summer camps, which was initiated in summer 2010. As recreational programming expanded, there was a need to develop a more comprehensive wellness policy that would extend to all out-of-school (summer, afterschool) RPD youth programs in the City. In partnership with RPD, the San Francisco Department of Public Health (SFDPH) Nutrition Equity Opportunity & Physical Activity (NEOP) program is implementing and evaluating a health and wellness policy across all sites where youth participate in RPD-affiliated summer camps and afterschool programs. The development of this current, comprehensive wellness policy is guided by the following: 1) the wellness policy that is currently implemented for youth and staff in San Francisco Unified School District 2) focus groups conducted with staff, families, and youth who participate in the RPD recreational programs 3) SFDPH registered dietitians/nutritionists with expertise in program development and community nutrition. Using the SFUSD wellness policy as the foundation for the RPD wellness policy will help maintain continuity of guidelines, as most RPD youth participants attend a SFUSD school. RPD presents the current wellness policy with the understanding that it may take several years of iterations to fully operationalize.

II. Research Findings

The research findings summarized below are from multiple sources, including: SFUSD Food and Fitness Committee Wellness Policy Recommendations; Making the Case for Healthy, Freshly Prepared School Meals, Center for Ecoliteracy; USDA Food and Nutrition Service; the Centers for Disease Control and Prevention; the California School Board Association; the American Journal of Preventive Medicine; and the American Heart Association.

Healthy lifestyle habits can substantially reduce the risk of developing chronic diseases so people can live longer healthier lives. Regular physical activity and high-quality diets among youth are associated with higher levels of academic performance, fewer behavioral problems, and less susceptibility to diabetes, heart disease, and a variety of other preventable health problems that lead to early death. According to the SF Community Needs Health Assessment (CHNA) Report 2019, two-thirds of youth do not eat 5 or more servings of fruits or vegetables daily. Black/African American and Latinx SF students are 2-3 times more likely to consume fast food (64%, 73%), or soda (44%, 36%) at least weekly, as compared to White students [fast food

(35%) and soda (17%)), leading to significant health disparities (SF CHNA Report, 2019). Lifestyle habits established in childhood persist into adulthood, underscoring how important it is to modify eating and activity behaviors among youth.

Out-of-school programs—supervised programs that youth attend when school is not in session—can not only support academic achievement, but also may play a role in reducing health disparities among youth of color. Given the potential benefits of such programs, it is important to introduce wellness policies into out-of-school programs that are consistent with current, evidence-based school wellness policies. Coordination of wellness policies between sectors can help youth with consistent health messaging and support healthy behaviors as youth transition between school time and out-of-school programs.

III. Wellness Policy Goals

1. Maintain continuity of wellness guidelines for RPD youth participants who are students of SFUSD
2. Establish nutritious food and beverage guidelines to improve access to healthy foods in RPD program settings
3. Provide evidence-based nutrition education and promotion to youth to help develop lifelong healthy eating behaviors
4. Provide guidance to engage in nutrition and physical activity promotion and other activities, such as celebrations, that promote student wellness
5. Provide staff guidance to encourage and support modeling healthy nutrition and physical activity behaviors in RPD settings
6. Improve nutrition and physical activity environments and eating behaviors of youth in RPD setting
7. Reduce nutrition- and physical activity-related health disparities in RPD settings, with an emphasis on equity zones

IV. Wellness Policy

The RPD & DPH Out-of-School Wellness Policy is adapted from the SFUSD wellness policy and applies to RPD programming in the out-of-school setting (afterschool, summer camps). Communicating consistent wellness guidelines to youth as they transition from in-school to out-of-school setting may reduce confusion and reinforce healthy behaviors.

RPD will adopt the SFUSD wellness policy in the following areas*:

- **Nutrition Guidelines For all Foods and Beverages** with the following modifications:
 - The RPD [parent handbook](#) and camp manager handbook provide details regarding the RPD soda-free, candy-free, and nut-free policies. The RPD nut policy is sourced from [SFUSD](#).
 - **Soda- and candy-free**

- Soft drinks and candy are not allowed at camp. In accordance with the San Francisco Recreation and Park Department's collaboration with the Department of Public Health (DPH), all summer day camps and programs will be free of soda, energy drinks, and other artificially sweetened beverages. We ask our camp staff to be role models for the children and to omit sweetened drinks from their lunches as well.
- **Nut Alert + Other Dietary Needs**
 - Due to the number of nut related allergies of our participants and staff, peanut butter, nuts and foods that contain nut by-products will not be allowed or served at after-school.
 - However, we do bring in products that may be produced in facilities that handle and process nuts, so we cannot guarantee that meals are completely free of traces of nuts, or nut residue.
- Donated food and beverage items are allowed; staff will continue to promote free, unflavored drinking water; when possible, requests will be made to donors in advance to secure food and beverages that fit the nutrition guidelines.
- Exclude language regarding:
 - Vending machines, as none are permitted on site.
 - Concessions, as RPD sites do not host food-based sales.
 - Prohibited sweetened beverages: 100% fruit juice
 - Prohibited Additives list.
 - Competitive foods & beverages standards
- **Nutrition Promotion** with the following modifications:
 - Description of nutrition standards should be posted/available for all participating RPD sites. Exclude all other language.
- **Nutrition Education** with the following modifications:
 - Exclude language regarding:
 - Comprehensive integrated health education program
 - Align with CA health education standards
- **Food and Beverage Marketing** with the following modifications:
 - Post marketing materials on RPD sites and equipment must enter the approval process through Public Policy & Affairs Department. Complimentary nutrition promotion materials can be [requested](#) through SF NEOP. Exclude all other language.
- **Competitive Foods and Beverages** with the following modifications:
 - RPD on-site class parties or celebrations may be held during the lunch period or after school and will still follow the wellness policy standards.
 - As stated in Nutrition Guidelines, donated food and beverage items are allowed; when possible, requests will be made to donors in advance to secure food and beverages that fit the nutrition guidelines.
 - Exclude all other language; not applicable.
- **Physical Education** with the following modifications:

- Exclude all language; not applicable
- **Physical Activity** with the following modifications:
 - Include in lieu of SFUSD language: All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through athletic programs, extracurricular programs, in-class physical activity breaks, and other structured and unstructured activities.
- **Staff Wellness** with the following modifications:
 - All RPD staff are encouraged to promote healthy out-of-school environments by being positive role models for healthy behaviors during RPD youth programming:
 - When possible, staff should eat with youth.
 - When possible, staff should engage in conversation with youth during meal and snack time and encourage youth to try unfamiliar healthy foods.
 - RPD out-of-school programs will embrace tools and strategies to create environments that encourage youth to make healthy nutrition choices; improve youth participation in meal and snack time; and encourage the consumption of fruits and vegetables.
 - Exclude all other language.

*Modifications in language include the following:

- San Francisco Unified School District = Recreation and Parks Department
- Exclude all language referencing School Nutrition Services. RPD sites, eligible for Summer Food Service Program/Child and Adult Care Food Program, are provided foods and beverages that already meet federal nutrition guidelines. RPD staff at ineligible sites are expected to provide foods and beverages that comply with the nutrition standards in the SFUSD Wellness Policy.

RPD staff may choose to distribute a simplified, user-friendly version of the full wellness policy called [San Francisco Unified School District's \(SFUSD\) Wellness Policy \(BeWell\)](#).

Please refer to RPD workplace wellness program for more information on staff wellness.

V. Implementation & Monitoring

The wellness policy will be introduced into RPD sites summer 2023 and expand to afterschool programs 2023-2024. SFDPH will provide ongoing technical assistance for sustainable implementation and maintenance of the wellness policy. SFDPH will administer annual RPD site assessments (Site Level Assessment Questionnaires-SLAQ) to measure the impact of the wellness policy and to make necessary improvements. To support promotion of healthy foods, beverages, and physical activity, RPD staff can order materials from the following link: <https://www.surveymonkey.com/r/NutritionEducationMaterialRequest>. SFDPH will continue to

work in partnership with RPD staff, parents, and stakeholders to evaluate the impact of the policy and make necessary changes.

For further questions regarding the content of the wellness policy, please reach out to: sfneop@sfdph.org.

Appendix A: Nutrition Guidelines

Guidelines for Healthy Snacks

To qualify as a Healthy Snack, a snack must first meet the general nutrition standards:

- Have as the first ingredient a fruit, a vegetable, a whole grain, a dairy food, or a protein food (or second ingredient after water); or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- Meet the nutrient standards for calories, sodium, fats, and total sugars

Table 1: Nutrient Standards:

Nutrient	Standard
Calories	200 calories or less
Total fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Sodium	200 mg or less
Total Sugars	35% by weight or less

Exemptions to Nutrient Standards:

Section 1: Foods Exempt from all nutrient standards

1. Fresh and frozen fruits and vegetables, with no added ingredients except water
2. Canned fruits packed in 100% juice, extra light syrup, or light syrup, with no added ingredients except water
3. Canned vegetables (no salt added/low sodium), with no added fats

Section 2: Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards

1. Reduced-fat cheese (including part-skim mozzarella)
2. Nuts, seeds, and nut/seed butters
3. Apples with reduced-fat cheese*
4. Celery with peanut butter (and unsweetened raisins)*

5. Whole eggs with no added fat

Section 3: Exempt from the total fat standards, but must meet all other nutrient standards

1. Seafood with no added fat (e.g., canned tuna packed in water)

Section 4: Exempt from the sugar standards, but must meet all other nutrient standards

1. Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added sugars.
2. Dried whole fruits, or pieces, (i.e., cranberries, tart cherries, or blueberries), sweetened only for processing and/or palatability, with no added fats

Section 5: Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

1. Products consisting of only dried fruits and nuts and/or seeds, with no added sugars or fat

*Paired exemptions are always required to meet the calorie and sodium limits for Smart Snacks. See [USDA policy memo SP 63-2014](#) for more details on paired exemptions. Combination snacks that are not paired exempt foods must meet all the nutrient standards.

Healthy Snack Product Calculator

Determine if a product meets nutrition standards. [Click here](#) to access the online calculator. See Appendix E for more information.

Source: USDA Smart Snacks in school

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

<https://www.federalregister.gov/documents/2016/07/29/2016-17227/national-school-lunch-program-and-school-breakfast-program-nutrition-standards-for-all-foods-sold-in>

Appendix B: Healthy Snack and Beverage Ideas

Healthy Snacks:

- a. Fresh fruits and vegetables
- b. Light popcorn
- c. Baked tortilla chips with salsa
- d. Granola bar (oats, fruits, seeds)
- e. Canned fruit or fruit cup (packed in 100% juice, light syrup, or water)
- f. Sugar snap peas
- g. Reduced fat cheese and apples
- h. Whole grain pretzels or pita bread and hummus
- i. Celery with seed butter and unsweetened raisins
- j. Seeds
- k. Corn & bean salsa
- l. Fruit & seed trail mix
- m. Graham crackers
- n. Low-fat yogurt
- o. Edamame
- p. Jicama sticks with guacamole
- q. Dried or dehydrated fruits (e.g., apples, bananas, pineapple, mango, raisins)
- r. Dried or dehydrated veggies (e.g., plantains, kale chips)

Healthier Beverages:

- Plain water (carbonated or noncarbonated)
- Water with fruit or herbs added
- Low-fat or non-fat milk
- Non-dairy milk alternatives that are nutritionally equivalent to cow's milk (e.g., soy milk)
- 100 fruit and vegetable juices
- 100% fruit or vegetable juice diluted with water, carbonated or noncarbonated, with no added sweeteners

Sources:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

https://fns-prod.azureedge.us/sites/default/files/allfoods_infographic.pdf

<https://api.healthiergeneration.org/resource/459>

SFUSD nutrition guidelines

Appendix C: How to Check if Your Snack Meets the Healthy Snack Criteria

The Alliance for a Healthier Generation has developed an [online calculator](#) that can be used to determine if a product meets USDA Smart Snack guidelines and thus is a healthy snack.

Step 1: My Product is a...

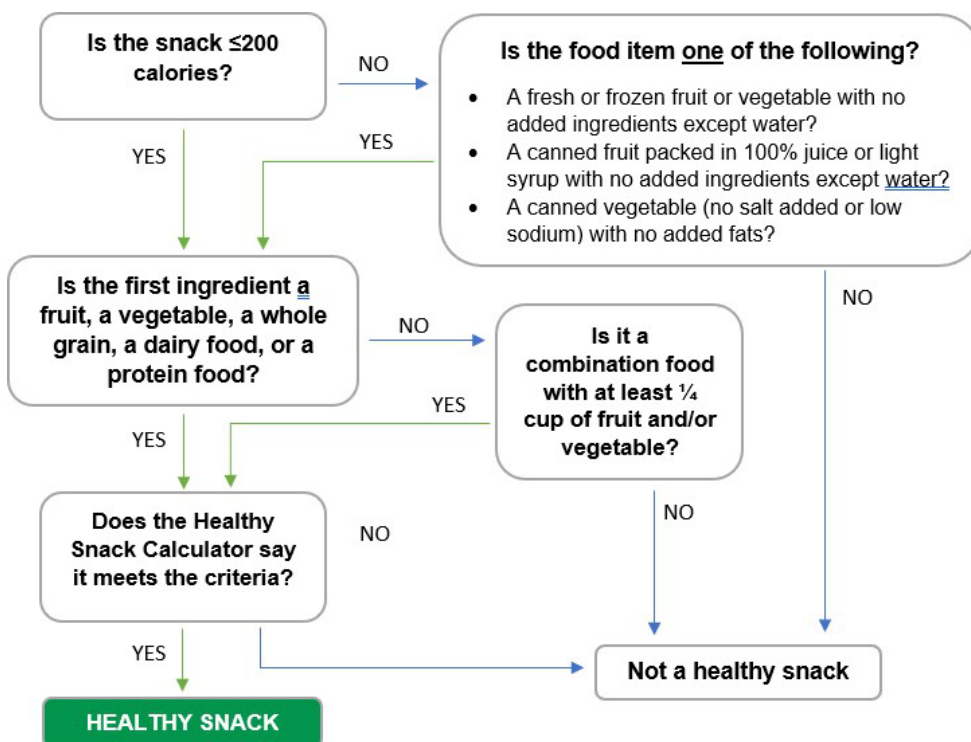
- Select **Snack**. If the product you are assessing is not a snack, it will not qualify as a Healthy Snack.

Step 2: Is the first ingredient of your product a....

- Look at the ingredient list on the product. Find the first ingredient. If the first ingredient is water, look at the second ingredient.
 - If the item is a fresh fruit/vegetable in its whole form, such as an apple or banana, it will not have an ingredient list. You should select **Fruit** or **Vegetable** based on the item type.
- Select the appropriate food group for this ingredient and follow the prompts.
- Based on your responses, you may need to proceed to step 3.

Step 3: Enter your product's nutrition information. If the product has multiple servings, be sure to note this. The calculator will calculate the total amount of each nutrient for that item/package based on the number of servings.

Decision Tree:



Appendix D: Definitions

Fruit

- Fresh, canned, frozen, or dried
- 100% fruit juice
- May be whole, cut up, mashed, pureed, or cooked
- Ingredients that would NOT be considered a fruit: fruit concentrate, concentrated juice, concentrated puree
- NOT fruits, these are vegetables: tomatoes, avocados, eggplants, cucumbers, green peppers, zucchini, butternut squash, plantain, cassava

Vegetable

- Fresh, canned, frozen, or dried/dehydrated
- 100% vegetable juice
- Includes legumes* (beans, peas, lentils, soybeans)
- May be whole, cut up, pureed, mashed, or cooked

Dairy food

- Includes: Milk, yogurt, cheese, lactose-free milk, fortified soy milk, yogurt
- Does NOT include: cream cheese, sour cream, cream, butter, drinkable dairy (like drinkable yogurt or shakes)

Protein food

- Includes: lean meats, poultry, eggs, seafood, legumes* (beans, peas, lentils, soybeans), nuts,* seeds, soy products

Whole grain

To be considered a whole grain, a food product must have a whole grain as the first ingredient (or second ingredient after water).

Whole grain ingredients:

Barley

dehulled barley	whole-barley flakes	whole-grain barley or whole barley
dehulled-barley flour	whole-barley flour	whole-grain barley flour

Brown Rice

brown rice	brown-rice flour	sprouted brown rice
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Corn

corn masa	hominy grits	masa harina
nixtamalized corn	whole cornmeal	whole-grain cornmeal

popcorn	whole-grain corn	whole-grain grits
whole corn	whole-grain corn flour	whole-corn flour

OATS

instant oatmeal	old-fashioned oats	whole-grain oat flour
oat groats	quick-cooking oats	whole oats
oatmeal or rolled oats	steel cut oats	whole-oat flour

OTHER GRAINS

amaranth	whole sorghum (milo)	triticale
amaranth flour	whole-grain sorghum flour	triticale flour
buckwheat	spelt berries	whole einkorn
buckwheat flour	sprouted buckwheat	whole-einkorn berries
buckwheat groats	sprouted einkorn	whole emmer (farro)
millet	sprouted spelt	whole-grain einkorn flour
millet flour	teff	whole-grain spelt flour or whole spelt
quinoa	teff flour	whole kamut (khorasan wheat)

RYE

flaked rye or rye groats	sprouted whole rye	whole-rye flakes
rye berries	whole rye	whole-rye flour

WHEAT

bromated whole-wheat flour	sprouted whole wheat	whole-grain bulgur
bulgur (cracked wheat)	stone-ground whole-wheat flour	whole-grain wheat
cracked wheat	toasted crushed whole wheat	whole-grain wheat flakes
crushed wheat	wheat berries	whole-grain wheat flour
entire wheat flour	wheat groats	whole-white wheat
flaked wheat	white whole-wheat flour	whole-wheat flakes

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graham flour	whole bulgur	whole-wheat flour
sprouted wheat or sprouted wheat berries	whole-durum flour or whole-durum wheat flour	whole-wheat pastry flour

WILD RICE

wild rice	wild-rice flour
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Non-whole grain ingredients:

all-purpose flour	enriched flour	potato flour
bread flour	enriched rice	rice flour
bromated flour	enriched self-rising flour	self-rising flour
cake flour	farina	self-rising wheat flour
corn flour	flour	semolina
corn fiber	instantized flour	unbleached flour
couscous	malting barley	white flour
degerminated cornmeal	milled brown rice	wheat flour
durum flour	oat fiber	yellow corn flour
enriched bromated flour	phosphate flour	yellow corn meal

Modified from: <https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains>

Combination food

- Contains two or more food groups: fruit, vegetable, dairy, protein, or grains
 - Ex: blueberry muffin
- Two items packaged together can be considered a combination food
 - Ex: pretzels and cheese

**Products with a nut flour (e.g., almond flour) or legume flour (e.g., chickpea flour) as the first ingredient (or second ingredient after water) will be considered on a case-by-case basis.*

Sources:

<https://www.myplate.gov/eat-healthy/what-is-myplate>

<https://ask.usda.gov/s/article/What-foods-are-in-the-Vegetable-Group>

<https://ask.usda.gov/s/article/What-foods-are-in-the-Fruit-Group>

<https://ask.usda.gov/s/article/What-foods-are-in-the-Protein-Foods-Group>

<https://ask.usda.gov/s/article/What-foods-are-in-the-Grains-Group>

<https://ask.usda.gov/s/article/What-foods-are-in-the-Dairy-Group-formerly-called-the-Milk-Group>

Appendix E: Rewards and Celebrations

Rewards: Alternative and creative practices for rewarding kids instead of using food or beverages

- Stickers
- Points
- Physical activities
- Games
- Field trips
- Books

Celebrations: Creative practices for celebrations that offer healthier alternatives

- Make a sign, crown, or badge for the birthday child
- Physical activities
- Dance party
- Birthday child chooses a game or activity
- Themed arts and crafts
- Theme day
- Games
- Scavenger hunt
- Birthday recognition
- Serve traditional celebration foods (cupcakes, cookies) alongside more nutritious food options such as:
 - Fruit cups (add chamoy or tajin)
 - Fruit, cheese and vegetable pretzel kabobs
 - Fruit yogurt parfaits
 - Popcorn- top with herbs, spices, or cinnamon
 - Smoothies
 - DIY trail mix (no nuts)
 - Vegetables and/or fruits and dips

[Adapted from: SFUSD BeWell Wellness Policy](#)

Additional source:

https://www.cspinet.org/sites/default/files/media/documents/resource/healthy_school_celebrations.pdf