



2026-2027

**Petaluma City Schools
Child Nutrition Plan**

Aligned to Board Policy 5030

Petaluma City Schools
200 Douglas St., Petaluma, CA 94952

I. Purpose and Commitment

Petaluma City Schools (PCS) recognizes that proper nutrition is essential to student health, well-being, and academic success. The district is committed to providing access to nutritious foods and beverages, promoting healthy eating behaviors, and ensuring compliance with all federal and state child nutrition requirements.

This Child Nutrition Plan is a component of the district's broader Local School Wellness Policy framework as outlined in Board Policy 5030.

This Child Nutrition Plan establishes standards and practices for nutrition education, promotion, food service operations, and the school food environment.

III. Nutrition Education

PCS will provide nutrition education that supports lifelong healthy eating habits and aligns with state academic standards.

Nutrition education shall:

- Be integrated into health education and, when appropriate, across other subject areas
- Emphasize the relationship between nutrition, academic performance, and overall health
- Include developmentally appropriate, culturally relevant, and engaging activities such as cooking demonstrations, taste-testing, farm-to-school programs, and school gardens
- Reinforce connections between classroom learning and school meal programs

The district will ensure:

- Instructional materials are not sponsored by non-compliant food or beverage companies
- Staff are offered professional development related to nutrition education

IV. Nutrition Promotion

PCS will promote healthy food and beverage choices throughout the school environment.

The district will:

- Provide consistent nutrition messaging across campuses
- Encourage participation in school meal programs
- Promote healthy choices during both the school day and extended school day
- Connect cafeteria offerings with nutrition education and community resources

Nutrition education will be integrated across curriculum and promote lifelong healthy habits. Activities may include cooking demonstrations, taste-testing, and farm-to-school programs.

V. School Meal Programs

All schools will participate in available federal child nutrition programs, including:

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- After-school snack and summer meal programs, when feasible

Meals will meet or exceed federal nutrition standards and include:

- A variety of fruits and vegetables
- Whole grain-rich foods
- Lean proteins and meat alternatives
- Fat-free and low-fat milk
- Access to free drinking water

The district will:

- Ensure meals are accessible to all students
- Accommodate special dietary needs and food allergies
- Reflect cultural diversity and dietary preferences
- Employ qualified nutrition professionals
- Protect student confidentiality regarding meal eligibility

VI. Meal Access and Dining Environment

PCS will create a supportive environment that encourages participation in school meal programs.

The district will:

- Provide at least 10 minutes to eat breakfast and 20 minutes for lunch
- Schedule meals at appropriate times
- Maintain clean and inviting eating areas

- Post menus with nutrition and ingredient information
- Encourage student input through surveys and taste tests

VII. Nutrition Standards for Foods and Beverages

All foods and beverages sold to a student on the school campus during the school day outside of the reimbursable meal program will comply with:

- USDA Smart Snacks in School standards
- California competitive food and beverage regulations

These standards apply to all sales, including:

- Cafeterias (à la carte)
- Vending machines
- Student stores
- Snack bars and food carts
- Fundraisers during the school day

VIII. Fundraising

Food-based fundraising that take place on school campus during the school day must:

- Meet federal (Smart Snacks In School) and state (competitive food and beverage regulations) standards
- Receive prior approval by the school site and the Food Services Department
- Not compete with school meal programs

The district encourages non-food fundraisers and healthy food options.

IX. Celebrations and Rewards

- Food and beverages will not be used as rewards or punishment
- Staff are encouraged to promote healthy options for celebrations
- Celebrations should occur after meal periods when possible

X. Food and Beverage Marketing

All marketing on campus during the school day will:

- Include only foods and beverages that meet nutrition standards

- Prohibit promotion of non-compliant items

This applies to signage, publications, digital media, and equipment.

XI. Water Access

PCS will ensure that:

- Free, safe drinking water is available throughout the school day
- Water sources are regularly maintained
- Students are encouraged to consume water

XII. Program Oversight

The Director of Food and Nutrition or designee is responsible for the implementation, oversight, and compliance of this plan:

Director, Food and Nutrition
Petaluma City Schools
200 Douglas St., Petaluma, CA 94952
415-577-1700

The district will:

- Monitor implementation of this plan on an ongoing basis
- Conduct a triennial assessment to evaluate the extent to which each school is in compliance with this plan, compare the plan to model wellness policies (including those provided by the USDA), and measure progress toward achieving the goals outlined in this plan
- Maintain documentation required for state and federal administrative reviews
- Develop and annually update an implementation plan outlining responsible parties, actions, and timelines

The district will retain records that document compliance with this plan, including assessments, stakeholder involvement, and public notifications.

Evaluation measures may include:

- Nutritional quality of meals
- Student participation rates
- Compliance with nutrition standards
- Effectiveness of nutrition promotion efforts

XIII. Educational Partner Involvement and Public Communication

This Child Nutrition Plan was developed in collaboration with district stakeholders, including the School Nutrition Advisory Committee (SNAC), school principals, and the district safety committee.

PCS will continue to engage stakeholders in the ongoing development, implementation, and review of this plan.

XIV. Adoption and Review

This Child Nutrition Plan will be reviewed regularly to ensure it remains current, effective, and aligned with federal and state requirements.

The district will:

- Conduct a formal review of this plan at least once every three years
- Monitor implementation and progress on an ongoing basis
- Update the plan as needed based on:
 - Changes in laws or regulations
 - District priorities
 - Feedback from students, families, staff, and the community
 - Results from program evaluations or administrative reviews

The district will maintain records to demonstrate compliance and progress, including documentation of stakeholder involvement, reviews, updates, and implementation efforts.

Updates to this plan will be shared with the public annually through the district website and other communication channels to ensure transparency and accessibility.