



Alhambra Unified School District Nutrition Network

ALHAMBRA UNIFIED SCHOOL DISTRICT, ALHAMBRA, CA

Purpose

To provide students and adults with opportunities to make healthy eating choices and increase physical activity

Target Population

Students in grades pre-K to 12 and their families who have low incomes or are at less than 180 percent of the federal poverty level

Goals

- Encourage individuals to eat a variety of colorful fruits and vegetables
- Incorporate physical activity daily (30 minutes for adults and 60 minutes for children)
- Support participation in food assistance programs

Years in Operation

2001 – present

Structure and Operations

The Nutrition Network develops lessons and disseminates standards-based curricula that empower youth to make healthier choices and be physically active.²⁶ The Nutrition Network has incorporated a variety of programs to address physical activity and healthy eating:

- Nutrition Olympics — A field day designed to encourage children to increase their consumption of fruits and vegetables through games and physical activity.
- School Gardens — Students learn how fruits, vegetables and herbs are grown in their own “living laboratories.”
- Culinary Connections — Professional chefs teach students how to incorporate fruits and vegetables when cooking.
- Nutrition/Physical Activity 101 — A workshop that teaches participants how to use the Dietary Guidelines and the food pyramid to guide healthier eating.²⁷

Funding

Principal funding provided by the U.S. Department of Agriculture’s Food Stamp Program. To be eligible, 50 percent or more of students must be enrolled in the free and/or reduced-price meal program.²⁸

For More Information

Additional information is available online: <http://www.ausdnutrition.com>