

Case Studies

Earlimart School District, Earlimart, CA

In May of 2011, the Earlimart School District, located in California's Central Valley, adopted a wellness policy with strong provisions around healthy beverages and water consumption that exceed many state and federal requirements. For example, the wellness policy prohibits flavored milk and sports drinks, common sources of unnecessary added sugars. The wellness policy also includes provisions around water access and availability that exceed those required by state and federal law. It requires water to be accessible throughout the school day, as well as during before and after-school activities. It allows students to take water into the classroom in capped containers and it also includes provisions on periodic maintenance of water fountains and testing of water sources.

