

Food in Our Schools

General Information and Guidelines

Parents play an important role in their children's eating habits and influence their food choices. We encourage our students to eat a healthy breakfast, snack and lunch in order to have the energy to do their best at school.

The following flyer highlights our shared goals for foods consumed during the school day:

- Encouraging healthy foods choices
- Managing student allergies
- Optimizing instructional time during the school day
- Refraining from using food as an incentive
- Minimizing requests for students to bring food to school

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Parents and school personnel play an important role in influencing students' food choices. Parties, celebrations, and special events at school offer an opportunity for providing healthy options.

Typical foods for school celebrations include cupcakes, candy, cookies, and soda. Even though there is nothing wrong with an occasional treat, unhealthy food choices are frequently the norm rather than the exception.

When meeting with your child's classroom teacher please be mindful that staff members are encouraged to limit the number of parties and celebrations during the school day. For example, all birthdays occurring during the month could be celebrated on one day, all summer month birthdays could be celebrated on one designated date, classroom parties could be limited to Winter Break and Field Day, etc. They are also encouraged to use alternatives to food as ways to celebrate a special event.

Healthy food choice options are encouraged for student snacks and food served at school events such as parties, celebrations, class activities, etc. Foods to limit include:

- Carbonated and caffeinated beverages (soft drinks, tea, & coffee)
- High sugar content candies and desserts
- High fat foods (fried foods fatty meats, buttered popcorn)
- High sodium foods (luncheon meats, chips, salty popcorn, pickles)

If students are bringing foods prepared at home for consumption at school, a note indicating whether any of the following are included in the product should accompany the food items. The following ingredients are responsible for 90% of food allergy reactions in children:

- Peanuts and Tree Nuts
- Milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soy

When bringing food items into the classroom please be mindful of the numerous students and adults who are on special diets, have food allergies, or may be on diets which restrict their consumption of sugar, fat, sodium, etc. **Please check with the classroom teacher for food restrictions.**

We ask for your assistance in keeping food one component of celebrations and activities rather than the main focus. As you work with the classroom teacher to plan an event

or celebration please provide students with opportunities to practice healthy food choices. An option open to our parents and staff for consideration is ordering food items for parties or celebrations from Organic Life. More information regarding this option can be found on the PTO website: www.glencoepto.org