

# SAMPLE FOOD POLICY: CATHEDRAL OAKS NURSERY SCHOOL

The Food Policy Of Cathedral Oaks Nursery School.

## NUTRITION POLICY

- Eating lunch together at school is a pleasant, leisurely experience that allows for conversation and sharing. We encourage **healthy foods** at school.
- Research has shown that children perform better and have a more successful day when they eat healthy and nutritious meals. Your child's well-being is important to us!
- We serve and grow **organic** foods for snack. We are a **peanut free** school and encourage using "sunflower" seed butter instead of peanut butter. Each school year may be different in regards to "**Tree nuts**" and we will advise parents accordingly. We discourage any pre-packaged meals, processed foods, non-nutritious chips (i.e. Doritos, Cheetos, potato chips), fast foods and sugar especially if it is one of the first three ingredients in foods. Candy, cookies, cake, Jell-O products, pudding cups, granola bars with chocolate, tube-yogurt, any chocolate products, popcorn and gum are not acceptable. These foods will be returned to you in the child's lunchbox. Parents should not put chewable **vitamins** in their children's lunches; please dispense vitamins at home.
- Parents are asked to provide **nutritious lunches** for your child. We suggest a ½ sandwich or left overs from dinner, soups, salads, pasta, sliced vegetables, fresh fruit, string cheese, and water or milk. Filtered water is available each day at the lunch tables. Send lunches in a well-marked lunch box. Please use plain covered lunchboxes. If food needs to be cold, put a cold pack in it. We also encourage **reusable containers** rather than disposable wrappers or baggies since we are a trash less school. We do not accept glass bottles or containers. Also, please do not send tuna or fruit cups in cans that are not safe for children to open. If your child consistently brings home uneaten food, it is wise to reduce the amount sent or provide other choices. Proper food scraps may be placed in the school's "worm bin."
- Please include a cloth napkin (luncheon size) in your child's lunch box each day. This defines the eating space for each child.
- The **staff** will model good eating habits for the children.

## BIRTHDAYS

- If your child has a birthday and you would like to bring in a treat for their special day, we ask your cooperation in keeping the treat simple and as sugar free as possible. Suggestions might be: muffins, watermelon slices, fruit salad, bagels and cream cheese, strawberries and whipped cream, or even pizza! Families may donate a book in their child's name to the school library as a nice way to celebrate. Please plan ahead with your child's teacher.