



Healthy Foods for Students

August 7, 2019

Dear San Lucas School Families;

The School Site Council addressed the issue of student nutrition and snack foods at the November 5, 2018 meeting, regarding previous concerns about the amount of candy, chips, sodas, and other junk foods children have been consuming while at school. The Council looked at four areas 1) foods students bring from home, 2) food rewards given to students by the school, 3) classroom parties including student birthday parties, and 4) concessions sold at school events during the school day.

1) Student Foods from Home

- No sodas or energy drinks (including Gatorades) at school.
- Students may not bring unhealthy foods to school to eat before school, during recess, in classes, or after school. These foods include chips, candy, or any other high fat/high sugar foods. If students have these foods at these times, the food will be confiscated and the student will have to reclaim it at the end of school day.
- At lunch time, students may bring single-serving sized portions of chips or baked goods such as cookies in their lunches.
- There will be no sharing of foods with non-siblings at school.

2) Food Rewards

- Staff will keep food-type rewards for students to a minimum. The guideline is the equivalent of one small treat per student per day.

3) Classroom Parties and Birthday Parties

- Teachers will use discretion when planning classroom parties for holidays or as rewards. The general guideline for class parties is a total of three servings per child. For example, one Capri Sun, a slice of pizza, and one cookie would count as three servings.
- Parents are asked to consult with teachers if they wish to donate items for a class party. Each family does not need to feel obligated to provide treats for every event. Teachers will contact parents regarding their individual plans for classroom parties.
- For student birthday parties, parents may bring treats for the class in celebration of a birthday. Birthday snacks will be kept to one serving per student, and will be distributed only during lunchtime.

4) Concessions during the School Day

- Concession foods may be sold at sports events held at San Lucas School. No sodas or energy drinks will be sold. Gatorades may not be sold in containers greater than 12oz.
- Any sales held outside of school sporting events will adhere to the San Lucas School Nutrition Policy.