

**NUTRITION POLICY
LOCAL WELLNESS/NUTRITION
(Board Policy #3542.1)**

Please refer to the Local Wellness / Nutrition Policy for detailed information about the district nutrition policy. The nutrition and wellness guidelines for parents planning birthday parties, special celebrations, etc. that follow are provided for your convenience to better understand how the policy will be implemented in the district's four elementary schools.

Healthy eating and an active lifestyle are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. The school district shall help all students, staff members and parents by providing information about nutritious food choices and enjoyable physical activity choices that can last a lifetime. To that end, the entire Warren school community shall be encouraged to model healthy eating and an active lifestyle as a valuable part of one's daily routine.

School officials shall attempt to balance the following four (sometimes competing) priorities. In order to do that, please note that ALL FOOD ITEMS MUST BE DELIVERED TO THE MAIN OFFICE NO LATER THAN 10:00AM and will not be permitted if they do not adhere to the following:

1. Nutrition: To teach and model healthy eating and lifestyle habits.

- Foods of minimal nutritional value (FMNV) *as defined by the United States Department of Agriculture* are those foods contained in the following categories: soda water, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn. FMNV shall not be served at any time in school, including parties and special celebrations, no exceptions.
- Board Policy #3542.1 (Local Wellness/Nutrition) addresses the fact that FMNV, as well as food and beverage items listing sugar as the first ingredient, and all forms of candy, are not to be served, sold or given out during school (except in very limited circumstances). In an attempt to find a reasonable compromise in these areas, the ban on foods/beverages w/ sugar as the first ingredient, and on candy, shall not be applied to birthday parties, special celebrations, etc. Please note that all FMNV (as defined above) are not permitted, ever.

2. Allergies: To protect the health of all students.

- Foods containing peanuts or peanut products will not be permitted to be served at school.
- The school nurse will inspect all food that will be brought into a classroom in which students with allergies are present.
- All foods brought into schools for parties or special celebrations must include an ingredient list.
- It is strongly recommended that parents supply an alternate food item for students with allergies.

3. Education: To create an educational balance.

- Excessive amount of time spent on —celebrations— comes with an educational cost in the classroom (as do certain food excesses, such as too much sugar).
- Serving sizes should be in moderation such as mini-treats.
- Suggested treats: 100 Calorie packs; fruits/vegetables & dip; mini-cupcakes; pretzels; animal crackers; granola bars; string cheese; fruit snacks; pudding snacks –
MODERATION IS THE KEY!

4. Climate: To maintain celebrations as a part of school culture.

- Celebrations in moderation can enhance student learning and build community.
- Crafts, games, or stories, in lieu of food at class parties or birthdays, should be considered.