

# NUTRITION POLICY

## **AT A GLANCE**

Schools are in a powerful position to influence children's lifelong eating habits. To support this role and help combat the childhood obesity crisis, we've created these policies so our school can participate in the federally funded Child Nutrition Programs. This quick reference guide outlines those new policies.

It is the mission of St. Joseph/Marquette Catholic School to build community and educate the total child (spiritually, intellectually, emotionally, physically and socially) in values consistent with the teaching of Jesus Christ.

## **SCHOOL LUNCH PROGRAM**

The St. Joseph/Marquette School's hot lunch program meets or exceeds all United States Government Nutritional Standards.

St. Joseph/Marquette Catholic School encourages parents to provide nutritional items for their children who bring a cold lunch to school.

## **FOOD IN THE CLASSROOM**

If you would like to bring food to the school for a snack, celebration, or to a school sponsored event, it is suggested that you provide a healthy food choice. Teacher's and/or the Administration should be consulted before making selections. (note: Guidelines for Healthy Food and Beverages is in the process of being developed and will be available in the St. Joe's office, upon request.)

## **FOOD FUNDRAISING & REWARDS**

When using food items for fundraising or rewards during the school day, this policy encourages; but is not limited to, Healthy Food and Beverage items. Teacher's and/or the Administrative staff should be consulted before making selections.

## **SPECIAL NEEDS & ALLERGIES**

Parents of children with life-threatening food allergies or special food needs should work with the school nurse and staff to develop a risk assessment plan to determine what specific safety measures their child requires, based on their medical needs.

Food provided by the school will be tree nut/peanut free because of this being the most common food allergy. We ask parents not to bring snacks, fundraising food items or rewards that contain tree nuts or peanuts to school.