

## **St. John Central School Nutrition Policy**

St. John Central School is committed to providing a school environment that promotes and protects our children's health, well-being and ability to learn. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

Our goal for the students will be that they will possess the knowledge necessary to make nutritious and enjoyable food choices for a lifetime.

### **Foods:**

- Hot lunches served by the school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

### **Beverages:**

- Allowed: Water-no added caloric sweeteners, 100% fruit or vegetable juices and fruit based drinks that contain at least 50% fruit juice.
- Not Allowed: Beverages containing caffeine, soft drinks, sports drinks, energy drinks and fruit based drinks containing less than 50% fruit juice.

### **Snacks:**

- Students are encouraged to eat healthy snacks. Fruits, vegetables, and low caloric items. Please see the list of healthful snack suggestions provided.

There are students with food allergies and dietary restrictions attending the school. Sharing of foods and beverages is not allowed.