**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. There are students with food allergies and dietary restrictions attending the school. Therefore, sharing of foods and beverages is not permitted.

**School Policy:**

 **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 on the back side.

**Information for parents at home:**

* Parents are the most important influence in their child’s lives. Your child watches and imitates your behaviors both positive and negative, including your daily food and physical activity choices. Please make every effort to be sure that your child eats a healthy breakfast before coming to school. Please pack a nutritious snack, as well as a lunch with a serving of each of the food plate choices. One serving of dairy, whole grain, protein, fruit, and vegetable. This not only will help the child to have more energy throughout their day, but is also so important for their brain health. Studies have shown that children who eat a nutritious breakfast do better in the classroom and can stay focused better throughout the day.
* Please encourage your child to get at least 30 minutes of physical activity per day after school hours, as physical activity is also a very important part in a child’s health and wellness.

**HEALTHY SNACK SUGGESTIONS**

**BREADS/GRAINS**

Low-fat popcorn

Graham crackers

Animal crackers

Bagel slices with Nutella/peanut butter or low-fat cream cheese

Banana, pumpkin, zucchini or raisin bread

Muffins-Banana, Blueberry and apple

Whole wheat English muffin

Rice cakes

Dry cereal-Avoid presweetened cereals

Granola bars **without chocolate added**

Crackers/cracker sandwiches

Chex Mix

**VEGETABLES**

Carrots with low-fat dip

Hummus, guacamole, avocado

Celery topped with low-fat cream cheese or Nutella/peanut butter

All vegetables-carrots, cucumber, celery, broccoli, cauliflower, cherry tomato.

**Fruits**

Fresh whole fruit-apples, oranges, bananas, grapes, blueberries, strawberries

Frozen grapes

Raisins

Dried fruit

Applesauce

Trail mix without chocolate

**Diary**

String cheese

Cheese-slice or cubes

Low-fat yogurt-squeezable, smoothies and parfaits

Cottage cheese

**Protein:**

Nuts

Cheese

Lunch meat

Turkey snack sticks

**Just a reminder that we do not allow any sports drinks, we do not recommend sending in chips, or any chocolate for snack items. If there is a known peanut allergy/nut allergy in your child’s class, we DO NOT allow any items containing peanuts/processed in a peanut facility for snack and or packed lunch.**