

THINGS TO REVIEW

Please become aware of the procedures Memorial has in place for the following:

- Snacks Eaten at School
 - Food as Reward
- Birthday Celebrations
- Healthy Food List
- Eating Lunch with Your Child

SNACKS AT SCHOOL

If your child's teacher allows snacks to be eaten during the school day, snacks must be chosen from the **Healthy Foods List**. Individual classrooms may have other guidelines due to student allergies and sensitivities.

FOOD AS REWARD

Food may no longer be used as a day to day class reward. There may be one classroom celebration a month which may include food.

SCHOOL LUNCH

What can I expect when my child purchases a school lunch?

- Healthy Beverage– water, low-fat or fat-free milk, juice containing at least 50% real fruit or vegetable juice
- Healthy Food– less than 10% calories from saturated fats, no trans-fats, no more than 35% calories from total sugars, at least half of grains are whole grains, no more than 200 calories per package, no more than 200 mg sodium

My child brings a cold lunch each day. What do these changes mean to us?

- While the school cannot control what goes into your child's lunch-box from home, please keep the healthy food and beverage information listed above in mind. Soda pop and/or drinks with caffeine should not be brought into school.
- Students may not share food in the lunchroom
- Fast food should not be packed in a cold lunch.

Memorial Elementary School



Make Healthy
Choices

Procedures for Healthy Eating in Our School

BIRTHDAY CELEBRATIONS

Birthdays are fun to celebrate! We are encouraging students to bring **NON-FOOD** treats to share with their class. If your child wishes to bring a food item to celebrate his or her birthday, please consult the **Healthy Foods List**. Only food listed on the **Healthy Foods List** will be allowed to be served. **No homemade food is allowed. All food must be in original packaging.**



Valpo Community Schools is limiting celebrations involving food to 1 day per month. It is up to the classroom teachers when this day will occur.

Non-food goodies can include:

- Pencils
- Books
- Erasers
- Stickers
- Birthday Book– Be honored with your name inside a book donated to classroom or Memorial library!

HEALTHY FOODS LIST

All snacks must be a single serving size.

Fresh Fruits and Vegetables:

- Seasonal Fruit (i.e. strawberries, apples, berries, etc.)
- Fresh Vegetables with or without low fat dip
- Raisins or dried fruit (no chocolate or candy coating)
- Unsweetened applesauce

Low Fat Grain Options:

- Pretzels (unflavored)
- Animal crackers (plain), graham crackers
- Baked chips
- Crackers (Goldfish, Teddy Grahams, cheese and peanut butter crackers)
- Fig bars
- Vanilla wafers
- Air popped popcorn (plain)
- Cheerios (plain)

Additional Snacks:

- Fruit and grain bars
- Frozen fruit bars (100% fruit)
- Low fat string cheese
- Fruit Snacks
- Low fat yogurt

Drinks:

- Water
- 100% juice

EATING LUNCH WITH YOUR CHILD

Students enjoy having a loved one eat lunch in the cafeteria with them! Memorial has the following policy for eating lunch with your child:

- A current background check must be on file to eat with your child.
- No fast food is to be brought into school.
- No sharing food with students other than your child.
- Electronics and phones are not to be used by students during the school day.
- Students are limited to 2 lunch guests per month.
- A note or phone call to the school must be received by 9 am in order to eat with your child.
- An adult school lunch is \$3.25.

