

North Shore School District 112 Nutrition Guidelines

The following are recommended guidelines that have been developed by representative parents and staff:

1. The focus of a child's birthday celebration is the opportunity for the child to feel special throughout the school day. Birthday snacks are optional. However, any birthday snack sent to school must fall within the referenced nutritional guidelines. *
2. All school snacks and rewards, provided by staff or brought from home, served during and after school should be healthy. *
3. Classroom activities that are tied to specific curriculum projects or units may include food items. Every attempt will be made to choose healthy options when appropriate. *
4. Students will receive one sweet treat and a beverage at holiday parties.
5. All food providers are expected to provide nutritionally balanced food and beverage options for student lunches. *
6. Candy will not be served at school during school hours.
7. All fundraisers during the school day will adhere to these guidelines.
8. On all occasions, staff, parents and food vendors are expected to show sensitivity to food allergies. This may include the removal of all peanut and tree nut products from the classroom and/or lunchroom. *

***Referenced Nutritional Guidelines:**

- Balanced options include protein, carbohydrates and fat
- Suggested school snacks include fresh fruit, veggies, dairy, crackers and low fat, low sugar carbohydrates
- Suggested beverages include water, milk, 100% fruit juice (no sugar drinks)
- Limit portion-size desserts

In addition:

- Encourage hand washing/sanitation
- Encourage vendors to limit packaging waste

Adopted by the Board of Education June 19, 2007