

WFS Healthy Choice Policy

Due to severe allergies, one of the foods that consistently create a problem for children are peanuts and peanut products. **WFS is a nut free school** and does not allow peanut butter in any form, either when eating on campus or on a field trip. Please check ingredient labels for peanuts/peanut oil products before packing your child's lunch.

Lunch and Snacks: Please do not send in high sugar/salt/processed foods. Examples would include fruit roll-ups, snack cakes (Hostess, Drakes), frosted cupcakes, Doritos, Fritos, LUNCHABLES etc., and of course, candy and chocolate. These **WILL NOT** be served or permitted to be consumed during lunch or snack time and will be sent home with a reminder of our policy.

Pure juice, water or milk are indeed the best drinks to consume throughout the day. **Caution:** please check the labels, as many of the commercial juices have a large sugar content. Many brands do not add sugar. Look for the juice boxes that clearly state 100% Juice, for example: Juicy Juice, Fruitables, V-8 Fusion. A specific form of Capri Sun is clearly labeled 100% Juice. **Hi-C and Kool-Aid are basically chemicals and will not be served.** Always be mindful of food coloring in anything you serve/eat.

Birthdays: These happy occasions will also be celebrated with adherence to our **Healthy Choice Policy**. Families may choose to send in a fruit platter or a healthy treat. Frosted cakes, cupcakes or doughnuts will not be served. Homemade versions of cookies/brownies that do not use refined sugar, but rather alternative natural sweeteners in smaller amounts are a wonderful option. Low fat ice cream will be allowed on such an occasion.

We ask that you join with us in helping the children learn about making healthy choices in the foods they eat. Whether it is your child's lunch or snack in a lunch box or providing a snack for your child's class to share, we respectfully ask that you refer to the list below for some suggestions of healthy choices. We want to avoid putting any child in the uncomfortable position of not being permitted to eat what he/she has brought into school.

Healthy Suggestions

- Mini-bagels
- Air popped popcorn flavored with seasonings
- Yogurt
- Fresh fruit cups (those packaged in pure juice are available)
- Raw vegetables and fruits
- Cheese and crackers (low fat-low salt content)
- Pretzels (whole grain is best)
- Raisins, cranberries, raisins
- Animal crackers, graham crackers, cheddar cheese goldfish (but not the multi colored ones)
- Unsweetened applesauce (also available in small cup size)
- Homemade versions of cookies/brownies that do not use refined sugar, but rather alternative natural sweeteners in smaller amounts.

This is indeed a challenge for it means that many of our habits as a school community will change as we move toward a healthier life style for all based on the choices we make with respect to food. But it can be done as there is nothing more constant than change, and challenge within that change. WFS has never shied away from a challenge! Together, we are finding our way along a newly developing road map, as we work to create a solid food education program making your children, our students excited and knowledgeable about healthy eating.