



NUTRITION POLICY

<p>Goal</p>	<p>In an effort to help boost a child's mental and physical skills, as well as to teach students healthy eating habits, Philip's Academy has established the following Nutrition Policy.</p>
<p>Acceptable Snack & Drink Options</p>	<ul style="list-style-type: none"> ❖ Fresh Fruit: bananas, apples, blueberries, peach, plums, seedless grapes, etc. ❖ Fresh Vegetables: carrots, cucumbers, peppers, celery, etc. ❖ Whole Grain Pretzels (low salt) ❖ Yogurt (low fat) ❖ Hard Boiled eggs ❖ Whole Grain crackers/bread ❖ Bean spread (i.e. hummus) with whole grain crackers ❖ NUT FREE Trail Mix ❖ Low-fat cheese or cheese sticks ❖ Sunflower or soy Butter with whole grain bread, rice cakes ❖ Popcorn (all natural or freshly popped) ❖ Cereal (whole grain, low sugar) ❖ Water or low-fat milk ❖ Applesauce ❖ Raisins and dried fruits <ul style="list-style-type: none"> ○ Please use portion control as dried fruit can be high in sugar). ○ Dried fruit is a great topping for low fat yogurt, cottage cheese or ricotta ● Mini-Whole Grain Muffins (low fat, low sugar)
<p>A Note on Food</p>	<p style="text-align: center;">PACS is a NUT FREE SCHOOL!</p> <p>Food is allowed only in the Dining Hall with the exception of snacks and classroom parties that have received administrative approval in advance. A healthy food service is provided at lunch time. Nutrition Guidelines have been developed for outside food and parent support of these guidelines is expected. If you feel that you have a healthy snack alternative suggestion, please speak with your classroom teacher directly.</p>
<p>Prohibited Snacks & Food Items</p>	<p>Chips, cookies, cakes, etc. are not permitted as snacks. Water is the only drink allowed in the classroom during snack time. Teachers have found that the high levels of sugars in fruit juices, iced tea, soda and other sugary options make students excitable and unfocused. For this reason, we ask that your children bring water if they'd like a drink with their snacks. Gum and candy are not permitted. Please know that students who bring an unhealthy snack will not be permitted to eat it. Instead, the snack will be sent home with your child at the end of the day.</p>
<p>A Note on Birthdays</p>	<p>Birthdays are exciting times in the life of a child. We hold monthly birthday celebrations in recognition of this happy time. During these monthly celebrations, we have a party for all those students whose birthdays occur during that month. For these occasions, birthday treats are offered in a variety of settings: utilizing the teaching kitchen to bake nutritious treats, snacks prepared by our lunch program, or a healthy snack brought in from home (ex: fruits/veggies). As always, the class will recognize your child's actual birthday! If you would like to volunteer to be a part of your child's monthly celebration, or would like to bring in any additional healthy party snacks, please contact your child's teacher directly.</p>