FOOD IN THE CLASSROOM

Predetermined school-wide sugar days are the only times that outside snacks/food can be brought and shared with other students in the classroom. These dates will be shared by your child’s teacher. All food items that are shared with other students on the sugar days must be store bought and clearly labeled to ensure students’ safety (food allergies). Do not send donuts, cupcakes, cookies, or sugary snacks, for the class on any day that isn’t a sugar day; these items will not be distributed and will be sent back home.

If you choose to provide your student with a snack, it needs to be nutritious and contribute to the health and well-being of your child. Examples of healthy snacks include fruits, vegetables, whole grain crackers, cheese, yogurt, nuts, and seeds. Consumption of snacks will take place at the discretion of the teacher and should not interfere with the learning environment.

Students are permitted to bring only water as their beverage option in the classroom. Water bottles that seal/don’t leak are highly preferred. Water fountains are accessible throughout the school for refilling reusable bottles. Alternative beverage options may be provided in a lunch box and are permitted for consumption exclusively during the designated breakfast and/or lunch period. Exceptions for medical needs must be supported by documentation from a healthcare professional. Glass containers are strictly forbidden.

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