

What is Changing?

Please become aware of the new procedures Central has in place in the following areas to meet our wellness goals:

- Snacks Consumed at School
- Birthday Treats
- Healthy Food Ideas
- 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 selected from, or equivalent to, the items in the **Healthy Food**

For more information, see the VCS Elementary Handbook Wellness Section

School Lunch Guidelines

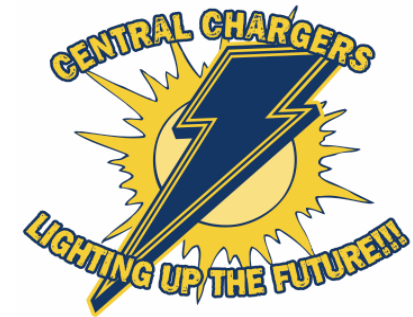
We are so pleased to have you join us for lunch when you are able. Please keep the following guidelines in mind while you are present.

- We appreciate your willingness to help other students with opening milks, straws, ketchup packets, etc. However, please allow the lunchroom aides to handle these tasks.
- Please observe requested quiet/silent times with your child in the lunchroom. These times are necessary for the safe and orderly transition of students entering and leaving the lunchroom.
- When it is time for students to line up at the end of lunch, please make your way upstairs to sign out and turn in your visitor pass. Please do not get in line with your child.



Thank you for helping us promote a safe and healthy environment for our students.

Central Elementary School



**Making Healthy Choices:
Procedures for Wellness & Healthy Eating in Our School**

Beginning with the 2014-15 School Year

Healthy Food Ideas

All snacks must be in a single serving size with ingredients listed.

Fresh Fruits & Vegetables:

- Seasonal fruit
- Fresh vegetables with or without low fat dip
- Raisins or dried fruit (no candy coating)
- Unsweetened applesauce
- Fruit snacks

Low Fat Grain Options:

- Pretzels (plain)
- Animal crackers (plain)
- Baked chips
- Crackers
- Fig bars
- Vanilla wafers
- Air popped popcorn (plain)
- Cheerios (plain)

Additional Snacks:

- Fruit/Grain bars
- Frozen fruit bars
- Low fat string cheese
- Low fat yogurt
- Fruit, nut, or grain trail mix

Drinks:

- Water
- 100% juice

**Food selection may be further limited due to allergies within the class or school.

Birthday Celebrations

Birthdays are fun to celebrate! If your child chooses to bring a treat, it must be a “healthy choice” option to share with their class. Please consult the **Healthy Food Ideas** section of this brochure for ideas. Only the food listed, or equivalent to the **Healthy Food Ideas**, will be served. **No homemade food is allowed. All processed food must be in original packaging.** All food items brought into school must be approved by the principal/designee before going to the classroom.

Valparaiso Community Schools is limiting larger celebrations involving food to one day per month. It is up to the classroom teachers if/when this celebration will occur.



Examples of non-food goodies:

Pencils	Crayons
Books	Magnets
Erasers	Stickers

Eating Lunch with Your Child

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

- Fast food meals or pop/soda are not to be brought into school. Food items for meals must originate from home.
- Please do not share food with students other than your child.
- A note or phone call to the school office must be received before 9am if you are purchasing a hot lunch.
- If you purchase a school lunch, you must pay for it on your own. You cannot use your child's lunch account.

