



Ministry of Education and Department of Health Partnership

HEALTHY SCHOOLS

School Year: 2017 – 2018

Dear Parents / Guardians,

As schools continue to teach children the importance of the links between healthy eating habits, good health and fitness, they need to ensure that this message is clear and consistent within the school environment, to avoid misinterpretations and double standards.

As all of us would like to see success in our children, your support is needed in this process by influencing what your child brings to school through your sending healthy foods and snacks that are low in fat, sugar, and salt.

Your child’s school would like to continue following the **Healthy Schools Food and Nutrition Policy** that encourages only healthy foods to be consumed by students on school premises. It’s a known fact that healthy eating is another direct link between an increase in academic success.

Please find below a list of **Food Dos and Don’ts**:

<b>Do’s: Please send these foods</b>	<b>Don’ts: Please don’t send these foods</b>
Fresh fruit	Fruit Roll-Ups, Yogos, Welch's Fruit Snack or Other fruit <u>candy</u>
Canned fruit in its own juice	Canned fruit in heavy syrup
Dried fruit	
Vegetables and low-fat dips	Fried French Fries
Dark, leafy green Salads w/ low-fat dressing	
Ginger Snaps, Vanilla Wafers, Animal Crackers	Cream-filled cookies
Peanut butter and crackers	Large cupcakes and pastries
Cheese and crackers	
Low-fat or Microwave light popcorn, pretzels	Potato Chips, Corn Curls
Trail mix	
Whole-grain Breads (for sandwiches)	
Nuts and raisins	
8 oz. 100% fruit or vegetable juice	Sodas or other carbonated beverages
Milk, rice milk, soy milk, yogurt, almond milk	Juice drinks, Juice cocktails
Plain, unsweetened water	Sports drinks E.g., Propel, Gatorade, Vitamin Water
Leftover dinner / hot food (In stainless steel thermos)	Lunchables of any kind
Baked, grilled, broiled skinless chicken	Fried Chicken
Tuna, luncheon meats (In a sandwich or with low-fat, low-salt crackers)	

**Please also ensure that your child brings a piece of fruit or yogurt for the morning recess or Wellness Break AND Afterschool Program.**

Thank you for your Support!

Department of Health  
School Principal