

SHERBURNE ELEMENTARY SCHOOL

NUTRITION POLICY

POLICY:

Sherburne Elementary School and the Vermont State Board of Education recognize that good health is a major contributor to the learning process. Good nutrition is an essential part of good health and improves attendance, behavior, attention, creativity and academic achievement, and lowers the incidence of illness.

Our schools will make every effort to work towards providing nutritious foods in the cafeteria and vending machines for meals and for snacks. School activities such as classroom parties, fund raisers and incentive awards will also reflect these goals.

Sherburne Elementary School will continue to participate in the National School Breakfast and Lunch Program which requires conformity to specific guidelines. We will also continue to participate in the Free and Reduced Lunch Program in such a way that students will not feel stigmatized by their participation.

PROCEDURE:

Information will be available to students and staff as to how to access the Free and Reduced Breakfast and Lunch Programs, and participating students will not be discriminated against in this process.

Content of Foods:

The content of the foods offered in the school cafeteria will align with State Guidelines for Food Services, in order to qualify for the Free and Reduced Lunch program. We will work toward providing whole grains; fresh, locally grown and organic fruits and vegetables. Every attempt will be made to serve low fat, low calorie foods, and to discourage foods with little nutritive value. We will work towards having information available concerning the nutritional value of the foods we serve.

Education:

Nutrition education is formally taught as part of the Comprehensive Health Education Curriculum K-10 It will be integrated into other aspects of school curriculum when appropriate.

Date Warned: July 6, 2005

Date Adopted: August 9, 2005