

WHITTIER SCHOOL

Guidelines for Food in the Classroom

The administration, faculty and staff of Whittier School are aware that the topic of food in the classroom is a very passionate one for some of our parents and students. For that reason, we will continue to implement the following Guidelines for Food in the Classroom.

In keeping with our past healthy initiatives, and due to several life-threatening allergies, we feel it is important to make all parents aware of Whittier School's Food in the Classroom Guidelines. We ask that parents be very cognizant and conscientious when sending in healthy snacks for your child(ren). Healthy snacks, whether for an individual student or for a class of students (only during a designated Holiday Party), will primarily consist of fruits and vegetables (from the ground or from the tree).

Why Fruits and Vegetables?

- Fruits and vegetables provide quick fuel for learning and performance.
- Fruits and vegetables are a natural source of energy and provide many nutrients needed to keep going.
- Fruits and vegetables contain essential vitamins, minerals, and fiber that help protect from chronic diseases and boost the immune system.

Serving food at parties and celebrations is part of our culture. By offering healthy snacks/treats to our students, we hope to convey the fact that you can eat healthy and have fun at the same time.

All of Whittier's classrooms are food-free, with the exception of the holiday parties held throughout the school year. The only areas that food will be allowed is in the Jaguar Jungle (gym) and outside. If classroom teachers are using any type of food item for a curriculum-related project in either the gym or outside, all classroom student needs will be taken into consideration, and a permission form will be required to participate.

We will continue to monitor these guidelines throughout the school year. We appreciate your cooperation in ensuring that these guidelines are followed.

3/24/15