

## Guidelines for Food at School

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Nutrition is essential to good health, and to a successful school experience. Caspar Creek has adopted the following guidelines designed to help parents and teachers work together to support our children's health and success.

### Shared foods (snacks, holiday/birthday treats, "teatime" and meals):

- Ingredients/foods to avoid:
  - Corn syrup
  - Hydrogenated oils
  - Artificial sweeteners (aspartame, saccharine, etc.)
  - Artificial dyes
  - Monosodium glutamate
  - Genetically modified organisms (in commercially grown corn, soy and canola)
  - Candy
  - Beverages with added sweeteners and/or caffeine, fruit sweetened sodas (even "natural" soda contains a large amount of sugar, as does undiluted fruit juice)
  - Commercially produced sweets (cakes, cookies, etc.)
  - Sweets/treats with sugar as the first ingredient

### Lunches:

Children, staff, and parents are encouraged to follow the above guidelines in their packed-at-home lunches consumed during school hours, expressly avoiding candy, sweetened beverages and treats with sugar as the first ingredient.

### Community Gatherings:

Caspar Creek will support these guidelines at our fundraising and community events.

### Additional Information:

Please refer to the accompanying Wellness Pages (also available on our website) for supporting information on the health implications of these nutrition guidelines, and for ideas for healthy foods to bring to school.