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## **Académie Lafayette Wellness Program** **Snack & Party Food Policy**

This program was implemented following passage of the Child Nutrition and WIC Reauthorization Act of 2004. This act required that "all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year."(Section 204) These wellness policies promote a healthy school environment and work toward countering the increase in obesity and chronic diseases.

To increase and continue our compliance with this Act, please review the policy below. This is effective immediately and will be enforced by each classroom. We are dependent on your cooperation and compliance with this Federal Act and are grateful for your support. In addition to the party/snack policy, we would also like to stress the importance of physical activity and sports in the overall management of our student's health.

In order to provide the safest environment for all our students, any shared foods or drinks must be free of all known classroom allergens; known allergens will vary from class to class, however the most common are: Peanut, Tree nuts, Milk, Egg, Wheat, Soy, Fish, and Shellfish ([www.foodallergy.org](http://www.foodallergy.org)). Please check with the school nurse or the teacher to verify what the allergen concerns are for your student's class. Any shared foods must be brought to school individually wrapped with a manufacturer's label to refer to for a list of ingredients and food warnings. **Foods without labels and/or home-baked goods will not be served.**

Sincerely,

Mr. Elimane MBengue and the Administration Team of Académie Lafayette

- Encouraged Foods:** Fresh fruit (cut pineapple, apple slices, grapes, bananas, strawberries, etc.) vegetables (baby carrots, celery sticks, green pepper strips, cucumber slices, etc.) & dip (ranch, hummus, salsa, etc.) 100% fruit juice boxes, cheese, yogurt/gogurt, crackers, gold fish crackers, pretzels, lean meat sandwiches, bagels/cream cheese, popcorn, raisins, veggie straws. (Warehouse clubs are great places to find individually packaged cheeses, hummus, pita chips/pretzels, apple slices, baby carrots, etc.) When sending fruits and vegetables, please send them washed and cut while being careful to avoid contamination with allergens (wash cutting boards and knives thoroughly before using). Also, please send any utensils needed (spoons for yogurt, etc.)
- Foods not allowed:** Home-baked goods or foods that do not have a manufacturer's label. **Foods that do not have a label or contain known allergens will not be served.** Please do not send energy drinks such as Red Bull, Monster, etc.
- Holiday Parties and Monthly Birthday Parties:** Monthly Birthday Parties will be held on the last Friday of each month, with summer birthdays being celebrated in the month of May. Holiday Parties will be scheduled by Académie Lafayette and coordinated by room parents with the teachers. The coordination of snacks will be the responsibility of the room parent and the teacher. **All snacks must follow the guidelines for food safety: individually wrapped, in the original packaging with the manufacturer's label, and free of any known allergens. No home-baked goods.**