

Nutrition Promotion: Part of the educational mission of the school is to improve the health of the entire community by teaching students and sharing information with families about ways to establish and maintain life-long healthy eating habits. This shall be accomplished through nutrition education, school wide events and integrated in expedition curriculum when appropriate.

Nutritional Guidelines:

- The nutritional value of the food served will meet the requirements of the Federal Child Nutrition Program.
- School meals shall offer a variety of fresh fruits and vegetables, preferably at least one fresh vegetable and one fresh fruit choice each day.
- Students are not permitted to consume candy, gum, carbonated beverages, and/or energy supplements/ beverages on school grounds.

Food Available on Campus: PPS shall not allow unhealthy food or beverage items to be advertised or sold on school grounds, no vending machines will be allowed and fast food items shall not be offered for re-sale as part of any school meal program or as à la carte items.

- PPS will provide parents and students with a copy of the PPS Nutritional Guidelines.
- PPS prohibits the sale of candy, sodas, cookies and sweets as school fundraising activities.

Healthy Parties: School Wide Celebrations, Fundraisers, and Celebrations of Learning.

- The foods used during classes as part of the learning process, for fundraisers that take place at school, for at-school parties, or for school-sponsored events, shall follow the nutritional guidelines.
- Snacks at school, and should be healthy, safe, and delicious.

Low Income Students: PPS will make every effort to ensure that all low-income children have a healthy lunch.

- PPS will participate in the Federal Free or Reduced Cost Lunch Program.
- PPS will attempt to develop a program to provide nutritious snacks for low-income students.
- Institute an ordering and accounting system that protects student privacy in the offering of free and/or reduced meal services.

Nutrition Education: PPS teachers shall incorporate food-related education into the classroom and expeditions when appropriate. Nutritional education will include:

- Integrating hands-on experiences
- Promoting food-centered activities that are healthful, enjoyable, and developmentally appropriate
- Teachers and staff will refrain from using food as a reward.
- Diverse foods may be introduced during Cultural Studies
- Food may be used to Lead students to a basic understanding of the principles of sustainability.
- Food may be used to enhance respect for cultural and agricultural values.
- Teachers may include families and the community as resources in the learning process.

Policy History:

Adopted on: 6/9/09

Revised on: 6/9/14