Académie Lafayette Wellness Program
Snack & Party Food Policy

Updated June 1, 2021

This program was implemented in response when the U.S. Congress passed the Child Nutrition and WIC Reauthorization Act. 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." 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 children'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, please check with the school nurse or the teacher to verify what the allergen concerns are for your child'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, goldfish 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. Students are not permitted to have soda, coffee, or energy drinks at school.

Daily Snacks:

- Daily snack time(s) will be offered to students in grades K-5 at the teacher's discretion.
- Every student should bring their own daily snack(s) to school. While these snacks are not to be shared among other students, they must comply with any allergy restrictions the classroom may have (Peanut/Treenut free, etc).
- If the child forgets his/her snack at home, they can get a piece of fruit from the fruit cart when it is available.
- Daily snacks should be healthy and filling. Please avoid sending sweets, candy, chips, and other junk foods.

Keep this policy for your records and please refer to it before bringing ANY treats