

# Central Elementary School

281 Rt. 46, Great Meadows, NJ 07838  
Phone 908-637-4351 ~ Fax 908-637-8935

Danielle Hamblin  
*Principal*

Vera Walker  
*Secretary*



September 2008

Dear Parents/Guardians,

In compliance with Federal and New Jersey State requirements, Great Meadows Central School has adopted a School Nutrition Policy (#8530) to ensure healthier nutrition for all students. The district's food service provider, Maschio's, has practices and menus in place to ensure compliance for lunches and snacks served to our students and staff. If students plan to purchase a snack on any given day, our lunchroom aides will encourage the purchase of a maximum of two snacks, one healthy (i.e. an apple) and one "less healthy" snack (i.e. cookies). You can assist with monitoring your child's purchases by providing only the allotted amount of money for the a la carte snacks listed of the Maschio's menu.

The genuine need to monitor and improve the nutritional habits of our children will require support from all stakeholders in the learning community. While parents may continue to send in personal food choices for their child(ren), school personnel will not allow food to be shared among students. The purpose of this guideline is not only for nutritional purposes, but also for the safety of our children. Many children have food allergies and specific health concerns that do not permit them to share food with others.

The following procedures have been in effect since September 2007 regarding food items sent in to share for approved classroom celebrations/parties/special events:

- Each classroom teacher will communicate the classroom procedures for celebrations. The school encourages parents to consider alternative ways to mark these celebrations that does not include food items or that includes healthier items. All food items considered by parents to be sent in and shared for a special celebration (i.e. student birthday, holiday parties, etc...) must be discussed with the sponsoring teacher.
- All items on the attached list considered Foods of Minimal Nutritional Value (FMNV), are not acceptable food items. It is strongly encouraged that parents, who still wish to contribute food items, consider healthy snack alternatives for these events. If food is to be part of an activity, the school suggests those items with limited fat and sugar. Suggestions include: cheese and crackers, vegetables and fruit, oatmeal raisin cookies or fruit muffins (i.e. banana, blueberry). Foods with sugar listed as the first ingredient are not acceptable (be cautious with cupcakes, cookies, brownies...).

It is our hope that we all can use reasonable judgment and common sense to provide for the proper policy enforcement while encouraging more healthy nutritional practices for our students.

Sincerely,

Danielle Hamblin