



ST. ROSE OF LIMA CATHOLIC ACADEMY

A Catholic EL Education School
Forming Excellent Catholic Scholars and Faithful Disciples of Jesus

St. Rose of Lima Wellness Policy (Corrective Action)

12/03/2021

What are the rules for food and beverages?

Food and beverages provided and/or sold, to students on the school campus, during the school day **MUST** meet the following **NUTRITIONAL GUIDELINES**:

BEVERAGES: First ingredient on the label may not be a form of sugar (sugar, honey, HFCS, sucrose, corn syrup, brown sugar, cane sugar, etc.). Examples of beverages that can be provided include:

- **Water**
- **100% juice, 4.23oz. portions (1 juice box)**
- **Low-fat white milk, 8oz. portion**

FOODS: Single serving size only and must be less than 300 calories and less than 20 grams of sugar. Examples of food that can be provided include:

- **Fresh Fruits and/or Fresh Vegetable, unlimited**
- **Low-fat dips to accompany fruits and vegetables (1 T per student)**
- **Fruit cups, no added sugar, ½ cup serving**
- **Low-fat pudding cups, ½ cup serving**
- **Pretzels, Crackers, Popcorn, 1oz. portion**
- **Vanilla wafers, animal crackers, 1oz. portion**
- **String cheese, cheese sticks (1oz. portion), Yogurt**

How will this change benefit my student/child?

We know - and research shows- that the food and beverages students eat and drink affect the way they feel, how they behave and their overall health and wellness. By establishing nutrition guideline for food and beverages students receive in the classroom and through school stores, your student/child is more likely to consume food and beverages while at school which will support their success in school and in life.

My student has food allergies. How will this impact the types of foods they are exposed to?

If your child has a food allergy, please let your classroom teacher know about any food restrictions. Some teachers send a note home to classroom parents to inform them of the food restrictions for the classroom. Some effective strategies for classrooms with student allergies include using nonfood items for classroom projects, academic rewards and classroom celebrations; encourage packaged food items (as opposed to homemade goods) because they have ingredient labels; and making sure that a copy of your child's food allergies are available for substitute teachers.



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FREQUENTLY ASKED QUESTIONS:

These new standards apply to any food products – packaged or homemade – provided during the school day and should be shared with parents and all staff members.

What foods are NOT permitted during the school day for students?

- No soda, juice pouches that are not 100% juice, sports drinks
- No chips, granola bars
- No cupcakes, cake, cookies
- No peanuts/nuts
- No candy, chocolate

Why did St. Rose of Lima update the School Wellness Policy?

In July 2016, the USDA updated the framework and guidelines for school district wellness policies including new requirements for school districts. St. Rose of Lima used this opportunity to expand our existing wellness policy to foster an environment where students are healthy, engaged and safe. These changes will help us to achieve our goal to build support for the Whole Child as God would want us to along with parents who are the first educators of their children. Each student will participate in the Archdiocese of Denver curriculum for Health and Physical Activity. The grade level minutes can be found under schools @ archden.org

Will the rules for food sold through breakfast and lunch programs, fundraisers and at school events change through this policy?

Because St. Rose of Lima does not sell breakfast and lunch at school, vending machines are not at the school, and school fundraising are outside of school hours this rule will not change our policy. These rules apply to food provided to students outside of the school meal program by school staff (e.g. classroom parties, classroom snacks, food given as incentives). Our school meals follow the Nutrition guidelines established by USDA/CDE. We received a grant to offer FREE Fresh Fruit and Vegetables to the children during the day that meet the age appropriate serving size and offer them daily to the students.

At the end of each month Birthday Celebrations for student/child, what are some items that can be used as an alternative to food and beverages?

If parents choose to celebrate their child's birthday at school, we encourage them to consider alternative celebration items and save food treats for your celebration at home. Alternative items may include:

- Pencil, stickers, or other small items for your child to give to their classmates.
- Donate a book to school with your child's name on it for read along time
- Request a show-and-tell time for the birthday student to share of their favorite things (photo, toy, etc.)
- Reach out to your child's teacher for other suggestions.



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I have read the attached School Wellness Policy (Corrective Action), and will follow the guidelines within:

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