

## **Board Policy – Healthy Foods**

### **Board Policy 3550**

The Bridges Governing Board recognizes that adequate, nourishing food is essential to student health, development, and ability to learn. The Director or designee shall develop strategies and communicate with the community members of Bridges to further develop practices of how to educate our students, families and staff members on healthy eating practices.

As outlined in the charter petition, Bridges Charter School will advocate responsibility to our community and to ourselves;

1. Healthy eating habits will be supported and;
2. Environmental education and stewardship will prepare students for success in the green economy of the future.

Educating the whole child is a process that occurs at home as well as at school. Healthy food is a key building block in this process as it is integral to a school environment that promotes and protects our children's health, well-being, and ability to learn. Children are more likely to succeed in caring for their bodies when the entire family works together as a team to support healthy eating habits. Understanding nutrition at a young age will give your children the knowledge and practical skills needed to maintain healthy choices throughout their lives.

Sound nutrition:

- Promotes better student attendance and increased ability to focus, remember, and stay engaged;
- Lowers the risk of preventable, life threatening diseases such as obesity, diabetes, cancer, and stroke.
- Provides the energy (fuel) to be physically active and mentally alert;
- Supports a healthy, physically fit body, which improves a child's self-confidence, especially when faced with the difficulties inherent in puberty.
- Foods without high fructose corn syrup, hydrogenated oils or trans fats, refined sugars, artificial color and additives, high sodium, or high saturated fat

Research shows that unhealthy eating habits established in childhood can lead to a lifetime struggle for wellness. This Healthy Food Agreement is intended to help establish a school culture that values nutrition. If it is "cool at school" to eat well, then children will likely engage in better eating habits for life.

### **Nutritional Preferences**

Proteins (nuts, hard-boiled eggs) fresh fruits and veggies (carrots, grapes, apples, bananas, celery, snap peas, berries, etc.) hummus, edamame, tofu, "Ants On A Log" (celery, peanut butter, raisins) dried fruits (figs, raisins, dates, apples apricots) fruit sauces (apple/peach), whole grains (rice, flax, oats, wheat) should be served at any student function where food is provided by parents, staff members or community members to our students within the school day. Natural foods, minimally processed foods and organic foods should also be given first consideration.

Beverages to include water, juices that include a minimum of 90% real fruit juice, tea, milk, or non-sugared drinks may also be served to students where beverages are provided by parents, staff members or community members to our students within the school day. At no time shall students have sodas or energy drinks during the instructional day.

### **Healthy Living**

Since your child is most likely bringing a lunch from home, please consider the trash impact of your child's lunch. Our goal is to have our lunchtime be as close to zero waste as possible. We encourage reusable containers such as thermoses, plastic ware, and tupperware, rather than the packaging (boxes and bags) that some food comes in.

### **Classroom Celebrations**

Because our students celebrate a variety of different cultures, various celebrations will take place throughout the year. The teachers will make every effort to stay within the healthy food preference list, however, exceptions can be made with prior notice to the parents from the teacher. In the event that candies or sweets are provided to the students, parents may request a substitute item to be provided for the student. Parents may bring items from the preferred list at any time for the purpose of a student celebration however, any parents wishing to bring items to a classroom for a particular celebration not on the preferred list must have the teacher's permission at least 24 hours ahead before any item may be brought to class. If an item is brought to school / classroom the day of a celebration without teacher approval, the parent will be asked to take the item home.

Legal Reference:

#### **EDUCATION CODE**

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49510-49520 Nutrition

49530-49536 Child Nutrition Act