



BRIDGES Parent Advisory Council, Inc.

at BRIDGES Charter School

1335 Calle Bouganvilla, T.O. C.A. 91360 tel: (805) 492-3569

HEALTHY FOOD AGREEMENT

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 to succeed in caring for their bodies when the whole 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.

Therefore, all Bridges families are asked to commit to the following:

- **Provide a healthy snack and lunch for your child(ren) daily, with at least three combined servings of healthy foods. You have the option to have the school/snack breakfast provided free of charge.** Additional nonnutritive items (or treats) may also be provided in moderation (i.e. *one* home baked cookie, *one* small bag of home-made popcorn, etc.) Families are asked to give extra thought to food choices each week, and proactively include their children when establishing the weekly food schedule. "Healthy food" is defined as:
 - ✓ Whole fruits, fresh vegetables, whole grains, nuts and legumes, lean proteins and dairy products which have minimal or no processing;
 - ✓ Foods **without** high fructose corn syrup, hydrogenated oils or trans fats, refined sugars, artificial colors or additives, high sodium, or high saturated fat;
 - ✓ Water, unsweetened milk, or beverages with high nutritional value (i.e. fruit juice with 100% juice). Note: most juices contain added refined sugar or high fructose corn syrup.
- **Support the school culture by NOT bringing the following items onto campus or to school events:** Soft drinks, fast food, "Lunchables" (or similar *highly processed* meal substitutes), or similar *highly processed* snack bags, and/or candy and candy bars (even after Halloween)
- **Follow nutritional guidelines for birthdays, class parties, and special events:** We all enjoy celebrations and acknowledge that special days like birthdays are traditions that children will carry with them the rest of their lives. However, in order to moderate our students' access to nonnutritive treats while they are in our care, food choices for "special days" need to be approved by the classroom teacher or school Director (depending on the nature of the activity).

Parents are asked to NOT bring sweets for sharing (i.e. cupcakes, candies, doughnuts, cookies etc.) onto campus at any time **without advanced approval**. A list of **appropriate treats for sharing** can be discussed in advance with the classroom teacher.

Our family agrees to commit to the Bridges Charter School Healthy Food Agreement.

X _____ Date _____
Signature of (circle one): Parent Legal Guardian

X _____
Student Signature(s)

X _____
Printed Name