**Nutrition**

Modern brain and nutrition research demonstrate an irrefutable link between mind and body. Healthy food creates a healthy brain. What your children eat for breakfast and lunch will affect their entire day- positively or negatively- and establish habits that will either benefit or harm them throughout their lives. It is unrealistic to expect children to be focused and clear-headed after eating a cookie, pop-tart, cocoa puffs, or a rushed, greasy, drive-through breakfast on the way to school. Far better breakfast choices might include:

* fresh or frozen fruit on whole wheat waffles or pancakes
* low sugar fruit and nut muffins served with yogurt and juice
* scrambled eggs or oatmeal served with fruit and whole grain toast
* peanut butter on whole grain bread and a banana (a good choice when time is short)

Students who eat a substantial and healthy breakfast should not need a snack. Occasionally teachers recognize the need for a snack and may request that the school provide a snack option. Parents who prefer that their children not eat between meals simply need to let the teacher and child know and this will certainly be honored. Students with allergies who need a snack should bring a piece of fresh fruit or vegetables, or whole grain item from home.

Parkview offers a breakfast and lunch program as funds and volunteers are available. We make every effort to provide students with the best nutrition possible, including foods that are as close to their natural form as is practical. Likewise, we will actively work to eliminate processed, artificially colored and flavored foods, and those with high and/or hydrogenated fat and sugar content. **We ask that parents invest no less effort in choosing and preparing food for their own children.**

Students who bring food from home are encouraged to make vegetarian choices. Parents, please **DO NOT** send your child to school with:

* Lunchables**®** or other prepackaged, highly processed food such as Ramen**®** noodles
* food or drinks high in sugar or high fructose corn syrup or those containing caffeine (soda is definitely not permitted)
* food with artificial colors or flavors
* pork or other unclean meats (see Leviticus 11)

Please **DO** include the following food items:

* protein (beans and nuts are great options)
* whole grain foods
* vegetables
* fruit or 100% fruit juice

Students who bring unacceptable items identified above will be asked to return them to their home and, if needed, will be offered a school lunch instead. They will be expected to return *all* uneaten food to their lunch boxes so that parents will know what has been consumed. We encourage the use of reusable containers and utensils to minimize packaging waste.

Students are not allowed to share food for both allergy and sanitation reasons. Teachers may occasionally grant special permission to share food under unusual circumstances and at their discretion.

**Treats for Birthdays or Other Celebrations**

Parents often wish to celebrate their child’s birthday by providing treats for the whole class. We are happy to honor this wish as long as the treats comply with the nutrition standards outlined above. This means that typical store-bought cupcakes/birthday cakes or doughnuts will not be allowed. Some alternatives, which students will come to appreciate as their tastes adjust to more natural foods, might include frozen fruit bars (please check the ingredients to ensure that they contain real fruit and juice rather than sugar or corn syrup and artificial coloring/flavoring), popcorn (natural, not microwaved), muffins, or fruit smoothies. One source of generally healthy recipes for parents who may have more time to prepare special treats (some contain a bit more sugar than is ideal) is [www.ohsheglows.com](http://www.ohsheglows.com). If drinks are provided they should be 100% fruit juice- never soda or other artificial beverages. The same principles apply to classroom celebrations such as holiday parties.