

## NUTRITIONAL ENVIRONMENT AT MULBERRY

### NUTRITION GUIDELINES

At Mulberry, we believe learning about and practicing good nutrition is an important part of a child's education. Additionally, we know behavior and performance can be adversely affected by poor nutrition. We wish to reinforce the concept that "Some foods are not good for my body and some foods are necessary for good health." Thus, Mulberry asks you to follow these nutritional guidelines in cooking projects and in the snacks and lunches that children bring to school:

- Limit sweeteners and refined sugar.
- Limit salt intake.
- Limit fat intake.
- Whole grain flours are preferable.
- Avoid artificial flavors, colors, sweeteners, or preservatives.
- Milk, 100% fruit juice or watered-down juice, herbal teas, and water are appropriate beverages for lunches and snacks.
- Please do not send candy or soda to school with your child.

### **Choking Hazards:**

Please do not bring/send in or offer the following choking hazard foods to children under the age of 4: hot dogs (whole or sliced into rounds), whole grapes, nuts, popcorn, raw peas or hard pretzels, or chunks of raw carrots or meat that are larger than can be swallowed whole.

### FOOD ALLERGIES

***Mulberry School is a nut-free environment.*** In addition, the classroom cooking parents are instructed to refer to the allergy list posted in the classroom in planning and preparing their cooking projects. Even with these precautions, parents acknowledge and understand that they are responsible for the supervision and protection of their own child(ren) from exposure to foods to which their child(ren) may have an allergic reaction.

Children do bring snacks and lunches to school and, although sharing food is discouraged, it does happen. The facilities are also used by other groups who may have food in the classrooms or play yards. Consequently, Mulberry will not assume responsibility for eliminating any foods from the premises.