



Lourdes Catholic School

Academics ♦ Faith ♦ Community

Wellness Policy

The State of Iowa has mandated a set of guidelines ("Healthy Kids Act") to promote wellness in schools. In order to promote wellness in a manner that the Iowa Department of Education and Lourdes Catholic School deem appropriate, please read the following guidelines.

If your child's classroom allows birthday treats (please check with each individual teacher due to allergy reasons and/or school policy), please only provide a store-packaged item. Items must arrive to school in a sealed container with a visible nutrition label. **The LCS school policy for food options does apply to class parties, but will be relaxed only for Halloween, Christmas, and Valentine's Day.**

Drink options must include: NO caffeinated beverages, NO soda/carbonated beverages, NO sports drinks or flavored water, ONLY juice with 100% fruit/vegetable juice (no added sweeteners), ONLY lowfat/nonfat milk.

Food options must include: Items that are \leq 200 calories/serving; items that have \leq 400mg Sodium; items that have \leq 10% Saturated Fat calories; items that have \leq 0.5 gm Trans Fat; items that have \leq 35% total fat.

Items to consider: Sugar-free pudding, Low-sugar or sugar-free cookies, Mini-muffins, Rice Krispie Treats, Sugar Free Popsicles, yogurt (yogurt is unrestricted), Jello, Popcorn, Granola bars, Applesauce, Pretzels, Crackers, Chex Mix

Non-food options to celebrate your child's birthday may include:

An indoor board game, puzzle, Legos, etc. to be used for Indoor Recess; the donation of a book to the classroom or school library; extra recess (time to be determined by the homeroom teacher)

Peanut and Tree Nut Free Snack Suggestion List:

Please refer to the "Safe Snack Guide" on the Snack Safely website at snacksafely.com.