



## NOTICE TO PARENTS Concerning Food Brought to School

Changes effective 2011-2012

On December 13, 2010, the Carlisle School Board approved revisions to the district's Wellness Plan. That approval was based on the recommendation of the district's Wellness committee who spent time researching and discussing the various components of the plan. That plan includes the following statement about food used in celebrations and as snacks and rewards:

**“Snacks served during the school day should make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The school district will disseminate a list of healthful snack items to teachers and parents. Foods that come from home for sharing among children must be either whole fruits, vegetables or commercially prepared packaged food in factory sealed containers. In an effort to support the Healthy Kids Act, we encourage parents, guardians and staff to provide healthy alternates for classroom snacks, rewards and celebrations.”** Packaging should include nutritional labeling.

Snack and beverage suggestions are listed on the back of this page. This information is also available on the district website on the Nurse’s Office page under the Departments tab. Select Wellness Policy on the Nurse’s Office page. Attached is “The Healthy Kids Act : A Parents’ Guide” which provides additional information about this legislation and how parents can help.

Questions may directed to Diana Whited, 989-3589; Cindy Moorman, 989-5330; Julie Reed, 989-0833.