

## Healthy Eating at LFDCS

Integrating healthy eating throughout the school day is essential to nurturing the holistic well-being of your child. We are committed to upholding nutrition and health guidelines from the Massachusetts Department of Elementary and Secondary Education (MA DESE) Office for Food and Nutrition Programs.

We offer daily snack, breakfast, and lunch at no cost to families. For those who wish to send snacks and meals to school, please follow our **Healthy Snack Guidelines and Healthy Meal and Snack Ideas**.

In order to maintain a healthy eating environment, please follow the **Foods Not Permitted Guideline**; *students will be asked to put those items away and return them home if they are brought to school*.

**Note of Caution:** LFDCS is a *peanut, tree nut, sesame allergy aware* school. Please **do not send** items containing these ingredients to school with your child.

### Foods Not Permitted Guideline

<b>Peanuts, tree nuts, sesame and by-products</b>	<b>Allergy Awareness</b>
Fast foods	High fat, sodium and often sugar
Fried Foods	High fat and sodium
Highly processed meals and snacks such as: Lunchables, chips, Doritos, Takis, Pringles, etc	High fat and sodium
Donuts, pastries and other sugary desserts	High fat and sugar
Soda, <b>non-100%</b> juice drinks	High sugar
Energy and sports drinks	High sugar and caffeine
Milkshakes	High fat and sugar
Candy, candy bars, gum	High sugar
Coffee, coffee beverages, tea, iced tea	High caffeine and sugar

### Healthy Snacking

A variety of well-portioned healthy snack options helps keep students satisfied during study and leisure time, while leaving room for their healthy meal when it's time!

\*Food labels on packaged items provide the information needed to make healthy choices

Protein and Fiber are added benefits to any snack item that meets the guideline below

### Guidelines

<b>*Per Serving</b>	<b>Amount</b>	<b>Note</b>
Calories	200 calories or less	<b>Watch Serving Sizes!</b> Follow package label amounts*
Sodium	200 mg or less	
<b>ADDED</b> Sugars	<b>Less than</b> 12 g	Fruit and dairy have natural Sugars and <b>do not count</b> toward <b>ADDED</b> Sugars.
Saturated Fat	<b>2 grams</b> or less for a <b>200 calorie</b> snack	

## Healthy Meal and Snack Ideas

### WATCH SERVING SIZES!!

<b>Fruits</b> — <i>High in Vitamins and Minerals</i>
Fresh
Canned in water, juice or light syrup
Frozen or dried/freeze-dried low or no added sugar
<b>Vegetables</b> — <i>High in Vitamins and Minerals</i>
Fresh, include salads with low fat dressing
Low or No Sodium canned
Frozen without added sugar or fats/sauces
<b>Dairy</b> — <i>Good source of Protein and main source of Calcium (bone health)</i>
Low fat cheese, string cheese, cottage cheese <i>Can be a bit higher in sodium</i>
<b>Milk</b> —1% or skim, flavored (watch ADDED sugar)
Low fat or fat free Yogurt/Greek Yogurt (watch the ADDED sugar)
Yogurt parfait (low fat or fat free vanilla or plain yogurt, fresh/frozen unsweetened fruit, low fat granola)
<b>Proteins</b> — <i>Building blocks, muscles and organs</i>
Lower sodium eggs, meats, fish, poultry <b>NOT deep fried</b>
<b>Grains</b> — <i>Good source of energy; try whole grain options (whole grain as first ingredient)</i>
<b>Read labels ESPECIALLY for sodium and ADDED Sugars</b>
Rice, pasta, breads, cereals: watch sodium and sugar
Popcorn—look for lower in salt and fat
Pretzels and crackers, tortilla chips—low salt or unsalted, Tortilla Chips
Graham crackers, animal crackers, cereal bars
<b>Beverages</b> — <i>Necessary Hydration</i>
<b>Caffeine Free NO sugar, artificial sweeteners, sodium or other minerals added</b>
WATER! Sparkling Water/Seltzer—plain, natural fruit flavors
100% juice (small portions)

#### Sources:

1. Food Nutrition Service, US Department of Agriculture; Added Sugars, Limit Using a Phased Approach; <https://www.fns.usda.gov/cn/nutrition-standards-proposed-rule-added-sugars>
2. Food Nutrition Service, US Department of Agriculture; A Guide to Smart Snacks in School; <https://www.fns.usda.gov/tn/guide-smart-snacks-school>
3. The 2020-2025 Dietary Guidelines for Americans: CSPI’s Key Takeaways; Center for Science in the Public Interest; [cspinet.org; https://www.cspinet.org/sites/default/files/attachment/CSPI\\_Key\\_Takeaways\\_2020-2025\\_DGA.pdf](https://www.cspinet.org/sites/default/files/attachment/CSPI_Key_Takeaways_2020-2025_DGA.pdf)
4. Massachusetts Department of Secondary and Elementary Education Office for Food and Nutrition Programs; <https://www.doe.mass.edu/cnp/nprograms/default.html>