

FOOD GUIDELINES

SNACKS & LUNCHES

If your child brings his/her lunch and snack to school please keep in mind that **good nutrition** is emphasized. Remember to provide the necessary eating utensils for your child.

Please label your child's lunch box/bag/containers.

Please do not send breakable bottles or containers. We encourage the use of reusable water bottles.

We have numerous students with severe peanut/nut allergies in the school. Students with foods containing nuts will be asked to eat in an alternate location. Please be sensitive to this when packing your child's lunch. Additionally, please instruct your child not to share food and snacks with friends, as the ingredients of an allergic student's food must always be checked and approved.

Students will not be permitted to eat the following foods in their classroom - chocolate bars, candy, soft drinks, energy drinks, chips.

We will encourage you to send foods that adhere to the LBPSB food policy (fruits, vegetables, dairy products, grains).

http://www.lbpsb.qc.ca/content/policies/FoodPolicy2_5.pdf

We will encourage your child to pick healthy snacks for their morning recess.

Below please find a website that contains excellent ideas for healthy snacks and for birthday treats.


- <http://foodservice.lbpsb.qc.ca/eng/recipe/page.asp>

In an effort to be environmentally conscience, we encourage you not to send foods that are highly processed and individually packaged.

Below please find some suggested foods

SUGGESTIONS FOR SCHOOL SNACKS

VEGETABLES Depending on the season, raw, cooked or juice

- Asparagus, slightly cooked
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- Peeled avocado
- Beets – regular or marinated
- Raw brocco-flower
- Raw broccoli
- Raw carrots
- Celeri, with or without cheese spread
- Mushrooms
- Bite-size Chinese cabbage
- Brussel sprouts, slightly cooked
- Shredded green or red cabbage
- Raw or lightly cooked cauliflower – white, orange or purple
- Cucumber
- Zucchini
- Bite-size raw fennel
- Canned mini corn cobs
- Raw turnip, rutabaga
- Raw yellow, red, green, orange, purple or white pepper
- Radishes
- Raisin or cherry tomatoes
- Tomato juice
- Vegetable juice
- Carrot juice

FRUITS Fresh in season, canned in its own juice or puréed

- Fresh apricots
- Pineapple pieces
- Banana
- Cherries, ground cherries
- Clementines
- Peeled fresh figs
- Strawberries
- Peeled kiwi cut in quarters
- Rinsed canned lichees
- Mandarins
- Mango or other exotic fruit
- Watermelon, honey dew, cantaloupe
- Nectarines
- Oranges
- Peeled grapefruit
- Peaches
- Small fruits such as blackberries, blueberries, raspberries
- Pears – any variety
- Apples – any variety



* Prevent fruit or avocado from turning brown by dipping them in apple or lemon juice

- Prunes
- Grapes
- Canned fruit in its own juice
- Apple sauce or other puréed fruit that has no added sugar

MILK & other alternatives

- Milk
- Flavoured milk
- Yogourt drinks
- Fresh cheese with fruit (Minigo, Danimo)
- Cheese
- Yogourt
- Dips made with plain yogourt, ricotta or other cheeses
- Smoothies & homemade milk shakes made with fruit



Milk & yogourt are good for your teeth. However, when buying milk products, choose the ones that contain the least amount of sugar.

Nicole Gervais, D.C.P., nutritionist
For the Youth team of C.S.S.S. Vaudreuil-Soulanges