

Diocese of Shreveport Catholic Schools Food Policy

To help ensure the health and welfare of each student attending the Diocese of Shreveport Catholic Schools and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service the Office of Catholic Schools subscribes to the following:

1. The Office of Catholic Schools will ensure that no student in the Diocese of Shreveport Catholic Schools goes hungry while in school.
2. The Office of Catholic Schools will ensure that an economically sustainable meal program, that provides a healthy nutritious lunch, is available to every student at every school so that students are prepared to learn to their fullest potential.
3. The Office of Catholic Schools will ensure that the nutritional value of the food served by Diocese of Shreveport Catholic Schools significantly improves upon USDA and State Dietary Guidelines by providing nutritious, fresh, tasty, and when possible locally grown food. The Office of Catholic Schools encourages staff to utilize food from school gardens and local farmers based upon availability and acceptability.
4. Meals served to students are prepared in Peanut/Tree Nut Restricted and Shellfish Restricted kitchens and shall be attractively presented in a pleasant environment with sufficient time for eating.
5. Students will have minimal involvement in sales of candy, sodas, and empty-calorie sweets at any school sponsored event or for any fundraising activity following the regulations of USDA Healthy Kids Act 2018 and LA State Competitive Food Policy.
6. Bake Sales and/or Ice Cream Socials may be held with the permission of the school principal, in moderation and with consideration and consistency of the regulations of USDA Healthy Kids Act 2018 and LA State Competitive Food Policy.
7. Foods offered to students during the school day as a snack, incentive, or reward, whether arranged by parents or staff, shall be consistent with the USDA Smart Snack Regulations, www.fns.usda.gov/tn/guide-smart-snacks-school All extra sale snacks at lunch comply with USDA Smart Snack Regulations.
8. The Office of Catholic Schools recognizes that class parties are a tradition in Catholic School education. However, parents and staff are encouraged to provide healthy party snack options that are consistent with the goals of this policy. Parties are to be held after the lunch hour.
9. The Office of Catholic Schools will ensure that teachers, principals, and Child Nutrition Services employees recognize that the lunch period is an integral part of the educational program of the Diocese of Shreveport Catholic Schools. It is the responsibility of the entire school staff to implement nutrition education and lunch time etiquette as goals of this policy.

Student Rules & Regulations: All students are encouraged to participate in the school's meal programs.

- Students who bring breakfast or lunch must bring nutritional food following *Diocese of Shreveport Healthy School Environment & Wellness Policy guidelines*.
- Lunches should consist of a meat or meat alternate such as sandwiches, soup or meats.
- Drinks may include milks, 100% fruit drinks or water. No carbonated beverages (canned sodas) or candy are allowed.
- Extras for the meals may include vegetables and fruit.
- No **Fast Food** restaurant meals are allowed in the cafeteria during lunch time.
- All meals from home must be ready to eat. No microwave or warming facilities are allowed.
- Students must bring their meals when they arrive in the morning. Meals will not be delivered to students by the office staff during the school day.
- The Office of Catholic Schools supports all efforts that encourage healthy eating experiences, school gardens, and nutrition education as integral components to the core academic curriculum at all grade levels.

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