



# Nutrition Information

The District 181 Nutrition Guidelines were developed following the adoption of the District 181 Wellness policy<sup>1</sup>. The Nutrition Guidelines are designed to promote a healthy and safe school environment. The District 181 Outside Food Guidelines were developed following the adoption of the District 181 Food Allergy Management Program<sup>2</sup>.

## Outside Food Guidelines:

1. All food served at school or used in the curriculum must be store bought, prepackaged, and have an ingredient list available.
2. Room Parties: Each elementary school has scheduled dates for seasonal parties on its calendar\*.
3. Regular, daily snacks for students in grades K-5th may only include fruits and vegetables\*\*.
4. The District has selected two food options for classroom parties for students in grades K-5th\*.

\*Specific to elementary school students only.

\*\*If student has a medical/health reason they require an alternative snack, please contact the school nurse.

**Kellogg's Fruity Snacks:** Mixed berry. Ingredients: Corn syrup, sugar, apple puree concentrate, water, modified corn starch, gelatin, contains 2% or less of citric acid, vitamin c (ascorbic acid), natural and artificial flavors, red 40, blue 1. Nutritional Information found: [http://www.kelloggs.com/en\\_US/kelloggs-fruity-snacks-mixed-berryfruit-flavored-snacks.html](http://www.kelloggs.com/en_US/kelloggs-fruity-snacks-mixed-berryfruit-flavored-snacks.html)

**Outshine Fruit Bars:** Lemon, Grape and/or Tangerine. Lemon Ingredients: Water, lemon juice from concentrate (water, lemon juice concentrate), sugar, natural flavor, guar gum, carob bean gum, ascorbic acid (vitamin C). Kosher. Nutritional information found: <http://www.outshinesnacks.com/products/bars/lemon.aspx>. Grape Ingredients: Water, concord grape puree, sugar, grape juice concentrate, malic acid, natural flavor, guar gum, ascorbic acid (vitamin c), carob bean gum. Kosher. Nutritional information found: <http://www.outshinesnacks.com/products/bars/cherry-grape-tangerine.aspx>. Tangerine Ingredients: Water, tangerine juice from concentrate (water, tangerine juice concentrate), sugar, citric acid, orange pulp, annatto color, natural flavor, guar gum, tangerine oil, carob bean gum, ascorbic acid (vitamin c), turmeric color extract. Kosher. Nutritional information found: <http://www.outshinesnacks.com/products/bars/cherry-grape-tangerine.aspx>

5. PTO Sponsored Breakfasts/Lunches: The PTO representative will provide an ingredient list to the school when lunch permission sheets are sent home. Food should be pre-packaged (not home-baked), or purchased from a vendor that provides an accurate ingredient list. All parents should be contacted in writing by the PTO representative and/or supervising coordinator with the date of the event and ingredient information. PTO representatives have limited ability to arrange alternatives, however, parents may provide a lunch for their child.

6. Field Trips: All parents of students who are identified as having life threatening allergies to food/environmental agents should be notified by teacher of upcoming field trips and given opportunity to attend for students in grades PK-6th. Students with medications (including epinephrine pens) must be accompanied by trained school staff if parent does not attend field trip. Only staff are permitted to carry student's epinephrine pen. On field trips, staff will ensure that students with food allergies use a cleansing wipe and have a clean eating area prior to eating\*.

\*Specific to elementary school students only.



7. The supervisor of any activity dealing with food in the classroom or any extracurricular event, must provide written notification and provide ingredient list to all parents a minimum of 3 days in advance of the event. Please note that this also includes any foods, plants, seeds, seafood and/or animal dissections in science class.

8. The supervisor of any activity dealing with food in the classroom or any extracurricular event, must wipe down areas where food has been served, to remove/dispose of crumbs, residue, etc, immediately following activity with approved classroom cleaning product<sup>3</sup>.

9. The supervisor of any activity dealing with food in the classroom or any extracurricular event must have all students wash hands, or wipe hands with approved hand sanitizing wipes at the conclusion of event<sup>3</sup>.

10. Parents will have the option to deny participation in instructional activities that might involve food. Food is not to be used for birthday treats or rewards.

11. Students are not permitted to eat on the bus.

12. All staff at each elementary and middle school are trained annually by the school nurse on identification of anaphylactic reactions, on use of epinephrine pens and on conscious choking<sup>3</sup>.

District 181 wishes to create school environments that teach and promote healthful choices. An awareness of healthy foods, as well as having the potential for allergic reactions, are necessary learned parts of healthful living.

#### References:

Community Consolidated School District 181 (2017). 6:050: *School wellness*. Retrieved from

<http://www.boarddocs.com/il/hccsdil/Board.nsf/Public#>

Community Consolidated School District 181 (2017). 7:285: *Food allergy management*. Retrieved from

<http://www.boarddocs.com/il/hccsdil/Board.nsf/Public#>

Illinois State Board of Education (2010). Guidelines for managing life-threatening food allergies in illinois schools.

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