

NUTRITION AT SRFACS

Nutrition

At Santa Rosa French-American Charter School (SRFACS), we are committed to adopting a wellness and nutrition policy, allowing time to slow down and enjoy healthy food. SRFACS has put a priority on teaching healthy eating habits and routines in the class and lunchrooms.

Importance of Breakfast

Please make every effort to provide your child with a nutritious, well-balanced breakfast. It is important for them to have proper sustenance and nutrition to be able to focus on their schoolwork. According to the American Dietetic Association, children who eat a healthy breakfast are more likely to: concentrate better, be more alert, be more creative, miss fewer days of school, have better problem solving skills and be more physically active. Try to include a protein, vegetable and a starch in each breakfast meal.

Snacking

We encourage children to eat a well-balanced, nutritious breakfast as well as participate in SRFACS's lunch program, which minimizes the need for snacking. If you decide to provide your child with a morning snack, please consider limiting the quantity to allow children to fully enjoy their substantial lunch. We understand that for some children this may be an adjustment and may need to be a more gradual process. It is our hope that within the first few months of school, students will become accustomed to having a substantial breakfast and lunch and will no longer have the need for a morning snack.

Snacks at school are expected to be nutritious and should contain a minimum of sugar, salt, and fats. If you wish to provide your child with an snack, please consider the following options in small quantities to avoid wasting food. Examples of snacks are: apple slices with almond butter or cheese, cucumbers, carrots, plain Greek yogurt, cottage cheese, hard boiled eggs, fresh or dried fruit. Foods with artificial colors and flavoring, hydrogenated oils, preservatives such as sodium nitrite or refined sugars, including corn sugars, should always be avoided.

Beverages

Water will be served at SRFACS during lunchtime. Please do not send any sugared drinks, including fruit juices and yogurt drinks.

Student Birthday Celebrations at School

At SRFACS we encourage building lasting memories for our children through activities and experiences they enjoy with their classmates, including birthday celebrations. To reduce disruption of classroom instruction, class parties should be kept to a minimum. Parents must make prior arrangements with the classroom teacher if they would like a class party for their child. Parties occur usually at the end of the school day so as not to interfere with classroom instruction.

In case you wish to bring food, please avoid hydrogenated (trans fat) oils, artificial coloring or flavoring, corn sugars/syrups as well as nuts. School-site prepared food items are allowed. All visitors must always check-in and out at the office.

Nutrition Quality Standards

These are the guidelines approved by the Santa Rosa City School District's Board of Directors:

Our school lunches are prepared daily, using fresh, local, organic when possible and seasonal products. All proteins will be growth hormone free and organic when possible as well as non-processed, except sausages - free of sodium nitrate, organic when possible. Chicken and eggs - free range - organic when possible. Red meat-grass fed-organic when possible. "Non-traditional" protein choices could include: lamb, duck, tofu, game meats... Seafood will be served at least once every two weeks. Carbohydrates, whole grain breads and wheats, brown rice - organic when possible. Ancient grains highly preferred: quinoa, kamut, amaranth, spelt - organic when feasible. Potatoes - organic only. Corn - non GMO, organic when feasible. Any carbohydrate base products (dough, crackers...) will be free of corn sugar or high fructose and corn syrup (HFCS). Pesticide free and organic when feasible, Apples, grapes, nectarines, peaches and all berries must always be organic. Vegetables will be pesticide free and organic when feasible. Bell pepper, celery, cucumber, green beans, kale/greens, lettuce and spinach must always be organic. All other sauces/food are to be used are to be without high fructose corn syrup or corn sugar, artificial sweeteners, MSG and artificial color and/or flavors.

Participation

Maximum participation by families will keep the quality high and ensure continuation of the program. Our three-course lunch consists of well-balanced meals using pesticide free fruits and vegetables, least processed carbohydrates, no

antibiotics or hormone treated meats, organic ingredients when feasible. All meals will be prepared daily with a focus on local and seasonal choices.

It may take a child a few weeks to adjust to a new food routine. For those students unaccustomed to the food being offered, there may be an initial hesitation. This will very likely disappear within a few weeks, if not sooner. During our monthly 'art de la table' events during the 2012-13 school year, even those students with initial hesitation to some of the offerings soon found that they had an appreciation for the food and often left their plates empty!

The lunch program is available for every student, regardless of their financial situation. The cost of the three-course lunch is \$4.75 per day. Lunches may be prepaid online through MySchoolBucks.com. Children also may bring cash in a sealed and labeled envelope; exact change, please.

MySchoolBucks.com Prepayment Instructions

Parents need to know the student's Santa Rosa City Schools ID (PIN) number to open a new account with www.myschoolbucks.com. The student ID is a six digit number and can be found on the student's report card. For all new students, please contact the administration office at 707.522.3161 to obtain this number.