



# 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. The District has selected two food options for classroom parties\*.
  1. **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-berry-fruit-flavored-snacks.html](http://www.kelloggs.com/en_US/kelloggs-fruity-snacks-mixed-berry-fruit-flavored-snacks.html)
  2. **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>

These treat choices, along with a small bottle of water for each student, provide an enjoyable and safe food option.

## **\*Specific to elementary school students only.**

4. 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.
5. 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.
6. The supervisor of any activity dealing with food in the classroom or any extracurricular event, must thoroughly wipe down student desks and other common table top areas and commonly used appliances (eg. doorknobs, computers, pencil sharpener), immediately following activity, with approved classroom cleaning product<sup>3,4</sup>.



## 2016-17 D181 Student Registration

7. 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>3,4</sup>.
8. 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.
9. Students are not permitted to eat on the bus.
10. All staff at each elementary and middle school are trained annually by the school nurse on identification of anaphylactic reactions, on use of EpiPens/Auvi-Q's 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.

### Resources:

1. District 181 Policy Manual Section 07 - Instruction: School Wellness. Retrieved 2/7/2016 from <<http://www.boarddocs.com/il/hccsdil/Board.nsf/Public#>>.
2. District 181 Policy Manual Section 07 - Students: Food Allergy Management Program. Retrieved 2/7/2016 from <<http://www.boarddocs.com/il/hccsdil/Board.nsf/Public#>>.
3. Best Practice Measures to Reduce Exposure to Allergens. Page 20. Guidelines for Managing Life Threatening Food Allergies in Schools. [https://www.isbe.net/Documents/food\\_allergy\\_guidelines.pdf](https://www.isbe.net/Documents/food_allergy_guidelines.pdf)
4. Appendix F: Cleaning Research: Surfaces. Page 66. Guidelines for Managing Life Threatening Food Allergies in Schools. [https://www.isbe.net/Documents/food\\_allergy\\_guidelines.pdf](https://www.isbe.net/Documents/food_allergy_guidelines.pdf)