



Empowering Life-Long Learners

PENNCREST School District

DISTRICT ADMINISTRATIVE OFFICES

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March 31, 2008

Dear Parents/Guardians,

PENNCREST School District has adopted and implemented The Pennsylvania Department of Education Nutrition Standards to have a positive effect on your children's nutritional habits while they are in school. The administration provides oversight of implementation through the district Student Wellness Committee in accordance with district Policy#246, Student Wellness. The Nutrition Standards and policy can be viewed on our website at www.penncrest.org.

The standards focus on the à la carte offerings during breakfast and lunch, classroom/holiday parties, rewards, vending machines and fundraisers. **The standards only apply to foods sold or consumed during the school day. They do not place restrictions on what children can bring in a lunch from home.** Nevertheless, we encourage parents to send their children to school with healthy meals.

Over the past two years, changes have already been made in the school setting to provide healthier offerings. Fresh fruits and vegetables are available daily in the breakfast and lunch lines along with whole grains. In addition, a majority of the à la carte snacks sold in the cafeterias do not contain sugar as the first ingredient, provide minimum to no trans fatty acids and contain less than 35 % calories from fat and less than 10% from saturated fat. Next year, the standards will place additional limits on à la carte sales.

In regards to classroom/holiday parties, we encourage parents/guardians to provide healthy snacks and beverages. Additional information regarding classroom/holiday parties will be forthcoming for the 2008-2009 school term.

Food may not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message from an individual such as guest chef or farmers' market presentation. Therefore, teachers are expected to offer non-food rewards such as pencils or stickers instead of candy. This is necessary because using food as a reward may connect food to mood and promote eating for comfort when not hungry.

Although **the standards do not apply to fundraisers ordered and delivered after the school day**, we encourage schools to be consistent and have fundraisers that promote good health. Fundraising groups may request from our food service department a list of fundraising foods that meet the nutrition guidelines as well as the addresses of websites with ideas for healthy fundraising including alternatives to food fundraising. Once again, additional information will be forthcoming regarding fund raising activities for the 2008-2009 school term.

In conclusion, since our goal is to provide parents and students with healthy breakfast and lunch ideas along with nutrition education, more specific information will be included on the back of future lunch menus. We sincerely appreciate your cooperation in this endeavor. If you have any questions regarding the nutrition standards, please contact the school principal.

Sincerely,

Richard A. Borchilo
Superintendent of Schools