

St. Ignatius ECC Food and Nutrition Agreement

Nutrition is an important element in the health of every child and directly affects a child's overall growth, development, and learning ability.

We ask that you DO NOT send in juice of any kind in with your child. If juice is sent in, it will be returned to you via your child's backpack.

No candy, soda, or gum is to be brought to school. If your child is staying for our Lunch Bunch Program, your child should arrive with a lunch prepared from home in a lunch box or brown bag. (No refrigeration or microwave available).

Therefore, as a parent of _____, I agree to provide a nutritious snack for my child each day, and it will be composed of one or more foods from the following food groups, such as protein, bread and cereal, vegetable and fruit, and white (non-flavored) milk or water. I understand that St. Ignatius Early Childhood Center will not allow "fast food" type menu items to be brought to school.

Parent Signature

Snack/Lunch suggestions

Fresh or dried fruit, bagels and cream cheese, low fat string cheese, cubes, or wrapped slices, pretzel sticks, goldfish, bread sticks, English muffins, Ritz crackers, saltines, wheat or graham crackers, vanilla wafers, melba toast and cheese, bread or muffins with butter, fruit and cottage cheese, granola bars, applesauce with a spoon.

Plan ahead and buy healthy snacks when you go to the store.

We welcome any suggestions or comments.

A time will be provided in the classroom for snack to be taken out of the back pack and eaten. Snack not eaten will be returned.

If you have any question or concerns, please contact the office at 937-5427

Sincerely,
Sharon Stokely
Director