

IMS HEALTHY EATING GUIDE

IMS students learn the importance of living a healthy lifestyle, including nutrition. We ask that parents support this by encouraging your child to choose, make, and bring healthy food choices to school for snacks, lunch or special events. Food choices should be low in sugar, **with no nuts or nut oil** (check the ingredients).

Please avoid candy and other highly sugared foods or food containing excessive quantities of additives and preservatives (i.e. pre-packaged, processed foods). Such foods do not sustain a child throughout the day and often cause adverse side-effects in attention and behaviour.

Allergies: Please be aware of the potential for allergies in the IMS community when food or cooking activities are involved. We do have children with serious allergies.

IMS IS A NUT-FREE ENVIRONMENT.

SNACKS

Casa dei Bambini programme (ages 3 - 6): Children will have access to a nutritious snack daily. Parents will be asked to contribute periodic snacks for their child's class. Class Parents will create a monthly Snack Calendar that will identify which day each family will provide the class snack. *(Under current Covid-19 restrictions, Casa dei Bambini children should bring individualised, self-contained snacks. We will provide notice when our normal snack and Snack Calendar practices can resume.)*

Elementary students bring their own snacks to school.

Suggested Snacks / Lunch extras:

Whole grain crackers

Whole grain dry cereal

Fruit salad & Fruit kebabs

Cucumber sandwiches

Mini whole grain muffins

Veggie sticks & hummus

Suggested Drinks:

Water

Rice cakes & avocado dip

Roasted seaweed

100% juices (no sugar added)

PLEASE DO NOT SEND: Candy or others very sweet food. Chocolate is not allowed. Sweet cakes and other high sugar content foods are not appropriate.

LUNCH

If your child is eating lunch at school, please pack a well-balanced meal. Encourage your child to participate in preparation of lunch to build responsibility, as well as higher likelihood that the child will enjoy and therefore eat his or her lunch.

SUGGESTED LUNCH FOODS: in addition to the snack/lunch extras suggestions above, whole grain bread with high protein sandwich filling (meat, fish, bean, or cheese) or brown rice dish with vegetables/protein, and a fruit and/or vegetable.

LUNCH BOXES

We are teaching children to be aware of impact on waste on the environment, so reusable containers without extra plastic wrap is preferred. Please choose food containers that are easily opened, with spill proof lids.

Please provide your child with any required cutlery.

If you are sending warm food, please send in a non-breakable thermos. **Refrigeration for individual lunch boxes and microwaves are not available.**

BIRTHDAY

Special snack suggestions are sent out at the time of your child's birthday celebration. ***(Under current Covid-19 restrictions, birthday snacks are not permitted. We will provide notice when our normal birthday snack practices can resume.)***

Please Note: All of the above are subject to Covid-19 protocols and restrictions.