

## Saint Mary's Belen Healthy School Food Policy

**Whereas:** Saint Mary's Belen is concerned about providing students with the best possible nutrition at school.

**Whereas:** Proper nutrition is important for both physical and educational development.

**Whereas:** Nourishing meals and snacks assist children in making the most of their educational opportunities.

**Therefore:** Effective August 11, 2014, it is the policy of Saint Mary's Belen that all events sponsored or supported by this school (meetings, potluck events, catered events, athletics, community sponsored events) will always include one or more of these healthier items: Fruits (grapefruit, oranges, apples raisins, craisins, 100% fruit juice) and or vegetables, fresh frozen or canned vegetables or 100% vegetable juice, low-fat milk and dairy products (low-fat yogurt, low-fat cheese and ice cream), foods made from grains-especially whole grains (low-fat wheat crackers, bread and pasta, whole grain ready-to-eat cereal. Low-fat baked tortilla or pita chips), or water

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Principal