

## Food Policy

Nurturing the growth and development of our children is what Hand In Hand is all about! It is our desire at Hand In Hand to take a holistic approach to educating and caring for our children.

The Bible says in 1 Corinthians 6:19 “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own.” Our body is a gift from God and a vehicle to use in service to Him. He wants us to nourish ourselves in the best way possible. We endeavor to feed the minds and bodies of our students with quality “ingredients.”

### Snacks

Hand In Hand will provide a healthy snack each day for all students. The snacks are—

- Natural, and often organic
- Whole grains, legumes, vegetables, and fruit
- Whole foods: unrefined and minimally processed
- Free of artificial colors and flavors, preservatives, artificial sweeteners, high fructose corn syrup, and partially hydrogenated oil.

The provided snack is part of the learning experience at Hand In Hand. Snacks are served to children between 9:00 am and noon during the children’s three-hour work cycle. Families whose children have food allergies or sensitivities will be provided with an alternative option.

### Lunch Parameters

Parents are responsible for sending lunch with their child each day. Hand In Hand strives to inspire our children to develop a taste for truly healthy food—food that is healthy for our bodies and clears our minds for optimal learning.

- The Bloomington Campus is a fully nut-free school.
- We ask that parents not send sugary treats, candy, or soda pop. Avoid colored Jell-O, artificial sugar-packed puddings, and artificially processed “lunchable-type” snacks.
- As an alternative, consider sending individual apple sauce cups, natural fruit cups, yogurt, fruit leathers, carrots and celery. Fresh fruit, fruit salsa, or trail mix (without nuts) are also welcome. If you choose to send treats in your child’s lunch, bring homemade healthy treats or packaged organic/natural alternatives.
- A cold pack can be used to keep food cool.
- 1% Milk and Rice Milk Alternative, as well as water, will be provided at lunchtime for all students.
- Lunch is served between 12:00 and 1:00 pm. (Snacks and meals are spaced so that they are at least two hours apart, but not more than three hours apart.)



## **Family Events**

Many of our family events include food provided by families. The tone of our policy—good, wholesome food—will apply to the food served at Hand In Hand Family Events, although it will be more relaxed.

Homemade or natural store-bought items such as banana muffins, zucchini breads, healthy granola cookies, and similar items will be part of these fun events. The idea is not to make unnecessary restrictions, but rather to provide an environment where we can all enjoy and be nourished with foods that are delicious, nutritious, and natural; families' unique preferences will be respected.