

LFMA Nutrition Policy

Everyone attending the morning or full day session must bring a packed lunch. Please make sure hot foods are placed in a thermos to keep them warm. We are unable to heat foods.

There are some items which we prefer you not to pack such as cakes, chips and high energy granola bars. These foods are high in sugar content and have little if any food value. We have found that the more basic a lunch is the better a child likes it. Sip-ups are expensive and many times are wasted because the children do not finish them. A thermos is a better value and the contents can be saved if not finished. Lunchables are attractive to the parent because of their convenience, however they are not a good value because most of the food is discarded by the child.

Each class has a break for snack time. Please provide fruit or vegetable snacks in your child's lunch. The pre-primary class has a morning and afternoon snack time. Please include enough snacks for both breaks if your child is in the pre-primary level. If your upper level child will remain in the after-school program, an additional snack is recommended as well.

A healthy, balanced lunch should include a protein, fresh fruit, vegetables and a drink. Your child will stay healthier and have more energy if you feed him the proper foods. Here are a few suggestions for items to pack in your child's lunch:

Proteins: Hard boiled eggs, yogurt, cottage cheese, cheese and crackers, peanut butter and crackers, mixed nuts, cream cheese and dates, sandwiches of meat and cheese or soups in a wide mouth thermos.

Crunchies: Vegetable sticks such as celery, carrots, peppers, sliced cucumbers or pickles. Served with dip, they are a big hit with the children. Try packing fresh veggies each day instead of chips.

Fruits: Fresh fruits of all sorts provide needed energy. Please include a fresh fruit each day in your child's lunch box.

Students are not allowed to bring candy, gum or soda to school. Remember that "Variety is the spice of life!" Children, just like adults, get tired of the same old thing in their lunches. Experiment a little with new and different foods.