

TABLE MANNERS

Parent Guidelines for Food Safety At School

Joining your children for lunch, celebrating a special occasion, and trying new flavors, tastes and textures is part of the joy of childhood. While we promote the pleasures of food and support health and nutrition education we want to do our best to keep our students safe. Many children have dietary restrictions or reactions to food that we need to regard. These are guidelines for parents to follow:

West Hartford Public School Policy requires classrooms to be PEANUT AND TREE NUT FREE:

- The cafeteria will serve peanut butter and jelly sandwiches. All other food is nut and peanut free.
- Peanuts and Tree Nuts are not allowed as snacks in the classroom. Check the label on all food that is expected to be eaten in the class.
- Keep the teacher and nurse updated about allergies or food sensitivities your child has.

Be familiar with the food that is served at school:

- Food Service Menu: The menu is available to you each month. If your child is buying breakfast or lunch please review the options and teach them to make the choices that they like and that you prefer. The menu is sent to you in our newsletter, The Webster Hill Connection, or you can find it on line at whps.org (Click on Webster Hill and then click on lunch menu.)
- Salad bar: Fresh salad and trimmings are available for lunch on a regular basis. Check the menu for details.
- Food tasting: Webster Hill participates in the Chef to School program where occasionally a sample of new food is offered during lunchtime. The list of such foods will be available in our newsletter, WH Connection, and our Weekly Happenings email.

Celebrations at school:

- Please consult in advance with your teacher about exactly what and when you would like to bring food in to the classroom.
- All food brought into school must have the ingredient list attached. If you have baked something at home, please write the ingredients down.
- If you have a food sensitive or allergic child you can leave a few safe snacks with the teacher or the nurse for the occasion that a treat is brought in that would not be a good choice for your child.
- Treats should be healthy, low sugar snacks.

Visiting for lunch:

- Only bring food to school for your own child. Do not share or buy food for other children while visiting school.
- If you want to have other students join you in the courtyard, inform the teacher first and know if they have food allergy concerns.



THANK YOU