

Classroom Snacks

Holy Cross Academy strives to build a school environment that encourages students to make healthy choices in regards to nutrition. Research shows that children who eat nutritious meals and snacks can concentrate better in class, have more energy, and fewer behavior issues.

- Parents are encouraged to send healthy snacks and refrain from including foods and beverages that do not meet the Dietary Guidelines for Americans 2010.
- Teachers and staff will not withhold snacks as a punishment.
- Teachers and staff should not routinely distribute candy, food or beverages as a reward for academic performance or good behavior.
- Nuts are the most common food allergen, and the most likely to cause a serious reaction, therefore, **ALL CLASSROOMS ARE NUT FREE.**

Fundraising

- School fundraisers conducted on grounds during school hours must meet the Smart Snack Standards (*see Appendix B*).
- Non-food fundraisers are encouraged (*see Appendix E*).

Class Parties & Birthday Celebrations

- Non-food celebrations and rewards are encouraged
(*see Appendix C*).
- Parents should consult the classroom teacher and the classroom allergy list before bringing in food, and follow the nutrition guidelines for serving size and fat content when bringing in treats for class parties. A list of suggested snacks is provided
(*see Appendix D*).
- Ice cream (nut and dairy free options for students with allergies) or cookies (nut free) can be purchased through the front office.
- “Allergy Friendly” cupcakes can be ordered from coolcatcupcakes.com or by calling 540-604-0271. The cupcakes will be delivered to school, and a 20% discount is given to HCA families.