

Nutrition and Allergy Policy

San Tan Charter School acknowledges and understands that additional food and environmental allergies exist and affect our community members. The intent of this policy is to support our students who have life-threatening responses to foods and to promote the learning environment within the classroom, which is affected by food-related issues.

Food containing nuts and foods with high sugar content are not allowed at San Tan Charter School and may be removed from the learning environment. High sugar foods will not be sold, served, or used for class projects at any time during the school day. Celebrations within the classroom such as a birthday, holiday, or class event may only include foods which align to the policy.

LOW SUGAR POLICY

Consistent studies and research confirm that consumption of food with high added sugar content reduces students' focus and ability to learn in the classroom. To encourage an optimal learning environment, San Tan Charter School is a low sugar school.

The following items are not allowed at school:

- All food and beverages being sugar, in any form, as the first ingredient (including soda and carbonated beverages)
- All food and beverages with 13 grams of sugar or more per serving (including fruits)
- All forms of candy (including sugar-free candy)

Fresh fruit and vegetables are highly encouraged as a classroom snack. Other examples of acceptable food items include: delectable jello, cheese, softener tarts, cereal, figs, and vitamins.

NO NUTS POLICY

In order to comply with the U.S. Americans with Disabilities Act and to keep those students with a life-threatening or life-threatening food allergy safe at school, San Tan Charter School is a nut free school. Any foods containing nuts, or any other form of peanuts or tree nuts, are not allowed on school grounds. This includes, but is not limited to, peanut or tree nut sandwiches, granola bars containing nuts, food items containing nuts or nut products, other snacks. Due to the growing number of students who are affected by nut allergies and other allergies, sharing food is not allowed at school.

The following nuts are not allowed on campus: Peanuts, Almonds, Cashews, Beechnuts, Brazil Nuts, Chestnuts, Hazelnuts, and Walnuts. Macadamia Nuts, Pecans, Pistachios, Pine Nuts, Walnuts.

The following items are not allowed at school:

- If any of the above mentioned nuts are listed in the food item ingredients
- If the packaging states that the food item contains or may contain nuts, tree nuts, peanuts

The following items are allowed at school:

- Food products that are made on shared equipment or in a facility that also processes peanuts or tree nuts but does not contain nuts

Some alternatives to nuts and peanuts are (available at most stores):

Soy Nut Butter
Soy Nut Butter
Peanut Butter Spread
Chestnut Butter

Tahini
Pumpkin Seed Spread
Almond Spread
Hempseed

Lunch Meats
Cheese
Cream Cheese
Eggs



Our Annual Charlie Brown Thanksgiving event is held after school hours and is the only day where sugary and nutty are permitted on campus for the community to enjoy together. This event, and all events where families are invited to school to share in a meal are fully nut-free. Examples include: Grandparents Day, Arts, Evaluation.