

# Nutrition and Allergy Policy

San Tan Charter School acknowledges and understands that additional food and environmental allergies exist and affect our community members. The target of this policy is to support our students who have life-threatening responses to nuts and to preserve the learning environment within the classroom, which is affected by food with added sugars.

Foods 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 aligns to the policies.

## 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 listing 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 (excluding fruits)
- All forms of candy (excludes sugar-free mints)

**Fresh fruit and vegetables are highly encouraged as a classroom snack. Other examples of acceptable food items include:** *beef/turkey jerky, cheese, sunflower kernels, raisins, figs, and edamame.*

## NO NUTS POLICY

In order to comply with the U.S. Americans with Disabilities Act and to keep those students with a deadly form of nut 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, trail mixes containing nuts or nut powders, 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 (NO Nutella), Macadamia Nuts, Pecans, Pistachios, Shea 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 protein are (available at most stores):

Soy Nut Butter  
Sun Flower Butter  
Pea Butter Spread  
Chickpea Butter

Tahini  
Pumpkin Seed Spread  
Avocado Spread  
Hummus

Lunch Meats  
Cheese  
Cream Cheese  
Egg



*Our Annual Charlie Brown Thanksgiving event is held after school hours and is the only day where sugars and sweets 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 strictly Nut Free. Examples include: Grandparents Day, Gala, Graduation.*