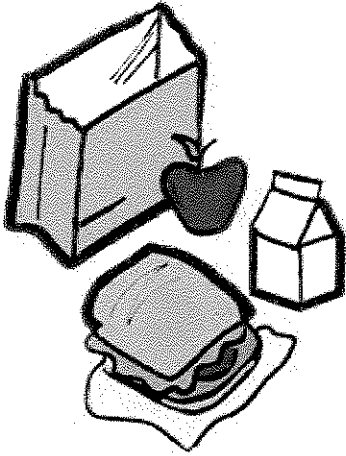


## *Brown Bag Lunch*



At Heron Pond Elementary School, wellness is an important part of our daily school life. Our school lunch program provides healthy lunch choices each and every day. As you are aware, parents are always welcome to come to school and have lunch with their children. We recognize that this can be a treat for both child and parent. However, we do ask that you follow one simple rule if you bring in food. Please do not share the food with any child except your own. We have numerous students with food allergies and sharing food may put students at risk. Also, we request that you make healthy choices when bringing food in to eat with your child. We have been noticing a significant increase in “fast food” types of lunches being brought in for lunch. These types of meals do not meet the wellness standards established for our school and the District. Even fast food restaurants offer salads and other healthy choices. We are not saying that you can’t bring in this type of food; we are simply requesting that you consider healthier alternatives.

Thank you.

The Heron Pond Wellness Committee

