

HEALTHY MEALS POLICY

Parents are kindly requested to provide their children with a nutritious and healthy meal for both morning and lunch periods. It is advisable to pack foods that are easy for the child to eat and do not have a strong smell, encouraging independence and self-reliance in the student.

Parents are encouraged to involve their children in selecting their favorite healthy foods and to avoid sending unhealthy options to school.

At Ruya Schools, we prioritize the health and well-being of our students. Therefore, certain types of foods are not allowed at school due to their lack of nutritional value or potential to cause allergies among students. It is important to note that our schools are nut-free environments.

The following are examples of foods to bring to school and food that is prohibited:

food that is allowed

- Fresh fruits and vegetables
- Whole grain sandwiches or wraps
- Low-fat dairy products (e.g. yogurt, Cheese)
- Nuts-free snacks (e.g., granola bars, crackers)
- Water or 100% fruit juice

Prohibited Foods:

- Candy, chips, or other sugary snacks
- Fast food or fried foods
- Foods high in sugar, salt, or unhealthy fats
- Nut products or foods containing nuts

Here is a useful [links](#) to healthy eating habits:

Any prohibited foods brought to school will be returned home with your child. We apologize for any inconvenience, but your cooperation in providing nutritious and wholesome meals for your child contributes to a healthy and positive learning environment at Ruya Schools.

Thank you for your understanding and support in promoting the health and well-being of our students.

