



PS1x THE COURTLANDT SCHOOL

*"A RIGOROUS LEARNING ENVIRONMENT DEDICATED TO DEVELOPING
CREATIVE, INQUISITIVE, CARING, & SELF-REFLECTIVE LEARNERS"*

Jorge Perdomo, Principal

Nutrition Policy

Dear PS1x Community Members

Nutrition plays a crucial role in our students' academic success, as well as their physical health and wellbeing. As a school community, we strive to educate our students to make healthy choices through health classes and everyday conversation. Students must receive an annual nutrition lesson by the classroom teacher and/or Physical Education teacher. We require healthy snacks at events and staff meetings. In addition, we recommend students who bring in outside food for lunch or snack, bring in food of nutritional value. We must have conversations with students when they do bring in unhealthy food, and educate them on what would be a healthier choice and why.

Our schools nutritional policy follows the New York City Department of School Food Policy and USDA nutritional standards. You can find this policy on the following website:

www.schoolfoodnyc.org/eatatschool/nutritionstandards.htm#pricing

Sincerely
Jorge Perdomo
Principal

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