

# The Children's House of Wellington



## SUGAR POLICY!!

Please remember that it is a school policy that we do not serve our children sugar at school. This includes lunches, snacks, and birthdays. Be sure to read labels, many seemingly "innocent looking" food's first ingredient is sugar.

Any snacks or foods with large amounts of sugar will be taken from the child's lunch box and left inside the child's cubby to be taken home. (We could not allow one child to eat candy or cookies while another child watched.)

Health food stores have a large selection of non-sugar and nutritious snacks. You can take your child shopping and choose their own lunch box "goodies".

We feel very strongly about this issue. Even though some children's behavior does not seem to be effected by sugar, many others are so that when you are working with groups of children it does make a difference. Also when we give our children sugar with an otherwise nutritious meal we are wasting the value of the meal itself, since in order for the body to digest sugar it must use the vitamins and minerals from the child's body. There is also research that the highs and lows created by sugar consumption retard the minds ability to memorize and think clearly.

You might also watch and consider the breakfast foods that are so attractive to children but contain more sugar, preservatives and colorings than "real" food. This would not be the best fuel to take our children's bodies through their busy mornings.

We appreciate your cooperation in this matter.

**We Love Our School**

1279 Forest Hill Blvd Suite 12 – Wellington, FL 33414 –  
(561) 790-3748