

			LE: Ensign Learning Center		Packet Ref#
			Model/App: Ensign Learning Center		G.07
			PS: _____ PKT: Policies and Procedures		1 of 1
			Policy Title: No Sugar Policy		
			<b>No Sugar Policy</b>		
A lot of articles have been written about sugar. The adverse effects of sugar on the body are well documented including hyper activity in children and trouble focusing. For this reason we respectfully request that parents do not let their children eat items containing sugar in the morning before coming to school.					
Students are not allowed to bring treats containing sugar. Sugar can be listed in many different ways such as:					
Maltose, dextrose, sucrose, artificial sweetener(nutra sweet,truvia,etc.),corn syrup, high fructose corn syrup, sucanat, cane juice, malto dextrin etc.					
Soft drinks or soda pop is not allowed.					
Students are only allowed to bring treats containing the following sweeteners:					
Honey, Xylitol, Molasses, 100% pure organic maple syrup, 100% pure organic Rice syrup, and 100 % fruit juice or fruit.					
Honey treats may be sent to school to acknowledge birthdays or holidays.					
We encourage teachers who provide treats for their class to use homemade items made with honey.					
The following list is an example of items that may be purchased at a grocery or health food store and can be used for treats or snacks:					
Panda all natural licorice					
100% Fruit leather snacks					
Home dried fruits					
String cheese					
All natural fruit fig bars					
Fruits and Vegetables					
Fritos corn chips					
Figs and dates					
All natural nuts					
Sunflower seeds					
Raisins					
Honey cookies, cupcakes from Johns Market					
Homemade popcorn					
MSG or MSG substitutes are not allowed.					
No microwave popcorn.					