Attaches To: (see bottom of page 1, Objects(s): Job Description, Etc. Applied To)

Policy Title:	No Sugar Policy
Policy Reference:	
Policy Type:	■Company ☐Position ☐Other_____

Effective Date:	4/9/2025
Print Date:	11/23/2026

Description:

No Caffeine
No Recreational drugs
No Sugar or artificial or refined sweeteners

No Potassium bromate
No Propylparaben
No FD&C Blue No.1
No FD&C Blue No.2
No FD&C Green No. 3
No FD&C Red No.3
No FD&C Red No.40
No FD&C Yellow No.5
No FD&C Yellow No.6

Many 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, maltodextrin, etc.

Soft drinks or soda pop is not allowed. (honey homemade root beer is ok)

Microwave popcorn is not allowed.

MSG or MSG substitutes are 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.

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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
- Whole wheat Saltine Crackers
- String cheese
- All natural fruit fig bars
- Fruits and Vegetables
- Figs and dates
- All natural nuts Sunflower seeds
- Raisins
- Homemade air popped, buttered popcorn (no microwaved bagged popcorn)
- Honey treats from Johns Marketplace

Purpose:

Many 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.

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