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## **Sugar-Free School Policy**

Dear Parents,

I would like to send a reminder to all parents that we are a sugar-free school. We would like your child to not bring food with high sugar content to school. If your child brings food that is high in sugar it will be sent back home at the end of the day. As a guideline, if sugar is top 4 ingredient on the nutritional chart it should not be sent to school.

As you are aware, at Meadow Oaks Academy we specialize in supplying high quality, handmade, delicious and nutritious food for children made with organic ingredients whenever possible. We always try to pick food that have:

- Less or no added salt
- No added sugar
- Less or no Preservatives
- Less or no artificial ingredients.

Our goal at Meadow Oaks is to maximize nutrition and promote a healthy lifestyle.

If you have any questions please call or email.

Best Regards,

*Shubham Pandey*

Shubham Pandey  
Meadow Oaks Academy