

## **Big Rock School Hot Lunch Committee**

### **Hot Lunch Committee Philosophy:**

Healthy eating is integral to healthy learning. Encouraging healthy habits for our students will benefit them physically and mentally both in the present and in the future.

### **Hot Lunch Committee Mandate:**

Our mandate is to source healthy hot lunches and bring them into the school. We will also strive to encourage our Big Rock School Community to embrace healthy eating and healthy living habits as part of their daily family lives.

### **Hot Lunch Committee Goals:**

- See out foods that balance the healthiest choices with what will be eaten
- Minimize food waste
- Keep the cost of food reasonable
- Make it convenient for parents to support healthy eating habits for their children
- Consider the environmental impact of the packaging food arrives in

### **Reason for Being:**

We are volunteers. We have come together in hopes of helping our fellow Big Rock families by offering:

- Convenience for parents – healthy food is more time consuming to make
- Promoting healthy eating in the classroom – perhaps a “picky-eater” can be influenced to try new foods if they see classmates doing so
- Fundraising for our school the Hot Lunch Program is one of our biggest fundraiser. While we have chosen to keep the markups very low, every little bit adds up and the funds are used to better our school in many ways.
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### **Our Food choice Guidelines:**

“Healthy” is a matter of opinion. It can also be hard to source at a low cost. As a guideline, we will try to avoid foods that contain processed meat, high amounts of sugar or sodium and anything deep fried. We will try to source foods that contain real meat and whole grains as well as add vegetables on the menu as often as we can.