

Lunches

- 🌍 Does Green Woods serve **hot** lunches? Our school does not have a kitchen, so it cannot offer hot lunches.
- 🌍 Does Green Woods offer **free/reduced** lunches? The school is unable to do that at this time.
- 🌍 My child has an **allergy**, how does Green Woods accommodate this condition? All classrooms are nut free, and "allergy tables" are designated in the cafeteria. Snacks in classrooms must be nut free and teachers will notify parents if there is an additional issue for their classroom.
- 🌍 As a "green" school, does Green Woods promote "**waste free**" lunches? Yes, we promote "Waste Free Wednesdays" in addition to suggesting parents always choose re-usable containers.
- 🌍 When it says "**re-usable container**" and "**healthy**" what exactly does that mean? GWCS encourages families to find ways to not only help the environment but to save money. By using a reusable lunch box/sack, containers that can be washed and reused (even if that means cream cheese containers rather than newly purchased!), reusable water bottles (even if they're filled with juice), not only can your family create less waste, but you don't have to spend money on bags or boxes that are just thrown away! Healthy snacks and lunches contain fruit, vegetables, and whole grains and are lower in sodium and saturated fats. Chips, cookies and pre-packaged "lunch" meals often do not meet the nutritional needs of our growing children. Speak to someone on the PTA if you need help understanding how to direct your child's snacks to the "healthy" side!