

Dear Mrs. Shields and Mrs. Peters,

Perry Local Schools did a great job with the Perry Local School District's School Nutrition website. It allows parents and students to have access to the breakfast and lunch menus, along with nutritional and fitness education that can improve the health and wellness of our community.

We have realized that the School Nutrition website has no information concerning food allergies, or the options given to children who struggle with allergies. Moreover, we also believe that our cafeteria lacks diversity in food options for whom it may apply too.

For example, we have a number of students with autoimmune conditions including celiac disease. The only options in our cafeteria are lettuce, fruit, cheese, and yogurt. Students who struggle with celiac are very limited when it comes to food, while others who don't struggle have a wide variety of foods to eat.

We suggest that Perry Local Schools provide more allergy friendly foods, such as more gluten free options for pizza, wraps, bagels, and etc. Also lactose intolerant choices that aren't limited to fruits, veggies, and meat.

In the District Wellness Policy letter "H" states that "The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well", although this is relevant for most students, there are many students that this doesn't apply to. If we want our school to be the best choice for our students by providing "nutritious foods they need to be healthy" then we need to administer to all students to ensure every student is eating a healthy lunch rather than eating very little to no food at lunch due to lack of variety. A deprivation of energy from food can actually hinder a child's ability to learn from a decrease in energy and focus. So by creating a wider variety of allergy friendly foods, not only would we be tending to students needs, but we can also increase performance, behavior, and mood.

*Sincerely,*