



**Salam School “Islamic Society of Milwaukee”
Where Faith and Learning Go Together.**

Salam School aims to provide a healthy and safe lunch program, for our students. It is our endeavor to provide our students with the following:

A healthy lunch environment, in coordination with the “Department of Public Instruction” State of WI.

Lunch menus to focus on fat free nutritious and healthy foods, to facilitate the growth and development of students.

To ensure a blend of nutritious fruits and vegetable selection for our children, depending on seasonal availability.

To help in development of children, and encourage healthy eating habits.

To promote the awareness of milk requirements, and campaign against soda, and aerated waters.

We have focused on educating our children, through the “Physical education”, program, to understand the importance of healthy diets, and nutrition based foods. Children are being taught and demonstrated to understand the significance of eating foods, that is healthy, and beneficial.

We are in the process of sending literature, to our students, to read and gain knowledge, about issues of obesity, and its relevance in living standards.

One of the main issues, facing US society, is that of obesity, and its dangerous implications, for growing children. Therefore, it is imperative that our children are encouraged to develop *Healthy habits, from early child hood.*

**Our focus has been to promote healthy eating habits, in our school.
For this purpose, we concentrated our efforts on two main fronts.
Reducing the overall fat content in our lunches served to facilitate the obesity drive in our children. All condiments, including salad dressings are now served “fat free”, with immediate effect.**

There are no junk foods offered either during lunch, or after school hours.

Consequently, the school policy has been strict in prohibiting the availability of Sodas, chips, and other unhealthy snacks, to our children.

We are instructing our children about the problems of being over weight, and its effect on a person's well being.

The second step has been the awareness of this issue as a matter of serious concern taken up by the school, and informing parents, about the progress made in this regard.

This is the reason why literature was sent to parents, to keep them aware of the progress made in this matter.

1 The Physical Education Department, includes the following:

Lori Amin

David Patrick

2 The policy will be reviewed in November of each academic school year.

3. Parents and Public will be informed via school web site.

4. The "Principal", will have the final say in the policy making.