

Valleyview Centennial School Nutrition Plan

At Valleyview Centennial School, we believe that students learn best when they are well-nourished. Our nutrition programming is designed to promote student health and well-being, while keeping safety and inclusion at the centre of our school community. We are grateful to receive support from **Brandon's Food for Thought** and the **Manitoba Universal School Nutrition Program** to ensure that all students have access to nutritious food every day.



We are Allergy Aware!

Valleyview is an allergy-aware school. We have students with life-threatening allergies to:

- **Dairy**
- **Peanuts**
- **All tree nuts**

Families are asked to be mindful of these allergies when sending food to school. Your cooperation helps us to maintain a safe learning environment for everyone.

Accessing Food at School:

We offer a daily **snack program** with nutritious options in the morning and afternoon. Snack options often include:

- Fresh fruits and vegetables
- Whole-grain cereals and crackers
- School safe granola bars

We understand that there may be times when a student comes to school without a lunch. When this happens, parents or caregivers are encouraged to **contact the school to request a school-provided lunch**. We are always happy to help so that students have access to food when needed.

Please follow this link to read more about Manitoba Healthy Food in Schools:

[Healthy Food in Schools | Manitoba Healthy Schools | Province of Manitoba](#)

If you have questions or concerns about nutrition, allergies, or food support, please contact the school office at 204-729-3950.

