

Michael Maine, Superintendent

MARTIN COUNTY SCHOOL DISTRICT

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Office of: Laura Holmedal, Director Food & Nutrition Services



Dear Parent/Guardian(s),

The “Help Yourself Table” is returning October 9, 2023.

Food & Nutrition Program regulations require schools to provide reimbursable meals that meet specific meal pattern requirements. However, we recognize that, for various reasons, children may not always want to consume certain food or beverage items included in their meal. The “Help Yourself Tables” are stations where children may return allowable food or beverage items they choose not to consume. These food and beverage items are then available to other children who may want additional servings.

What are the guidelines for the Help Yourself Table?

To be an approved Help Yourself Table item, it must meet the following criterion.

- (1)- Be food/beverage from the school meal program—*no items from home.*
- (2)- Unopened, pre-packaged items:

Examples:

- Packaged Items: Cereal Bowls, Crackers, Muffins, Cheese Sticks, Yogurt cup, Milk carton
- Fruit/Vegetables: Applesauce cup, Banana, Craisins, Juice Box & Baby Carrots

Food Allergies

The Help Yourself Table will include a cautionary food allergy sign. Students with food allergies are discouraged from participating to avoid an accidental exposure.

Warmly,
Martin County School District
Food & Nutrition Service Department Team

Questions? *Please contact your school cafeteria manager*



School Board Members: Michael DiTerlizzi • Marsha B. Powers • Amy B. Pritchett • Christia Li Roberts • Jennifer L. Russell

“To Educate all Students for Success”