



Dear Parent or Guardian:

The USDA has passed legislation that mandates schools that participate in the National School Lunch and Breakfast Programs follow federal nutritional guidelines that have been set for all foods available and served to students during the school day. The objective of the legislation is to promote student health, prevent child obesity and help our children succeed because healthier students make for better learners. To this end, we are asking for your help in creating new celebration traditions that focus on healthier alternatives.

In order to spread a consistent message about the importance of healthier foods and beverages, fund raisers and celebrations should reflect the healthy changes that are being made throughout the rest of school building, such as in the cafeteria and other places where foods and beverages are sold and served to students. If celebrations include food, healthy choices instead of high fat, sugary options must be used.

Between fundraising, holidays and birthday celebrations for each student, the number of unhealthy foods and beverages a student consumes during the school year can multiply quickly. There are many fun ways to raise funds and celebrate children and special occasions that do not rely on food. Check out the attached list for several possibilities or share some of your creative ideas with us!

Remember, all foods and beverages brought for parties must first be approved by the Principal's office. Anyone delivering items for a school or classroom party must first stop by the office. It is important that we ensure that food allergies of any participants are known before serving any food item. Only pre-packaged, store-bought items are allowed. Cakes, candy and soda are not healthy options and will not be allowed.

Again, thank you for helping us create a healthier place for your child to learn!

Sincerely,

District Administration



Healthy Snack and Beverages Ideas

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fresh individually wrapped fruit
- Fresh individually wrapped vegetables
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Dried fruit with no added sugar
- Whole grain crackers
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Small whole grain bagels or English muffins
- Fat-free or low fat pudding
- Whole grain cereal bars
- Baked whole grain tortilla chips
- Baked chips (small portions, individually wrapped)

School supplies

- Pencils, pens
- Plastic scissors
- Erasers
- Bookmarks
- Notepads/notebooks
- Boxes of crayons
- Chalk (e.g., sidewalk chalk)
- Stencils
- Coloring books
- Rulers
- Pencil sharpeners, grips, or boxes
- Glitter
- Paddleballs
- Frisbees
- Hula hoop
- Water bottles
- Head and wrist sweat bands
- NERF balls



- Jump rope