

Dry Creek Joint Elementary School District

School Wellness Recommendations

For Parents

Classroom Parties

- ALL school site guidelines for parties should be followed.
- All birthday celebrations should be coordinated with the classroom teacher.
- Classroom parties should occur after lunch whenever possible.
- Classroom parties with cake and other sugary or high-fat foods should be limited to no more than once per month.
- Parents are encouraged to provide healthy food options or non-food items for birthday celebrations.
- Non-instructional time will be used for birthday treats.
- The important part of birthday celebrations is the special recognition of the child.

Healthy Beverage Options

- Water (no added sweeteners allowed)
- 100% fruit juice drinks (no less than 50% is allowed)
- 100% vegetable juice drink (no less than 50% allowed)
- Flavored soy milk fortified with calcium
- Low-fat or non-fat milk

Non-food birthday celebration items:

- Book donation (Book can be read to the class and then donated to the school library with a special notation in the front cover.)
- Rainy day game donation to the classroom
- Pencils
- Erasers
- Stickers
- Bookmarks
- Party trinkets

Healthy Food Options

- Always check with the classroom teacher first prior to bringing food to the classroom.
- Always check with the classroom teacher regarding food allergies.
- Products containing any type of nut should always be used with extreme caution due to allergies.
- Foods should be distributed during non-instructional time.
- Pre-packaged single serving items are recommended
 - Raw vegetable sticks/slices with low-fat dressing or yogurt dip
 - Fresh fruit cups, fruit salad or fruit wedges such as cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
 - Frozen fruit pops with fruit juice or fruit as first ingredient
 - Dried fruits – raisins, cranberries, apples, etc.
 - Single serving of applesauce or canned fruit
 - Fruit smoothies made with low-fat/non-fat milk
 - Trail mix
 - Party mix made of a variety of cereals and pretzels
 - Pretzels or reduced fat crackers
 - Baked chips with salsa or low-fat dip (Ranch, onion or bean)
 - String cheese
 - Pasta salad
 - Low-fat muffins (small or mini)
 - Granola bars
 - Graham crackers
 - Fig bars
 - Low-fat yogurt or pudding cups
 - Cottage cheese
 - Mini bagels
 - Rice cakes
 - Angel food cake with fresh fruit
 - Popcorn