



Food Brought from Home for Class Parties

Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party must meet the district's nutrition standards for foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers. To be in compliance with County Department of Health and FDA, food items must be prepackaged with ingredients and nutritional value on wrapper, except for fresh fruit or vegetables.

- ❖ A food item will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated
- ❖ A food item will have no more than 35% of its *weight* from added sugars