



## **Teacher's Guidelines from the MUSD Student Wellness Committee**

We know that childhood obesity is on the rise and presents significant health risks to our students. Food-borne illnesses, dental decay and food allergies are also raising challenges for school children. With this in mind, the Wellness Committee is offering the following instructions for foods offered and consumed in the classroom.

- ❖ Classroom parties are limited to once a month.
- ❖ Fruits and vegetables are fine at any time, for any purpose.
- ❖ Foods served at parties must meet the district's nutrition standards for food and beverages (Check with nutrition services)
- ❖ Food items must be prepackaged, with ingredients and nutrition information on wrapper, except for fresh fruits or vegetables. Homemade baked goods will not be accepted.
- ❖ Student's should not share food and beverages with each other, due to food allergies and other dietary restrictions
- ❖ School fundraisers will not involve foods or will use only foods that meet the district's nutrition standards (Check with nutrition services). No more candy sales.
- ❖ Please don't use candy, sodas or sweets as a reward in class. Choose non-food items as motivators.
- ❖ Have a theme or cultural celebration idea involving food? Please work with Child nutrition services to plan your event.
- ❖ No cooking/food preparation is to be done in the classroom. However, the school kitchen can be used for these activities. Please contact nutrition services to plan your lesson.
- ❖ New service! A healthy celebration and snack menu has been developed by nutrition services. With 10 school days advanced notice, staff or parents can order delicious food items that meet the nutritional standards.

By eliminating non-nutritional food in the classroom, we are promoting and modeling healthy eating habits. Thank you for your cooperation!

**HEALTHY CHILDREN LEARN BETTER!**