

FOOD/NUTRITION PROCEDURE

The goal of this Food/Nutrition procedure is to reinforce the district's nutrition policy, comply with state and federal guidelines, help reduce the trend of childhood obesity in the U.S., and encourage our students and families to live a healthy life style.

After significant discussion with PTA leaders, administrators, nurses, and staff, changes were made to the previous Food/Nutrition Procedure to increase the selection of acceptable healthy foods and snacks for our children in Haddon Township. We thank everyone for providing their valuable input.

These changes will go into effect on December 1, 2012 and continue throughout the year.

Special Days Involving Snack Distribution and Consumption

1. Early Dismissal Days and NJ ASK Days

- Each student will bring his/her own nutritious snack, such as fruit, pretzels, or crackers.
- Because of the number and severity of our students' food allergies, students may **NOT** share snacks.

2. Holiday Parties

- We all agreed to limit the number of holiday parties to 3 annual celebrations:
 - **FALL** (Halloween) - October 31st or the day on which Trick-or-Treating is scheduled to take place.
 - **WINTER** - the last day in December before the winter break for grades 1-5.
 - Kindergarten teachers who teach in more than one building will celebrate with their classes on the last day before the break in December OR on the day prior
 - **SPRING** - third marking period celebration - teacher's choice.
- We encourage teachers, students, and parents to celebrate at the holiday parties in a variety of ways. In addition to healthy snacks, consider including crafts and/or games for students.
- We added some new choices for healthy foods to the previous list. The following are the agreed upon and only foods and drinks for parents to provide for their children:
 - ✓ **Fruit (no dips)**
 - ✓ **Vegetables (no dips)**
 - ✓ **Soft and hard pretzels (only yellow mustard can be used as a dip)**

- ✓ Cheese
- ✓ Crackers
- ✓ Sugar-free Jell-O
- ✓ Water

3. Curriculum-based Food Celebrations

- Lessons that center on food as a theme (ex. A unit around the book Stone Soup) will continue to incorporate food in the classroom at the principal's discretion.
- Teachers must discuss the celebrations at least one week in advance with their building principal.

4. Birthday celebrations

- Individual birthday celebrations should not involve food.
- There are many ways to make children feel special on their birthdays. We encourage parents to consider the following as suggestions to honor their child:
 - Students may bring a paperback book that they have selected to donate to the school's library in their name. The book may be read in class and a large decorative label will be placed in the book showing whose birthday this book celebrates. All of these books would be kept on a separate 'Birthday Reading' cart in the library.
 - Party bags with non-food items such as stickers or pencils may be distributed at the end of the school day.
 - Other ideas for birthday recognition must be discussed with the teacher prior to the birthday date.

5. PTA Sponsored Events

- **After school**, the PTA has sponsored a number of events for students that may include food. In past years such events have included bake sales, pretzel sales, and holiday-grams.
- Food items for these events may not be distributed in the classrooms during school hours except for Closing Exercises events.

We hope the clarifications made above and the additional selections of food choices will be acceptable to all. We look forward to working collaboratively with parents, students, and staff to encourage a healthy life style for all of our children here in Haddon Township. We appreciate your support and cooperation.

November 30, 2012