Healthy Food and Beverage List For Scholar Birthday/Special Occasion Classroom Celebrations**

All treats sent/brought to school for celebrations MUST be prepackaged so that the ingredients are readily available and so that foods can be easily stored/distributed to scholars. **No homemade foods are permitted.** The following is a list of prepackaged/fresh food items that may be brought/sent to school to celebrate a special occasion.

ONLY food items from the list below may be sent/brought to school for scholar celebrations.

- **Whole fresh fruit of any kind**
- **Ice cream (in individual 4 oz. cups ONLY)**
- **Popsicles**
- **Whole-grain cookies**
- **Unsweetened applesauce (individual cups only)**
- **Individual fruit cups or cans (in fruit juice or light syrup only)**
- **Dried fruit**
- **100% Fruit gummy snacks**
- **Raw vegetables of any kind**
- **Low-fat or fat-free dips, individually packaged**
- **Whole wheat English muffins, pitas or tortillas**
- **Whole grain breakfast cereal, individually packaged**
- **Whole grain crackers, individually packaged**
- **Rice cakes**
- **Popcorn- lightly salted and buttered - individually packaged**
- **Individually packaged baked chip snack items**
- **Whole grain granola and cereal bars**
- **Pretzels, breadsticks, flatbreads (lightly salted or salt-free)**
- **Yogurt/Frozen Yogurt - must be in individual cups/containers**
- **Low-fat cheese**
- **Low-fat pudding (individually packaged)**
- **Water**
- **100% Fruit Juices (individually packaged)**

If foods other than those outlined on the above-approved foods list are sent to school, they will not be distributed to scholars. The family will be called to pick up the food items.

2025-2026

**Excerpted from the Propel Schools Wellness Policy - Board Approved 6/12/23

Propel Schools
Wellness Policy

Purpose
Propel School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority
The Board of Trustees adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that Propel shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines
- Fitness and Wellness courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-12 are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegations of Responsibility
The Superintendent shall be responsible for the implementation and oversight of this policy to ensure each of Propel's schools, programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.
Each building principal or designee shall report to the Superintendent regarding compliance in his/her school. Staff members responsible for programs related to student wellness shall report to the Superintendent regarding the status of such programs.
The Superintendent shall (annually) report to the Board on compliance with laws and policies related to student wellness. The report may include

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from Propel staff, scholars, parents/guardians, community members and Wellness Committee.

The Superintendent and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include

1. The extent to which each school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.

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3. A description of the progress made by Propel in attaining the goals of this policy.

At least once every three (3) years, Propel shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Propel and community needs and priorities change; wellness goals are net; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

Propel shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via Propel website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

Recordkeeping
Propel shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness Policy.
2. Documentation demonstrating that Propel has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by Propel to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee
Propel shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Board of Trustees member, Propel administrator, Propel food service representative, student, parent/guardian, school health professional, Fitness & Wellness teacher and member of the public. It shall be the goal that committee members will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with the law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

Individuals who conduct student medical and dental examinations shall submit to the Wellness Committee annual reports and later reports on the remedial work accomplished during the year, as required by law.

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Nutrition Education
Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age-appropriate.
- The nutrition curriculum shall be behavior focused.
- Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.
- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure "properly" and "appropriately."
- Propel staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Nutrition Promotion
Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- Propel staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- Consistent nutrition messages shall be disseminated and displayed throughout Propel, schools, classrooms, cafeterias, homes, community and media.
- Propel schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity
Propel schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Propel schools shall determine how they will contribute to the effort to provide students with opportunities to accumulate at least (60) minutes of age-appropriate physical activity most days of the week. That may include physical activity outside the school environment, such as outdoor play at home, sports, etc.

- Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health. wellness, fitness, and performance benefits.
- Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; shall be provided to meet the needs and interests of all students, in

addition to planned physical activities.

- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- Extended periods of student in activity, two (2) hours or more, shall be discouraged.
- Physical activity breaks shall be provided for elementary students during classroom hours.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- Propel schools shall partner with parents/guardians and community members to institute programs that support physical activity.
- Physical activity shall not be used as a form of punishment.

Fitness & Wellness (Physical Education)
A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Propel students must participate in Fitness and Wellness education.

- Quality wellness instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- Dance movement, sports and recess shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for life-long, health-enhancing physical activity.
- A comprehensive course of study that focuses on providing students with the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the school's program.
- A program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.
- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health Safety and Physical Education academic standards.
- A local assessment system shall be implemented to track student progress on safety, wellness and physical activity.
- Students shall be moderate to vigorously active as much time as possible during the school day. Documented medical conditions and disabilities shall be accommodated during class.
- Fitness and Wellness classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
- Safe and adequate equipment, facilities and resources shall be provided.
- Appropriate professional development shall be provided for all faculty and staff.

Other School-Based Activities
Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.
Nutrition professionals who meet hiring criteria established by Propel and in compliance with federal

regulations shall administer the school meals program. Professional development and continuing education shall be provided for nutrition staff, as required by federal regulations.

- Schools shall provide adequate space, as defined by Propel Schools, for eating and serving school meals.
- Students shall be provided a clean, safe meal environment.
- Students shall be provided adequate time to eat: ten (10) minutes sit-down time for breakfast;
- twenty (20) minutes sit-down time for lunch.
- Meal periods shall be scheduled at appropriate hours, as defined by Propel Schools.
- Drinking water shall be available throughout the school day.
- Students shall have access to hand washing or sanitizing before meals and snacks.
- Nutrition professionals who meet the criteria established by Propel Schools shall administer the school meals program.
- Professional development shall be provided for nutrition staff.
- Access to the food service operation shall be limited to authorized staff.
- The nutrition content of school meals shall be available to students and parents/guardians.
- To the extent possible propel Schools shall utilize available funding and outside programs to enhance student wellness.
- Food shall not be used as a reward or punishment.
- Propel shall provide appropriate training to all staff on the components of the Student Wellness Policy.
- The goals of the Student Wellness Policy shall be considered in planning all school-based activities.
- Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.
- Administrators, teachers, food service personnel, students, parents/guardians, and the community shall be encouraged to serve as positive role models through programs, communications and outreach efforts.
- Propel Schools shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.
- Foods available during the school day shall be offered to students with consideration for promoting student health and reducing obesity.
- Foods provided through the National School Lunch or Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.
- Competitive foods are defined as foods offered at school other than through the National School Lunch or School breakfast programs and include a la carte foods, snacks and beverages: vending food, snacks and beverages; schools store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.
- All competitive foods available to students in Propel Schools shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.

Nutrition Guidelines for All Foods/Beverages at School
All foods and beverages available in schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

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Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.
Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods:

- Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.
- Competitive foods are defined as foods and beverages offered or sold to students on the school campus during the school day, which are not part of the reimbursable school breakfast or lunch.
- For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.
- For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

- Propel may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions

- Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards unless an exemption is approved in accordance with applicable Board policy and administrative regulations.
- Propel will allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.
- Propel shall establish administrative regulations to implement fundraising activities in Propel schools, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods

"Non-sold competitive foods" are defined as foods that may be offered to scholars in addition to cafeteria breakfast and lunch options. These include (but are not limited to) the following:

- Foods and beverages offered as rewards and incentives
- Foods and beverages offered at classroom parties/celebrations
- Shared classroom snacks

Non-sold Competitive Foods must meet or exceed the standards established by Propel Schools. Propel Schools follow the "SMART Snack Guidelines" as outlined by the USDA.

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1. Food-related rewards and Incentives may be utilized, at the discretion of and with the approval of the Principal. All reward/incentive foods must align with SMART snack standards.
2. Classroom Parties and Celebrations may occur at the discretion of and with the approval of the Principal.
3. Shared Classroom Snacks are permitted at the discretion of and with the approval of the Principal. All classroom snacks must be SMART snacks.

Propel provides a list of healthy food/snacks/beverages that will be accepted for classroom celebrations. This list is made available to parents/guardians and staff, via the Propel website, scholar handbook, newsletters, posted notices and/or other efficient communication methods.

Healthy Food and Beverage List For Scholar Birthday/Special Occasion Classroom Celebrations All treats sent/brought to school for celebrations MUST be pre-packaged so that the ingredients are readily available and so that foods can be easily stored/distributed to scholars. **No homemade foods are permitted**.

The following is a list of prepackaged/fresh food items that may be brought/sent to school to celebrate a special occasion.

ONLY food items from this list may be sent/brought to school for celebrations. If foods other than those outlined on the list below are sent to school, they will not be distributed and the family will be called to pick them up.

- Whole fresh fruit of any kind
- Ice cream (in individual 4 oz. cups ONLY)
- Popsicles
- Whole-grain cookies
- Unsweetened applesauce (individual cups only)
- Individual fruit cups or cans (in fruit juice or light syrup only)
- Dried fruit
- 100% Fruit gummy snacks
- Raw vegetables of any kind
- Low-fat or fat-free dips, individually packaged
- Whole wheat English muffins, pitas or tortillas
- Whole grain breakfast cereal, individually packaged
- Whole grain crackers, individually packaged
- Rice cakes
- Popcorn- lightly salted and buttered - individually packaged
- Individually packaged baked chip snack items
- Whole grain granola and cereal bars

- Pretzels, breadsticks, flatbreads (lightly salted or salt-free)
- Yogurt/Frozen Yogurt - must be in individual cups/containers
- Low-fat cheese
- Low-fat pudding (individually packaged)
- Water
- 100% Fruit Juices (individually packaged)

Marketing/Contracting

- Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.
- Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies

Propel shall establish Board policy and administrative regulations to address food allergy management in Propel schools in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The Propel Schools shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.
The Propel Schools shall cooperate with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to school.
Propel Schools administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

Approved By	**Date**
Dr. Tina Chekan	June 12, 2023
Board of Trustees	June 12, 2023