



Region 14 Schools

Inspiring Excellence

2016-2017 Healthy Food Celebration Guidelines

(Updated August 2016)

Many celebrations occur throughout the school year. The child’s classroom teacher will provide parents with a list of classroom celebrations and dates. Parents who have children with special dietary needs or other restrictions can send in a supply of safe snacks for their children in accordance with their child’s Individual Health Care Plan if they desire. To help promote a positive learning environment, Region 14’s Wellness Committee has compiled a list of approved foods/snacks for parents to choose if celebrating with food items. We ask that parents adhere to the food list noted below. *Please note no other food items other than those listed below will be allowed in school during celebrations.* When celebrating with food items, parents must contact the teacher one week in advance to let them know what is being brought in and arrange a mutually agreed upon time to share the treat. The nurse must also be notified to ensure full classroom participation of all students. *Any food that is not on the approved list will be sent home.* We highly encourage non-food celebrations. Ideas are noted below.

Note changes to list for the 2016-2017 school year

Additions: Homemade muffins (blueberry, corn, cranberry and raisin)

Deletions: Rice Krispy Treats are **NO LONGER** on the list

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| Animal Crackers | Goldfish | Raisins |
| Applesauce Cup | Graham Crackers | Rice Cakes |
| Apple Slices | Teddy Grahams | Salsa |
| Apple Slices w/ Caramel or Yogurt Dip | Hummus | Low Fat Whole Grain |
| Whole Grain Bagels | Ice Cream Cup | Tortilla Chips & Salsa |
| Cheese and Crackers | Italian Ice | Veggies and Dip |
| Cheese-Its | Muffins (packaged or home- made); Blueberry, Corn, Cranberry, Raisin | Whipped Cream |
| Cheese Nips | Nutri- Grain Cereal Bar | Low Fat Yogurt |
| Cheese Slices | Pirate’s Booty Popcorn | |
| Low Fat String Cheese | Smart Food Popcorn | |
| Cheerio’s | Pita Chips | |
| Cool Whip | Real Fruit Juice Frozen | |
| Dried Fruit | Popsicles | |
| Fresh Fruit/Fruit Cup | Pretzels | |
| | Low Fat Pudding | |
| | | * All food items except for muffins must be store bought with ingredients listed for review. |

Non- Food Celebrations

- Stickers, pencils, erasers and other small non-food treats
- Donate a book to your child’s classroom library in their honor
- Choose a game or activity the class does for the last few minutes of the school day (must be approved by the teacher in advance)