



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

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)