

Wellness Policy Guideline for Class Parties and Celebrations

The following guidelines are recommended for parties and celebrations involving food in the classroom:

- ▶ Acceptable beverages include water, milk, and 100% fruit juice (please see <http://www.sfusdfood.org/pdfs/beverage.pdf> for more suggestions).
- ▶ Candy, soda, and chips are not permitted.
- ▶ Families are encouraged to feature primarily fresh fruits and vegetables for any classroom celebrations involving food during the school day. Other snacks can be chosen from the guide available at <http://www.sfusdfood.org/pdfs/snackform.pdf> or from the list available at <http://www.sfusdfood.org/pdfs/snacks.pdf>
- ▶ Celebrations should be scheduled outside of the lunch period. Parties that overlap with the lunch period have a negative financial impact on the school lunch program, making it harder to improve the overall quality of school food.
- ▶ Principals are strongly urged to limit school wide lunch celebrations (such as communal Thanksgiving meals) to one per year, and to schedule all other such celebrations after the lunch period.

Birthday parties at school:

- ▶ Cake or cupcakes may be served for birthday celebrations but fruit or vegetable muffins (banana, apple, zucchini, carrot, etc.) are recommended alternatives to cake. Teachers are strongly urged to limit such parties to one per month for all students born in that month, with one cake for all to share.
- ▶ Party bags containing food are strongly discouraged and candy is not permitted at school. Pencils, stickers, etc. are fun treats that can be included in Party Bags.