

## **Suggested Guidelines for Classroom Parties**

- Think of serving water instead of juice if a beverage will be provided.
- Limit one modest sized sweet treat - such as a cupcake or sugar cookie, but not both.
- Try to refrain from serving bulk candy as part of the food choices - such as a big M&M candy dish, but for sugar cookie toppings small portions are ok
- Incorporate healthy items - such as fruit, veggies, etc.
- Encourage afternoon parties only since the morning parties often inhibit good eating at lunch.
- Due to individual allergies, be mindful that a parent may choose to bring in their child's own substitute.
- Due to the high population of kids with nut allergies in our school, avoid bringing in food with peanuts/tree nuts to any classroom party.

The Smart Snacks in School standards restrict sales of food in school cafeterias and vending machines, requiring that all snacks sold in school contain fruits, vegetables, lean protein, or whole grains, and have limited sugar, fat, and salt. These rules need to be in effect by the 2014-15 school year. These new guidelines are for during school hours only. The federal regulations do not apply for the after hours events, such as family nights or sporting events as well as any fund raisers that occur outside of school. The federal regulations also do not apply to any classroom celebrations such as holiday parties or birthday treats. In keeping with these standards, the Freeman School District is asking that you consider creating a well balanced holiday party for our kids.

Thank you,  
Freeman Wellness Committee