

Birthday treats / foods brought to school to be shared with other students

The Wellness/Blue Zones School Committee and district administration recommends that the district implement a consistent district-wide protocol that limits the types of food brought into school for the following reasons:

- There has been a substantial increase in food allergies among students
- We want to make sure that students are given healthy food options
- Frequent birthday celebrations within a classroom can be disruptive to productive learning
- This is a component of the Wellness Policy

The recommended changes could include **either** #1 or #2 for birthday celebrations, and then guidance for classroom snacks would be addressed in #3 and 4:

1. Birthday celebrations WITH FOOD will be limited to one time/month/classroom. The classroom teacher will determine when the celebration will be held and work with parents to determine who will bring the food and other party supplies for the celebration. Individual students' birthdays will be recognized on the specific day, but any celebrations WITH FOOD will be limited to one time/month/classroom. *(District preference would be that food brought for Birthday celebrations meet the same guidelines as classroom snacks in #3 and #4 below.)*
2. Birthday celebrations will occur on the student's actual birthday, but no food will be served during the celebration. Instead, parents and teachers will be asked to celebrate the student's birthday using non-food alternatives, such as, but not limited to:
 - Play the student's favorite educational game as a whole class
 - Make the student the leader for the day
 - Student brings a favorite book to read to the class
 - Student donates a book to the library rather than bring food for classmates
 - Student gives out a non-food item as a birthday "treat", such as a pencil to each student
3. Due to an increase in food allergies, food brought to school to be shared with other students must be one of the following:
 - fresh fruits and/or vegetables
 - packaged food that is "obvious" (i.e. string cheese)
 - packaged food that has list of ingredients on the package
4. All foods brought to school for classroom snacks **MUST** meet the district Wellness Policy guidelines (similar to the Blue Zones and Smart Snack Guidelines). A list of specific foods that meet these guidelines will be provided to parents. The guidelines will include the following:
 - Whole grain or whole grain products
 - Fresh fruits and vegetables
 - Trans fat-free
 - Calories from saturated fats < 10%/ serving
 - 200 calories or less/ serving
 - Low sugar, low sodium, high fiber