

Celebration Guidelines

We are complying with the mandate for healthy snacks and appreciate your cooperation and support. From time to time during the school year there may be special celebrations/activities that may include some snacks or refreshment. All will follow these guidelines.

Celebrations include:

**Birthday
Halloween
End of Year**

**Valentine's Day
Holiday**

Birthday celebrations will be celebrated after 1:30 PM.

- There are to be no food and beverage items which have sugar as the first ingredient.*

*** Other names for sugar:**

Corn syrup	Malt
Dextrin	Maltose
Fructose	Maple syrup
High Fructose corn syrup	Molasses
Galactose	Sucrose
Glucose	Honey
Lactose	

- No candy at any time for any celebration.
- Any product containing more than 0% trans fat (hydrogenated or partially hydrogenated oils) per serving may not be served.
- No goodie bags or favors.

Please note:

Since many of our children have food allergies or special dietary needs, parents must discuss ingredients for any school celebration at least one week in advance with the school nurse.

For birthday celebrations all parents must contact the classroom teacher via email or note at least one week before the birthday/special class celebration to discuss the time of party and the food and beverage, which must meet the following:

Based on manufacturer's nutritional data or nutrient facts label:

- No sugar as the first ingredient.
- No more than 8 grams of total fat per serving with the exception of nuts/seeds.
- No more than 2 grams of saturated fat per serving.

Water or 100% fruit juice only.



Classroom Parties/Birthday Guidelines from our School Nurse

Suggestions of snacks that meet food policy.

Please remember these are only SUGGESTIONS. Companies will frequently change ingredients or alter recipes and what might meet the requirements today, may not meet them in the future.

You can only determine if a snack meets the guidelines by reading the nutrition label information each time you purchase the item.

Just because an item says “organic” on the label, doesn’t mean it meets the requirements. **You must read the nutritional label for information on fats and sugars.**

Some suggestions of items found at the A&P store in Closter:

- All fresh fruits and vegetables
- Bachman “air-pop” pop corn
- Pretzels – most plain shaped pretzels are OK
- Famous Amos Animal Cookies in a bag – serving size is 10 cookies
- Cheese Nips, Gold Fish, Graham Crackers (must check label for serving sizes and not all varieties of these items meet the requirements)
- Breyer’s Pure Fruit Frozen Bars (no sugar added) or any other frozen fruit bars that don’t have sugar as the first ingredient
- Freihofers Mini Powder Donuts (only serving size of 1 mini meets the requirement)
- Nilla Wafers (mini or regular) refer to serving size

PLEASE NOTE:

Birthday celebrations will be celebrated in the afternoon. **If you have frozen or other treats that need to be refrigerated, *please make sure to provide them at the time of the event as the school has NO storage facilities* for these items.**

Reminder, check with teacher for specific time of event.

If you have any questions if a snack meets the requirements, please email the school nurse at Paspalas@nvnet.org. If you find an item that meets the requirements email me, and I will keep a list in the health office.

For more information on nutrition and how to read labels you can visit:

www.cfsan.fda.gov/~dms/foodlab.html

www.kidshealth.org/parent/food/general/food_labels.html