

## Parties and Celebrations

In 2006, the Big Spring School District's Administration and Board of School Directors established a district Student Wellness Policy. The purpose of the policy is to address childhood obesity and create a healthier environment for our students. Big Spring School District recognizes that a healthy student is a student that is better prepared for learning. The district has made a commitment to create an environment that fosters proper nutrition, regular physical activity, and nutrition education.

Public law 108-265, the Child Nutrition Act of 2004 requires all Local Education Agencies (LEA's) participating in the National School Lunch Program to develop a Wellness Policy for all students. One of the requirements of the law is the development of nutrition guidelines for all foods offered at each school during the school day with the objective of promoting student health. This includes the foods offered for classroom parties and celebrations.

The following standards apply to all foods offered students during the school day. The foods provided through the school lunch program are not included as they are required to comply with very specific federal nutrition standards.

Classroom parties may offer a minimal amount of foods (maximum 2-3 items) that contain sugar as the primary ingredient and will offer **healthy alternatives** such as the following:

- Fresh Fruit and Vegetables (May be Served with a Light Dip or Dressing)
- Dried Fruit
- Canned Fruit or Fruit Cups (Must be Packed in Water)
- Dairy Products – Low Fat Cheeses, Yogurt, low or no Sugar Puddings, Fresh Fruit Smoothies
- Whole Grain Snacks: Breakfast Bars, Crackers, Cereal bars, Baked Chips, Popcorn (No Butter), Pretzels, Rice Cakes
- Party Snacks: Baked Chips, Baked Doritos, Baked Cheese Curls, Baked Sun Chips, Nutrigrain Bars, Baked Cheetos,
- Beverages: Water, 1% milk, 100% Fruit Juice (No other Beverages are Allowed)

**All Classroom Parties/Celebrations must be Approved by the Building Principal**

### **Food as a Reward:**

**Food will not be used as a reward for classroom or school activities, unless it promotes a positive nutrition message** (i.e., guest chef, field trip to a farm or farmers market, etc.)