



Rose Tree Media School District Classroom Parties/School Activity Food Guidelines 2019 - 2020

As educators and parents, our desire is to support every effort to develop healthy habits among all students, as we know that healthy children are able to learn better. In supporting health and wellness among our students, the Rose Tree Media School District developed and adopted a Wellness Policy.

Wellness Policy

This policy was developed in response to a federal mandate that each school district participating in the National School Lunch Program develop a policy to address school nutrition, physical education, physical activity, foods served in school other than the National School Lunch Program, and food served at school-based activities. The federal mandate was aimed at addressing the national epidemic of childhood obesity, as well as supporting wellness and healthy lifestyles for all students. This is why all foods offered to students during the school day should promote student health and reduce childhood obesity.

Classroom Parties

Elementary students may enjoy classroom parties to acknowledge various holidays including, but not limited to: Halloween, Winter Holidays, Valentine's Day, as well as the end of the school year. The Nutritional Standard published by the Pennsylvania Department of Education, Division of Food and Nutrition, states that classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide fresh fruits and vegetables, water, 100% fruit juice, or milk. In addition, any foods offered should be moderate in sodium content, provide minimal to no trans fatty acid, contain more than 2 grams of fiber per serving, and not offer any foods with minimal nutritional value.

So as to conform to the federal mandate as well as the RTMSD's Wellness Policy, we respectfully request that the following guidelines be followed.

Classroom Party Food Guidelines

When planning a classroom party, students may be provided with a maximum of a single serving from each of the following listed categories: drink, fruit or vegetable, savory snack, and/or sweet snack. The food choices that may be provided to students are those listed on the table titled **RTMSD Classroom Party Food Choices** (see below). These foods are free of peanuts, tree nuts, and eggs. Please note that those foods listed with an asterisk (*) are also gluten free. Carefully check packaging for foods that have been prepared in facilities/equipment shared with common allergens (nuts, dairy, egg, etc.). Teachers must be consulted before any food choices are selected.

RTMSD Classroom Parties/School Activity Food Choices

Drinks	Fruit/Vegetables	Savory Snacks	Sweet Snacks
Water*	Clementines*	Pretzels (Thins, Sticks, Rods, Tiny Twists)	Teddy Grahams (Honey, Chocolate, Chocolate Chip)
100% fruit juice boxes or pouches*	Grapes*	Pretzels (Extra Thin, Rods)	Store bought cookies
	Bananas*	Soft Pretzels	Animal Crackers (Original)
	Store cut/prepared fruit*	Popcorn	Fruit Snacks (individual pouches)*
	Store cut/prepared vegetables*	Cheese Crackers (Original, Scrabble Junior, Reduced Fat)	Frozen Fruit Bars (Strawberry, Grape, and Raspberry)*
		Gold Fish (Cheddar, Parmesan, Pretzel, Whole Grain)	Italian Ice (Cherry, Lemon, Lemon/Strawberry, Mango, Watermelon, Blue Raspberry)*
		Pirate's Booty (Aged White Cheddar)*	Juice Bars (Cherry, Grape, Orange)*
		Pop Crisps	

**Refer to the Safe Snack Guide provided by www.snacksafely.com. and be sure to check with your child's classroom teacher if your child is in an allergy aware classroom.