

Foods for Classroom Celebrations

Our school district Wellness Policy JL J-4950 embraces the state statute that requires foods made available on our school campuses and in our classrooms during the school day meet the Arizona Nutrition Standards. This effort supports student achievement and student health.

Foods that are brought to school during the school day for birthday celebrations and other types of celebrations and activities must meet these nutrition standards.

- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated and trans fatty acids (combined)
- No more than 35% total sugar by weight
- Must contain 1 gram of fiber
- A maximum of 300 calories per serving
- A maximum of 600 mg of sodium per serving

Types of foods that meet the nutrition standards are:

Pretzels	Graham crackers
Baked chips	94% fat free popcorns
Reduced fat cheeses	Crackers made with whole grain
Low fat ice cream	Fruit and vegetable platters
Some oatmeal cookies (please check the label)	

Beverages must be 100% juice, low-fat milk, or water. Be careful of tricky labeling – there are many juice *drinks* that say on the front “100% fruit juice”. They do have real juice in them, but they also contain added sugar and other ingredients – check the ingredient label. Sports drinks such as Gatorade are allowed in middle schools only. Soda of any kind is not permitted.

Types of foods that do not meet the standards:

Commercial cakes, cupcakes, donuts, candy, most cookies, and pizza typically do not meet the standards. To make sure, compare the Nutrition Facts Label on the package to the nutrition standards.

District policy also requires that foods be pre-packaged or purchased from a commercial kitchen, such as a bakery. Homemade food or unwrapped food cannot be brought to school to share or sell. One benefit of this requirement is that you are assured the food was prepared in compliance with food safety standards. Another important benefit is that they come with an ingredient label. This label provides critical information for any student that has a food allergy.

Thank you for your effort to support a healthy school environment. If you have questions regarding school celebrations and allowed celebration foods please contact your school office, or call Nutritional Services at 642-1541. *Be sure and check with your school office for other guidelines on birthday and celebration activities.*