

Fleetwood Area School District Nutrition Guidelines: Elementary Parties and Celebrations

Elementary classroom parties and celebrations must be planned through/by the respective parent teacher groups/homeroom captains at each school. The parent teacher groups/homeroom captains are responsible to follow the guidelines listed below related to classroom parties and celebrations.

- **Foods may not be prepared at home. Store purchased party trays or store purchased wrapped or bagged items only. Items must be opened at school.**
 - ✓ Only one treat that has added sugar* as the first ingredient **may be offered** (e.g. cupcakes, cake, cookies, etc.).
 - **Names for sugar include:* brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sucrose, sugar, syrup.
 - ✓ Foods of Minimal Nutritional Value (FMNV)** **are not allowed** at parties.
 - ***FMNV include:* carbonated beverages, water ices, chewing gum, candy, marshmallows, cotton candy, and candy coated popcorn.
 - ✓ Fresh fruits and/or vegetables in a pre-packaged form **must be offered**.
 - ✓ Plain water, milk, or 100% juice **must be offered**. Drinks **may only be** plain water, milk, or 100% juice.
 - ✓ The **ingredients** of all foods served **must be available**.

IMPORTANT: Please be aware of food allergies and dietary restrictions when planning parties. This information is available through the classroom teacher and/or the school nurse.

As always, we appreciate the efforts of the parent teacher groups/homeroom captains in organizing a variety of activities, including classroom parties and celebrations, for the students. If you have any questions regarding these guidelines please contact your building principal prior to the planning of food items for parties.