

## Attachment A

<b>Food or Beverage</b>	<p><b><i>HealthierUS School Challenge Nutrition Standards</i></b><sup>1</sup></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
<b>Approved Beverages</b>	<ul style="list-style-type: none"> <li>• <b>Milk:</b> Only low-fat (1% or less) and fat-free (skim) flavored or unflavored milk, and/or USDA approved alternative dairy beverages; <i>limit serving size to a maximum of 8 fluid ounces</i></li> <li>• 100% full strength <b>fruit &amp; vegetable juices</b> with no sweeteners (nutritive or non-nutritive); <i>limit serving size to maximum of 6 fluid ounces</i></li> <li>• <b>Water:</b> Unflavored, no sweeteners (nutritive or non-nutritive), noncarbonated, caffeine free</li> </ul>
<b>Any Other Individual Foods</b>	<ul style="list-style-type: none"> <li>• <b>Total fat: Calories from total fat must be at or below 35% per serving.</b> <i>Excludes nuts, seeds, and nut butters, and reduced fat cheese.</i> (This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat)</li> <li>• <b>Trans fat:</b> Less than 0.5 grams (trans fat free) per serving</li> <li>• <b>Saturated fat:</b> Calories from fat must be below 10% per serving. <i>Excludes reduced-fat cheese.</i> (This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.)</li> <li>• <b>Sodium:</b> Less than or equal to 480 mg sodium per non-entrée. Less than or equal to 600 mg sodium per entrée.</li> <li>• <b>Sugar:</b> Total sugar must be under or equal to 35% sugar by weight. This includes both naturally occurring and added sugars. <i>Excludes fruits, vegetables, and milk.</i> (This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100)</li> <li>• <b>Portion size:</b> Not to exceed the serving size of the food served in the NSLP; for other items, the package or container is not to exceed 200 calories.</li> </ul>

<sup>1</sup> These *Nutrition Standards* are criteria for sales/service of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*.

## Attachment B

### Healthful Food and Beverage Options for School Functions<sup>1</sup>

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and pretzels)
- Party mix (variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Pure ice cold water

Healthy snacks for classroom celebrations can also be purchased through the District 15 Food Service Department.

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<sup>1</sup> *This list is not all inclusive and is meant only to parent organizations teachers with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet District nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the District's Student Health and Wellness policy to promote student health.*

## Attachment C Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- Car wash<sup>1</sup>
- Walkathons<sup>1</sup>
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day

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<sup>1</sup> *These fundraisers have the added benefit of promoting physical activity for students.*

## Attachment D

### Classroom Reward Ideas

- Extra Recess
- Games inside with the teacher
- Teacher goes out for recess
- Assignment pass
- Extra gym time
- Teacher helper
- Office helper
- Principal helper
- A pencil, eraser, book cover, or bookmark
- Going first
- Lunch with the teacher or principal
- Teach or read to the class
- Teacher goes to gym or music with the class
- Verbal praise
- Sit by friends
- Enjoy class outdoors
- A field trip for the class
- Choosing a class activity
- Eat lunch outdoors with the class
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message (e.g. "Great job")
- Take a trip to the treasure box (filled with: stickers, temporary tattoos, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

## Attachment E

### **Non-Food Birthday Celebration Ideas**

- Leading the pledge on the intercom
- Donate a birthday book to the school or class library in the child's name (student may read a portion to the class)
- Teacher's helper for the day
- Pencils, erasers, stickers, bookmarks, and other small school supplies
- Birthday sash and/or crown
- Create a "Celebrate me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide a special time with the principal or another adult
- Students choices of an activity for the last few minutes of the day
- Five minute show and tell where birthday child shares favorite things or baby pictures
- Guest of the student's choice comes to read a book to the class

Parents are encouraged to celebrate their child's birthday without providing food. However, food is allowed and is available at a low cost to parents by ordering through our food service department. If food is brought to school with a child it must be on the list of approved birthday foods below.

#### ***Birthday Foods available for purchase from District 15 Food Services***

\*Birthday foods must be ordered 5 days in advance of your child's birthday. They will be delivered to the school on the date in which you specify. All orders for birthday foods must be placed online at [www.d15foodandnutrition.us](http://www.d15foodandnutrition.us).

Pretzels or Baked Chips (1.5 oz or smaller)  
Plain Graham Crackers (1.5 oz or smaller)  
Pre-packaged Fruit & Vegetables  
100% Fruit Juice (4 oz or less)  
Bottled Water

#### ***Approved Foods for Birthdays***

\*All foods must be store bought, individually wrapped, and pre-packaged

Pretzels or Baked Chips (1.5 oz or smaller)  
Plain Graham Crackers (1.5 oz or smaller)  
Apple Slices (pre-bagged)  
Carrots (pre-bagged)  
100% Fruit Juice (4 oz or less)  
Bottled Water

