



IMPORTANT ANNOUNCEMENT REGARDING BIRTHDAY TREATS STARTING 2012-2013

It is the goal of District 15 to promote a healthy environment that fosters academic improvement for all students. In an effort to encourage and promote healthy snacks, beginning in August 2012, District 15 will initiate guidelines for school celebrations (i.e. birthday treats), foods in classrooms, and rewards that will meet new federal guidelines for food served in schools.

Birthdays are encouraged to be celebrated at school without student provided food. However, alternative non-food birthday celebrations may be used. If food is provided it must be a food item listed on the reverse side. The listed foods may be purchased through the District 15 Food Service Department OR from a variety of retail outlets.

These guidelines are in no way meant to prohibit birthday celebrations, but to encourage healthy alternative ways of celebrating.

The Wellness Committee



Non Food Birthday Celebration Ideas:

Leading the pledge on the intercom	Donate a book to the class library in the child's name
Teacher helper for the day	Pencils, erasers, stickers, bookmarks, etc
Birthday sash or crown	Student's choice of activity for the last few minutes of the day
Student's choice of guest reader	Five minute show/tell where student shares favorite baby pictures

Create a "Celebrate Me" book. Have students write stories or poems or pictures about the birthday child.



Student Provided Birthday Celebration Ideas

Foods available through District 15 Food Service Department:

Pretzels or Baked Chips (1.5 oz. or smaller)
Plain graham crackers (1.5 oz. or smaller)
Pre-packed fruit & vegetables
100% fruit juice (4 oz. or less)
Bottled water

The above items may be purchased through the Food Service Department if ordered 5 days in advance. The items will be delivered to school on the date you specify. All orders for birthday foods must be placed online at www.d15foodandnutrition.us



If a parent chooses to bring in food, the food item must be one that is listed below.

Approved Foods for Birthdays:

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

For more information on the wellness policy please visit
www.d15foodandnutrition.us