For Parents:

The Pennsylvania Department of Education Nutrition Standards for Classroom Parties & Holiday Celebrations

Your school has adopted The Pennsylvania Department of Education Nutrition Standards. The nutrition standards require that fewer (up to three) high-sugar foods be served at classroom parties (such as cupcakes). Also, parties must have fruits and vegetables and healthy drinks like water, milk or juice.

By following these standards, your school will receive extra money and help promote good nutrition. Here are some tips to follow if you are asked to bring food to your child's classroom party.

Safe Fruits and Vegetables for Classroom Parties. Your school food service may provide the fresh fruits and vegetables. However, if you are asked to bring them, be sure

Classroom Parties1 Holiday Celebrations

If we provide all required items at planned parties, but a parent brings in cupcakes on another day, what should we do? We would not want to send the parent away with cupcakes that they spent time baking.

Schools should inform parents through newsletters or other means that treats should only be brought in when requested for scheduled parties. We encourage schools to have scheduled parties once per month for all birthdays in the month, rather than every birthday. If a parent still brings in the treats on an unscheduled party day, you should inform the parent of the policy for future reference. We suggest that you provide the parent with a note thanking them for the treats that you will share, but letting the parent know the policy for the future. You may serve the treat, preferably after lunch is served, or at the end of the day for students to take home.

How does PDE define "moderate in sodium" under the "Classroom PartieslHoliday Celebrations"?

There is no standard definition for "moderate in sodium1'. For the purposes of these standards, entrees such as pizza should be less than 600 mg sodium per serving. Snack foods such as

Healthy Snacvk Ideas

Try out some of these nutritious (and delicious) foods at ywr next event.
by Patti Ghezzi

S ince the dawn of curriculum night, fresh

Elementary sold cheese pizza instead of pepperoni at its Health and Family Fitness Night. Other
small shifts include hearty trail mix instead of
empty-calorie chips, reduced-sugar granola bars
instead of cookies, fruit-based ice pops instead
of ice cream, and whole-grain muffins instead of
cupcakes.
Salad days: Newcastle Elementary ventured At Longfellow Elemenmy in San Francisco, the where some school groups fear to tread. At the school nutritionist arranged produce donations PTSA's annual winter and spring events, it sold from local organic farmers. The farmers donated Caesar salad as an entree alternative or a side fun foods such as yellow carrots. The PTA led a option to pizza. "At both events, the salad sold &-to-school program on Wednesdays and used the opportunity to teach kids about a vegetable
from the farm. "Our nutritionist would give me
some [information on] the fruit or veggie of the
week, and I would tell the kids what this fruit had
in vitamins, what parts of our body it was good
fbr, and how you can make other choices besides su%ary. cereal," says PTA president Jaquie Chavez. "All of the fruits and veggies could be eaten on the go," Many farmers already connect with schoolchildren through field trips and partnerships with school cafeterias. Teaching children where food comes from can win over even picky eaters' portion control: Something as simple g as cutting a pie into 16 slices instead of
eight can make a difference. Many
parents have already switched
from giant cupcakes to two-
bite treats. A traditional
spaghetti dinner can be made
healthier by serving a smaller

pomon of salad, then skipping the
garlic bread.
Switching to healthier foods is a delicate -
subject for some school communities. Different
parents have Merent ideas for how alread10.851.023 TcTh06 36

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