

## CRS-LLE Celebration Guidelines

**We are complying with the mandate for healthy snacks and appreciate your cooperation and support. From time to time during the school year there may be special celebrations/activities that may include some snacks or refreshment. All will follow these guidelines.**

Celebrations include: Halloween, Holiday, End of Year, 4<sup>th</sup> Grade Moving Up Ceremony

- There are to be no food and beverage items which have sugar as the first ingredient.\*\*

**\*\* Other names for sugar:**

Corn syrup	Malt
Dextrin	Maltose
Fructose	Maple syrup
High Fructose corn syrup	Molasses
Galactose	Sucrose
Glucose	Honey
Lactose	

- No candy at any time for any celebration.
- Any product containing more than 0% trans fat (hydrogenated or partially hydrogenated oils) per serving may not be served.
- **No goodie bags or favors.**

**Please note:**

Since many of our children have food allergies or special dietary needs, class parents must discuss ingredients for any school celebration at least one week in advance with the school nurse.

Based on manufacturer's nutritional data or nutrient facts label:

- No sugar as the first ingredient.
- No more than 8 grams of total fat per serving with the exception of nuts/seeds.
- No more than 2 grams of saturated fat per serving.

Water or 100% fruit juice only.

## Classroom Celebrations

# Guidelines from the School Nurse

Please remember these are only *SUGGESTIONS*. Companies will frequently change ingredients or alter recipes and what might meet the requirements today, may *not* meet them in the future.

*You can only determine if a snack meets the guidelines by reading the nutrition label information each time you purchase the item. Just because an item says “organic” on the label, does not mean it meets the requirement. You must read the nutritional label for information on fat and sugar content.*

**Homemade or home prepared treats will not be allowed. All snacks must be pre packed with nutritional and ingredient labels attached.**

Some suggestions include:

- All fresh fruits and vegetables (remember there is no refrigeration available at school)
- Skinny Pop Plain Popcorn, Bachman “air-pop” popcorn
- Pretzels – most plain shaped pretzels are OK
- Breyer’s Pure Fruit Frozen Bars or any other frozen fruit bars that don’t have sugar as the first ingredient
- Popsicle Brand Popsicles
- Cheese Nips, Gold Fish, Graham Crackers Nilla Wafers (must check label for serving sizes and not all varieties of these items meet the requirements)

If you have any questions if a snack meets the requirements, please email the school nurses:

Mrs. Tiscornia at CRS- [TiscorniaK@nvnet.org](mailto:TiscorniaK@nvnet.org).

Mrs. Paspalas at LLE – [Paspalas@nvnet.org](mailto:Paspalas@nvnet.org).

For more information on nutrition and how to read labels you can visit:

[www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)

[www.kidshealth.org/parent/food/general/food\\_labels.html](http://www.kidshealth.org/parent/food/general/food_labels.html)