

# FOOD GUIDELINES FOR DISTRICT 34

Glenview School District is continuing to promote healthy living and lifestyle choices for its students. The Wellness Policy was adopted to educate students about healthy food choices and help reduce childhood obesity.

## **NO FOOD ITEMS AT BIRTHDAY PARTIES**

District 34 does not allow food or beverages at birthday parties at school. Instead, there are several suggestions below for parents and children who still want to celebrate a birthday without food, including:

- Special time/special recognition during class. Examples include the student reading to the class, sharing a personal story with the class or selecting a fun activity from a list provided by the teacher.
- Purchase a book for the classroom library. This might include the student's name in the front of the book indicating it was donated by the student in celebration of a birthday.
- Bring in a non-food item/party favor (i.e. - pencils, erasers, stickers). Please, no disruptive items. If you need help deciding, please contact the school for guidance.
- Donate an indoor recess game to the classroom.

Please know all celebratory activities should be cleared with the classroom teacher in advance but that no food or beverages will be allowed as part of these celebrations. Administrators throughout the District are responsible for implementing this practice.

## **FOOD GUIDELINES FOR NON-BIRTHDAY CLASSROOM CELEBRATIONS**

Food and beverage can be a part of non-birthday classroom celebrations like Halloween and holiday parties. However, those food and drink items will be chosen from a list of menu options developed by the Food Service Department. This list will be available near the start of the school year and distributed to the PTA.

These food/drink items can either be purchased through the Food Service Department by ordering 30 days prior to the event on a first-come, first-served limited basis. If the PTAs decide to purchase the food directly, the menu must be followed. This will guarantee that the food/drink provided will be nutritious, balanced and offer choices for everyone. As always, any food brought in for these celebrations must be purchased through the Food Service Department or store bought and in the original packaging. **No homemade foods are allowed.**

If you have questions or comments about this change in practice, you may contact your building principal or the District office at 998-5000.