

Food Guidelines for Parties

Recommendation from the Health Department on healthy food choices for our school children. (Below are recommendations only).

For obvious health concerns and food allergies, ***the Health Dept is really discouraging home-made foods for school events***. They are recommending that food brought into school for parties, birthdays, celebrations, etc., be store bought and individually packaged if possible.

They are also recommending we make healthy choices when bringing in foods. For example, fruit and yogurt instead of cookies and candy.

To help educate our students in making healthy choices for snacks and eating nutritious foods, they have provided a **list of recommended suggestions for snacks and beverages**:

- Bug Bites
- Cut fruit or veggies with low-fat dip
- Dried fruits
- Elf Grahams
- MJM Graham bears-assorted flavors
- Newtons fruit crisps
- Popcorn
- Reduced fat muffins
- Sandwiches with wheat bread
- String cheese
- 100% fruit or vege juice
- 100% real fruit popsicles
- Cereal bars
- Corn nuts
- Low fat yogurt with fruit smoothie
- Low fat yogurt with granola
- Nutrigrain bars
- Pretzels
- Fruity leather
- Fruit salad
- Trail mix (please ensure that the trail mix is nut-free)
- Water
- Milk - 1%, 2%, or non-fat
- Soy milk