

February 2008

## INFORMATION REGARDING TREATS

Reed Custer School District does have a policy for bringing in only prepackaged items for birthday celebrations, treats, or parties. In accordance with this policy, we ask that NO homemade items or any items prepared at home be brought into the schools. This policy is effective immediately. A snack list has been created to guide you in your treat/snack selections.

## IMPORTANT NOTE—PLEASE READ Beginning Fall 2008

Board Approved Feb. 21, 2008

Wellness Policy Proposal for Reed Custer School District  
Concerning Nutrition

The Wellness Committee encourages everyone to eat healthy food. It is the goal of the committee to incorporate these healthy alternatives into our daily school diets whenever possible. The committee will include a list of healthy snack items and a list of party food ideas to use as a guideline when choosing nutritious food to bring to school.

**Snacks-** Snacks eaten at the school during the school day or in before-school or after-school care programs will make a positive contribution to the children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Nutritional snacks shall not be withheld as a form of punishment. The Reed Custer District will disseminate a list of healthful snack items to the teachers, cafeteria workers, school programs, and parents.

**Rewards-** Schools will not use food and beverages, especially those that do not meet the nutrition standards, as rewards for academic performance or good behavior.

**Celebrations-** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages. Other food items must

emphasize fruits and vegetables and water should be the beverage of choice whenever possible.