



2021-22 SFSD Healthy Foods Guide for Schools



To ensure a safe and healthy environment for all students and to follow the SFSD Wellness Policy, we ask parents and community members to consider the following information regarding food and beverages brought in during the school day.

Birthday Treats

Celebrating a birthday is fun! Make your child's birthday memorable with a safe, healthy snack.

- First consider non-food gifts.
- If food is desired, consider a healthy snack. A SFSD Child Nutrition provided snack for the class can be purchased by talking with the principal.
- Home-baked goods are not permitted.
- Food must be commercially prepared, individually wrapped with a nutritional label provided.
- Treats are for the student's primary elementary classroom or middle school protime room only.

Recommended Food Items

- Cereal/Granola Bar
- Popcorn
- Applesauce
- Veggie Straws
- Cheese Stick
- Fruit Cup
- Pretzels

Non-Food Items

- Glow Sticks
- Chap Stick
- Pencils/Erasers
- Stickers
- Stress Balls
- Pencils/Smencils
- Bracelets
- Crazy Straws
- Bubbles
- Bookmarks
- Silly Putty
- Dollar Store Items
- Water Bottles w/ flavored water packet

Support Your Schools!

Wish to make a donation to show you care for students and staff? Consider these items before you consider food:

- Books
- Activity Passes
- Sidewalk Chalk
- Board Games
- Art Supplies
- Sports Equipment
- Ice Cream Coupon
- Playing Cards
- Water Bottles
- Cardstock/Construction Paper
- Food ordered through Child Nutrition
- Gift Cards
- Paints
- Activity Books
- Helmets
- Socks
- Undergarments
- Phone Minute Cards
- Balls for Recess

Special Events (Homecoming, Year-End Celebrations), PTA/PTO, Booster Events

You've heard the saying, "Everything in moderation." Homecoming pizza feeds aren't necessarily out of the question.



- Schoolwide or grade level events should be infrequent and need principal approval.
- Healthy options must be available.
- Food can be ordered from Child Nutrition which is making some impressive additions to its menu.

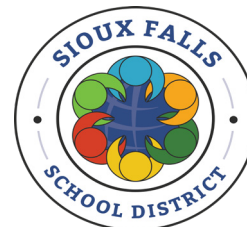
Student Lunch Meetings - Weekly Mentoring



Busy brains need a break. Lunch time is the perfect time to connect with like-minded people who share the same passion or goal.

- Meetings over lunch should include healthy options.
- Meals must be prepackaged, commercially prepared, with a nutrition label provided.
- SFSD Child Nutrition meals/snacks may be purchased by talking with the principal.

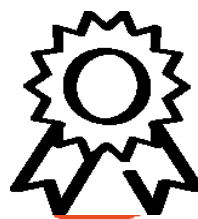
Thank you for supporting our wellness work to ensure a safe and healthy environment for students and staff.



Rewards, Prizes, & Incentives

Let's be honest. It feels good when someone notices all the hardwork you've put in! Celebrating success is always popular!

- Work with the principal to make sure the reward is permitted.
- Consider non-food gifts first. (see above)
- If food is desired, consider a healthy snack. A SFSD Child Nutrition provided snack for the class can be purchased by talking with the principal.



Fast Food

There is a time and place for everything. Fast food should be left to families.

- Commercial "fast food" should not be brought in or delivered during the school day, including lunchtime.