



Healthy School Celebrations

Federal Law requires every school district to have a local wellness policy. These policies must address nutrition education, physical activity, school meals and all other foods and beverages available at school.

From Birthday parties to holiday celebrations there are many events during the school year. Along with the fun, usually comes food. Just one school party can include pizza, sugary juice drinks, chips, cake and ice cream, plus a goodie bag with candy.

With a few easy changes, parents, teachers and school administrators can shift the focus of school parties from:
Unhealthy Food to Healthy Fun

The Nutrition Group offers a nutritious party food packages for you to purchase which would be delivered to your child's classroom.

For more information please feel free to contact me at
Nutrition@Pittstonaera.com
Sue Rudalavage
Pittston Area Food Service Director

Also attached is a list of suggestions of Healthy Fun Treats that are great alternatives to the traditional party.



Ideas for Healthier Classroom Celebrations

- ◆ Pre-packaged Single Serve Fruit or Vegetable Slices
- ◆ Pre-packaged Raisins or Dry Fruits
- ◆ Applesauce cups or Fruit Cups packed in water
- ◆ Single served Baked Pretzels, Light Popcorn
- ◆ Reduced Fat or Low Fat Baked Chips
- ◆ 100 Calorie Snack Packages
- ◆ Fruit Roll-ups
- ◆ 100% Juice Boxes
- ◆ String Cheese, Reduced Fat
- ◆ Reduced Fat Cheese and Cracker packs, single serve
- ◆ Water

There are also a variety of Non Food Items that Kid's Love

- ◆ Pencils
- ◆ Erasers
- ◆ Stickers
- ◆ Ribbons (for Girls)
- ◆ Coloring Books and Crayons
- ◆ Small toys like yoyo's or super balls
- ◆ Baseball or Football cards
- ◆ Buttons or magnets
- ◆ Hot Wheels or Matchbox cars
- ◆ Non-profit bracelets e.g. Livestrong, One Campaign
- ◆ Toothbrushes
- ◆ Water bottles
- ◆ Puzzles
- ◆ Playing cards