



Guidelines to Wellness Enrichment

Childhood obesity or excess weight threatens the healthy future of one third of American children. In conjunction with First Lady Michelle Obama's *Let's Move* campaign, District 83 has implemented a policy to promote student wellness. This brochure contains healthy and helpful suggestions related to school functions.

Effective with the 2010/2011 school year, food items for birthday celebrations will no longer be acceptable; only non-food items will be allowed.

However, healthy treats may be sent for Halloween, Holiday and Valentine's Day parties.

Healthy Foods and Drinks

(Suggestions for Halloween, Holiday & Valentine's Day parties)

- Raw vegetables sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honeydew, watermelon, pineapple, oranges, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops (with fruit juices or fruit as the first ingredient listed)
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk or low-fat yogurt
- Lean meats and reduced fat cheese sandwiches
- Party mix (variety of cereals, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt or fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk products (string cheese, cheese cubes, cottage cheese)
- Flavored soy milk fortified with calcium

*This list is not all inclusive and is meant only to provide information for healthier food and beverage choices. To minimize possible nut allergies, there are no foods containing peanuts or nuts included on this list.





Non-Food Fundraising Ideas**

- Raffles – Candles - Book Sales – Cookbook – Walkathons - Stuffed Animals - Stadium Pillows
- Educational Games - Holiday Decorations - Shopping Donation Programs
- Balloon Bouquets for Special Occasions (mylar balloons only – no latex)
- Faculty and/or student talent show - Auction of donated goods and services
- Bottled water with the school's own label - Refillable water bottle with school logo
- Glow in the dark novelties
- Greeting cards, especially designed by students
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and mylar balloons (no latex) for family to purchase for student graduates
- School spirit items – tee-shirts, sweatshirts, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers & plants for holidays such as Valentine's Day & Mother's Day

**This list is not all inclusive and is meant only to provide information for non-food fundraising ideas



Non-Food Classroom Rewards***

- A Smile - Going First - Verbal Praise - Sit by Friends
- Teaching the class - Helping the teacher
- Enjoy class outdoors - Choosing a class activity
- Walk with a teacher during lunch - Eat lunch with a teacher or principal
- Extra credit or class participation points
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email or letter sent home to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the school-wide morning announcements or school website
- Ribbon, certificate in recognition of achievement or a sticker with an affirming message
- Take a trip to the treasure box (filled with: stickers, pencils, pens, highlighters, sidewalk chalk, notepads, erasers, bookmarks, etc.)

Non-Food Classroom Celebration & Birthday Alternatives***

- Stickers, pencil, sidewalk chalk, erasers, bookmarks
- Donate a book for classroom library
- Book Store coupons
- Educational games such a crosswords

***This list in not all inclusive and is meant only to provide information for non-food types of classroom rewards.