

## EMSD Wellness Policy

In accordance with the Wellness Policy:

### **1. ALL SNACKS PROVIDED AT SCHOOL WILL COMPLY WITH THE FEDERAL SMART SNACK GUIDELINES**

This means that we have to make sure that we are giving students healthy items such as:

- \*fruits and vegetables
- \*low sugar snacks
- \*low fat snacks

### **2. ALL SNACKS/TREATS BROUGHT INTO THE SCHOOLS MUST BE PREPACKAGED (no homemade treats).**

Due to the increase in severe food allergies, all food must not only comply with the Smart Snack guidelines but they must also be packaged with a listing of ingredients. Fruits and vegetables do not have to follow this guideline. **Healthy snacks are available to purchase from the Food Service Office on the district website.**

### **3. WE ARE MOVING AWAY FROM USING FOOD AS INCENTIVES and FOODS FOR CELEBRATIONS**

We want our students to know that celebrating a birthday doesn't have to mean treats. It can be as simple as a teacher offering a special activity for that child to celebrate a birthday. Please see our website for more information regarding our new wellness initiatives.

## Healthy Parties

At the elementary level, three classroom parties are given during the year: Halloween, Christmas and Valentine's Day. These parties are planned and sponsored by the PTA room parents. If you wish to make a contribution to these parties, please contact a room parent in charge. Our schools encourage the participation of the parents for school events/activities. **Schools reserve the right to cancel parties in the interest of the safety of the children.**