

In School Fundraisers and School Stores Open during School Hours

Foods of minimal nutritional value are not to be sold on Riverview Gardens School District's campuses while school is in session. These items are defined by the United States Department of Agriculture. They are:

- Soda*
- Water Ices- *Unless product contains fruit or fruit juices*
- Chewing gum – *Flavored products from natural or synthetic*
- Certain candies
- Hard Candy – *sour balls, fruit balls, candy sticks, lollipops, star light mints, after-dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints and jaw breakers.*
- Jellies and gums – *gum drops, jelly beans and fruit flavored slices*
- Marshmallow candies
- Fondant – *candy corn or soft mints*
- Licorice
- Spun Candy
- Candy-coated popcorn

***Soda will not be allowed in personal student lunches from home.**



Healthier Hunger Free Kids Act of 2010 Guidelines

Promoting a Healthy School Environment

Acceptable Foods For In School Fundraisers, School Stores and Vending Machines

One hundred percent (100%) of foods sold for fundraisers, school stores or vending machines should meet the Healthier Hunger Free Kids Act of 2010 guidelines.

Fat – Not more than 35% of weight may come from fat except for nuts, seeds and nut butters

Sugar – Not more than 35% of weight may come from sugar except for fruit with added sugar

Calories – Not more than 200 calories per selling unit.

Healthy Food Ideas

- Pretzels
- Dried Fruits
- Fresh Fruit
- String Cheese
- Cheese and Whole Grain Crackers
- Granola Bars
- Cereal Bars
- Breadsticks
- Graham Crackers
- Animal Crackers
- Low-fat Pudding
- Baked Chips
- Trail Mix
- Sunflower Seeds
- Fruit Cookies
- Low-fat/Low Calorie Cookies
- 100 Calorie snack packs
- Fruit Snacks, roll-ups, etc – *Ingredient statement will specify grapes, orange juice, apples or pears from concentrate*

Classroom Parties, “A Healthy Celebration”

Create a healthy celebration for students by focusing the party on activities and games instead of food. Make the food count at your party by providing healthy choices. Classroom parties will be limited to three (3) per school year.

- Plan special party games and activities.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Instead of a party, organize a special community service project. Involve parents in planning the project.
- For birthdays, let the birthday child choose and lead an active game for everyone.
- Create a “Celebrate Me” book. Have classmates write or draw a picture to describe what is special about the birthday child.
- Make the birthday child the teacher's assistant for the day and let him or her do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.
- Make a healthy snack with the students.
- Introduce students to fruits they may have never tried before such as star fruit, kiwi, mangos and papaya.

Healthy food ideas for classroom parties**

Thin crust pizza with low fat toppings | Fruit or grain muffins
Bagel slices with jam | Hot Pretzels | Popcorn (no butter added)
Go-gurt | Ice Cream Cups (100 calorie cup, low fat, or low sugar)
Cheese cubes or string cheese | Fruit pizza
Angel food cake, plain or topped with fruits | 100% juice products
Fruit snacks/ Roll-ups, etc. - *Ingredient statement will specify grapes, orange juice, apples or pears from concentrate*

**** Remember, in accordance with ALLERGY POLICY JHCF, all food brought to school from home to classroom parties MUST be store bought in the original wrappers AND have the label on the product.**

Food not allowed: most cookies, cakes, candies and cupcakes.