

CLASSROOM PARTIES/CELEBRATIONS

Make Healthy Snack Choices

SNACKS, ETC., PERMITTED

Examples of snacks that are permitted during classroom parties/celebrations:

- ◆ 100% Juice
- ◆ Bagels
- ◆ Cereal
- ◆ Cereal Bar
- ◆ Cheese
- ◆ Corn Chips
- ◆ Crackers
- ◆ Fruit
 - canned
 - fresh
 - frozen
- ◆ Granola Bars
- ◆ Milk
- ◆ Muffins
- ◆ Popcorn
- ◆ Popsicles
 - made out of fruit juice
 - made with fruit
- ◆ Potato Chips
- ◆ Pretzels
- ◆ Pudding
- ◆ Raisins
- ◆ Raw Vegetables
- ◆ Rice Cakes
- ◆ Snack Mix
- ◆ Trail Mix
- ◆ Water
- ◆ Yogurt

SNACKS, ETC., NOT PERMITTED

Examples of snacks that are **NOT** permitted during classroom parties/celebrations:

- ◆ Candy
(primarily composed of sugar and artificial flavoring)
 - candy corn
 - candy sticks
 - cough drops
 - fruit balls
 - hard candy
 - jawbreakers
 - lollipops
 - mints
 - “Nerds”
 - “Pixie Sticks”
 - “Pop Rocks”
 - rock candy
 - sour balls
 - sugar wafers
- ◆ Candy-Coated Popcorn
- ◆ Carbonated Beverages
soda/pop/soft drinks
- ◆ Chewing Gum
- ◆ Cotton Candy
- ◆ Jellies
 - gum drops
 - gummi bears
 - jelly beans
 - jellied fruit
 - jellied fruit flavored slices
- ◆ Licorice
- ◆ Marshmallows
 - Marshmallow Candies
 - Peeps
- ◆ Mints
 - after-dinner mints
 - breath mints
 - soft mint chews
 - starlight mints
- ◆ Popsicles
 - made without fruit
 - made without fruit juice

“SWEET TREATS” PERMITTED

Examples of “Sweet Treats” that are permitted during classroom parties/celebrations:

- One piece of cake
- One cupcake
- One brownie
- One piece of pie
- One cookie
- One small piece of chocolate candy
(or candy not listed in the “Not Permitted” column)
- One ice cream treat
- One jello treat

An effort should be made to have a greater percentage of non-sweet snacks available to students during parties and celebrations.

