

## REVISED WELLNESS POLICY FREQUENTLY ASKED QUESTIONS:

### 1. What are the changes to the policy?

The changes are primarily focused on food celebrations. The revised policy strives to replace food celebrations with other types of celebrations that do not involve food. The schools will provide a list of fun alternatives to food celebrations that parents can select. If a parent feels strongly about the need to celebrate with food there is a list of food options that are on the Connecticut Healthy Snack list that parents may purchase from the Food Service Department.

### 2. What is the purpose of the change?

Over the years, there has been a growing concern about the health and food safety issues related to the practice of using food for celebrations. First and foremost is the issue of childhood obesity. Statistics indicate that over the past three decades the childhood obesity rates has more than doubled for children in the age brackets of 2-5 and 12-19, and it has more than tripled for children between the ages of 6-11. In addition, there was concern expressed about the issue of food safety, the need to know that safe food handling practices are in place for food prepared at home, and to insure that we know the allergens that may be present in food brought in to school. The committee felt that these issues were vitally important and needed to be addressed.

There are also concerns regarding safe food handling practices as well as serious food allergy issues.

### 3. Why can't I bring in food that I have purchased?

Items purchased outside of our own food service system may not be on the healthy snack list. Our food service department can be that the healthy

snacks being ordered and delivered are in compliance with the State's Healthy Snack program.

4. Is it mandatory that I purchase food from the Food Service Department?

No, we encourage celebrations that do not involve food.

5. Where can I find the Classroom Snack Request Form?

This form can be found in your child's school office and also on the school website.

6. Where can I find the list of non food celebration ideas?

This list can be found in your child's school office and also on the school website.

7. How far in advance must I submit the Classroom Snack Request Form?

The form must be submitted to the classroom teacher for approval at least one week prior to date of celebration.

8. Is it possible for the parents to attend the celebration?

Yes, parents are encouraged and welcome to participate in their child's celebration.

## **Alternatives to Food Celebrations:**

- **Plan special party games and activities. Ask parents to provide game supplies, pencils, eraser, stickers and other small school supplies instead of food.**
- **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.**
- **Give children extra recess time instead of a class party. For the birthday child choose and lead an active game for everyone.**
- **Provide special time with the principal or another adult, such as taking a walk around the school at recess.**
- **Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.**
- **Instead of a party, organize a special community service project, e.g., invite senior citizens in for lunch, and make "curechiefs" for chemotherapy patients or blankets for rescue dogs.**
- **Create a "Celebrate Me" book. Have classmates write stories for poems and draw pictures to describe what is special about the birthday child.**
- **Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise, such as a pencil, sticker or birthday card.**
- **The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity or choose a game or story.**

## Snack Choices for Classroom Celebrations

All Items are on the State of Connecticut Healthy Snack List

1. Whole Fruit, Frozen juice cup – Wild Cherry, Strawberry Pomegranate, Orange Pineapple and Watermelon
2. Cool Daze, Low Fat Birthday Cake Ice Cream Cup
3. Rich's Crumbled Cookie Ice Cream Cone
4. Otis Spunkmeyer Reduced Fat Cookies, Chocolate chip, Oatmeal Raisin, Sugar and Carnival
5. Cutie Pie, Cherry Fruit Turnover
6. Cutie Pie, Apple Fruit Turnover
7. Keebler, Scooby-Doo! Graham Cracker Sticks, Cinnamon
8. Pepperidge Farm Giant Oats and Honey Graham Goldfish
9. Pepperidge Farms Giant Chocolate Graham Goldfish
10. Otis Spunkmeyer Delicious Essentials, Reduced Fat Blueberry Muffin
11. Otis Spunkmeyer Delicious Essentials, Reduced Fat Chocolate Chocolate Chip Muffin
12. Kellogg's Pop-Tarts, Frosted Cinnamon with Whole Grain
13. Kellogg's Pop-Tarts, Low Fat Frosted Strawberry

Cost - \$.50 per serving

You may choose to bring bottled water as a beverage. No other beverages will be allowed. You may purchase bottled water through the Food Service Department.

\*Nutritional Information and Ingredient Lists available by contacting Food Service Director, Maggie Dreher at 945-4819 or [dreherma@watertownps.org](mailto:dreherma@watertownps.org)\*

Please complete the attached form and submit it to the classroom teacher for approval at least one week prior to date of celebration.

## Classroom Celebration Snack Request Form

Please select the item(s) you wish to purchase and provide for your child's classroom celebration. Return the form to your child's classroom teacher.

- \_\_\_\_\_ Whole Fruit, Frozen juice cup – Wild Cherry, Strawberry  
Pomegranate, Orange Pineapple and Watermelon
- \_\_\_\_\_ Cool Daze, Low Fat Birthday Cake Ice Cream Cup
- \_\_\_\_\_ Rich's Crumbled Cookie Ice Cream Cone
- \_\_\_\_\_ Otis Spunkmeyer Reduced Fat Cookies, Chocolate chip, Oatmeal  
Raisin, Sugar and Carnival
- \_\_\_\_\_ Cutie Pie, Cherry Fruit Turnover
- \_\_\_\_\_ Cutie Pie, Apple Fruit Turnover
- \_\_\_\_\_ Keebler, Scooby-Doo! Graham Cracker Sticks, Cinnamon
- \_\_\_\_\_ Pepperidge Farm Giant Oats and Honey Graham Goldfish
- \_\_\_\_\_ Pepperidge Farms Giant Chocolate Graham Goldfish
- \_\_\_\_\_ Otis Spunkmeyer Delicious Essentials, Reduced Fat Blueberry  
Muffin
- \_\_\_\_\_ Otis Spunkmeyer Delicious Essentials, Reduced Fat Chocolate  
Chocolate Chip Muffin
- \_\_\_\_\_ Kellogg's Pop-Tarts, Frosted Cinnamon with Whole Grain
- \_\_\_\_\_ Kellogg's Pop-Tarts, Low Fat Frosted Strawberry

# Students/Servings\_\_\_\_\_

Cost - \$.50 per serving

**Please submit check made payable to Watertown School Lunch Program with the Classroom Celebration Snack Request Form.**

Date of celebration\_\_\_\_\_

Child's Name\_\_\_\_\_

Classroom Teacher/School\_\_\_\_\_

Parent Name\_\_\_\_\_

Telephone #\_\_\_\_\_

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