Guidelines for Food and Snacks
Parties & Celebrations

Note: Water is served as the snack beverage.

Not Appropriate:
• Cupcakes
• Candy
• Doughnuts
• Regular Ice Cream/Bars
• Regular Cookies
• Regular Brownies
• Regular Cake
• Regular Chips, Doritos

Chokable Foods:
• Marshmallows (any size)
• Cherries with pits
• Meat
• Chunks
• Candy, hard
• Nuts
• Hotdog, whole chunks
• Popcorn
• Raisins
• Raw apples, pears, carrots, beans
• Stringy foods
• Whole olives
• Whole grapes

 Preschool Wing is a Nut Safe Zone

District 34’s local wellness policy is a requirement established by the Child Nutrition and WIC Reauthorization Act of 2004. It requires each school district participating in the National School Lunch Program to develop a local wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The Apple Program is in alignment with the District’s Wellness Policy, however, adjusted to meet our program needs.

Safety First
If you plan to bring items in for snack or parties, those items must be store bought and in the packaging from the store. The nutritional label must be visible on all products. The Apple Program is a nut safe zone with no exceptions. No homemade items may be brought to the program for classroom snack.

Healthy Snacks
All foods provided to children should be of nutritional value. This means that snacks shall be low in fat, sugar and calories. We recommend fruits and vegetables. Additionally, labels should be checked to make sure that products did not come into contact with nuts or nut by-products. Items stating that the product was made in a facility where nuts are processed cannot be served. Individual classrooms may also have additional requirements regarding other food restrictions.

Birthday Parties
Your child’s teacher will share information with you about the celebration of your child’s birthday at school. The Apple Program will no longer allow edible products for the celebration. In some classrooms, birthdays will be celebrated by playing a special game, or the child having the special designation as “class leader”, or enjoying non-edible treats such as pencils, stickers, small fun toys, mini books, bookmarks, etc. Also, be sure that whatever non-food items you bring in will not be a disruption to the classroom setting and are age-appropriate. If you need help deciding if something is appropriate, please contact your child’s teacher. Another special treat for the birthday child is to present the class with a book for all to enjoy!

Classroom Holiday Parties
Food served at these celebrations should be consistent with our policy. For special activities with parents attending (Thanksgiving feasts, holiday parties, graduation, etc.), food choices should try to follow the Wellness Policy. However, with parents in attendance, the guidelines may be more flexible with the exception of nuts.

Thank you for understanding and cooperating with our Wellness Policy!
We all need to work together to make sure our young children are confident, healthy individuals.

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