

## NUTRITIONAL GUIDELINES FOR CLASS PARTIES

*The following guidelines are based on 12/14/05 Guidance from California Dept of Education and MPCSD Wellness Council*

### In general:

- Each classroom shall have **no more than one party per month that includes food during the school day.**
- **Each party shall have no more than one food or beverage that does not meet the nutritional standards** set forth below.
- **Celebrations should occur after the last lunch period** if at all possible (except for in half-day Kindergarten classrooms).
- The nutritional guidelines for food items at parties are:
  - **No more than 35% of the food's total calories shall come from fat** (excluding nuts, butters, seeds, eggs and cheese).
  - **No more than 10% of its total calories shall come from saturated or trans fats.**
  - **No more than 35% of its calories shall come from artificial sugars.**
  - For non-entrée items, the **goal should be that no one item has more than 175 calories.**
  - **Beverages should be limited to water, milk (low fat or nonfat), fruit juice (at least 50% real fruit juice), or vegetable juice.**
- These guidelines are not strict rules, but room parents and teachers should attempt to comply with the spirit of these guidelines by creating celebrations that reflect healthy eating choices.

### Quick description of how to determine if an item works:

- (1) How many calories does it have? (Try to stay under 175 for small dishes.)
- (2) What is the ratio of calories from fat to total calories? (Each of these numbers is on the label. Try to stay under 10%.)
- (3) What is the ratio of calories from artificial sugars to total calories? (Use the formula: # of grams of sugars X 4 must = less than 1/3 of total calories.)

### Some Party Treat Suggestions:

**Popcorn** (most types, except caramel or cheese corns).

**Granola or cereal bars**, so long as less than 1/3 of the calories come from fat, and less than 1/3 of the calories come from artificial sugars.

**Low fat baked goods** (prepared at home or purchased) such as banana breads, bagels, and muffins – these will probably fall within the guidelines.

**Any fresh fruits or vegetables**, which can be served with low fat dressings or yogurt.

**Dried fruits** that are made without added sugars.

Common party items that are likely to violate the guidelines include most cakes, cookies, fruit roll-up type snacks and ice cream. Remember that no more than one such item (per student) should be served during a classroom party.