

NON-FOOD PARTY OR CELEBRATION CHOICES AND HEALTHY FOOD CHOICES - Promoting Good Habits While Protecting Children's Health.

The West Delaware Wellness Committee was formed in August of 2005 as part of legislation mandating school districts to have local wellness policies in place by the 2006-07 school years. The legislation was in response to the mounting childhood obesity problem.

As part of the West Delaware Local Wellness Policies it is important to note that, holiday celebrations, birthday parties and classroom treats need not involve candy and other foods that can undermine children's diets, health and reinforce unhealthy eating habits. A wide variety of alternative non-food and healthy choice items for parties and celebrations are listed below. To keep all children safe, the Committee encourages parents to only bring food snacks that are commercially bulk packed or individually wrapped.

The following is a list of some acceptable non-food choices.

Pencils; pens, erasers, crayons, notepads/notebooks, stencils, stamps, bookmarks, highlighters, sidewalk chalk, markers, coloring book, rulers, glitter, pencil sharpeners, or pencil grips.

Toys/Trinkets: Stickers; yo-yo; rubber or Nerf balls; finger puppets; small stuffed animals; plastic or rubber

figurines; toy cars, truck, etc.; plastic slide puzzles or other puzzle games; Slinkies, gliders; magnifying glasses; tops; marbles; jacks; playing cards; Silly Putty; bubbles; balloons; capsule sponges, inflatable toys; small dolls or action figures; key chains, flashlights, magnets, crazy straws, books, or seeds to plant.

Fashion Wear: Temporary tattoos; barrettes, elastics, or ribbons; bracelets, rings, necklaces; sunglasses; hats or caps; sneaker bumper stickers; or shoe tags and laces.

Healthy Food Choices: For the safety of all students the Committee would encourage parents to send only commercially individual packaged products or unopened bulk pack items that can be shared with the class such as: String cheese, low-fat yogurt cups, low-fat pudding cups, Rice Krispie Treats, granola bars, nuts, raisins, graham crackers, fun fruit, trail mix (dried fruit and nuts), sunflower seeds, dried fruit, applesauce or fruit cups, popcorn, pretzels, baked chips, 100% juice box, apples and caramel dip, mini bagels with fat-free cream cheese, fig bars, low-fat muffins, fresh fruit or vegetables with low-fat yogurt or low-fat ranch dip, store bought vegetable trays, peanut butter and celery or apple wedges, frozen juice bars, baked tortilla chips and salsa, or reduced fat crackers.

