

NUTRITION 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.