Sample Birthday Policy- One class party per month

We the staff of ________________________________ commit to healthier students by instituting a policy on healthy birthday parties at our school. We are trying to set an example and model healthy behaviors for our students. This policy will not be successful without full participation of parents and school staff.

Classrooms will limit birthday parties that involve treats during the school day to no more than one party per class per month. Each party must not include more than one food or beverage that does not meet the nutrition standards of the USDA School Snacks/Food/Beverage guidelines. Reference: http://www.cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html

Principal

OR

Sample Birthday Policy- More than one party per month

We the staff of ________________________________ commit to healthier students by instituting a policy on healthy birthday parties at our school. We are trying to set a positive example and model healthy behaviors for our students. This policy will not be successful without full participation of parents and school staff.

If a class chooses to recognize each student’s birthday individually, the foods and beverages offered must meet nutrition standards of the USDA School Snacks/Food/Beverage guidelines. Classes may also celebrate each student’s birthday with non-food related activities. Reference: http://www.schoolwellnesspolicies.org

Principal