



Glendale Unified School District Healthy Party Ideas



GUSD Wellness Policy (BP 5030 & AR 5030) encourages the use of non-food items, and/or Smart Snacks in Schools (SSIS) compliant foods for classroom celebrations. Foods with sugar as the first ingredient shall not be given out, nor shall homemade foods (except for individual consumption). Celebrations with food should occur after the last lunch period. Healthy choices have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and can help influence life-long healthy habits. GUSD is committed to creating healthy learning environments for its students, families, and staff and we encourage you to be part of our team! **Please sign below to show your support!**

Fresh fruit & vegetables

Include at least one fruit and vegetable at parties such as:

Fruits

Apples, orange wedges, pineapple, bananas, kiwi grapes, strawberries, dried fruits

Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, and salads with low-fat dressing

Beverages

Choose beverages with low amounts of sugar intake, such as:

- Water (flavored with your favorite fruit, herbs, or just plain)
- Fat-free or low fat (1%) milk
- 100% fruit or vegetable juices
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)

Snack Foods

- Low-fat cheese (serve with fruit or whole grain crackers)
- Fresh vegetables-trays, salads, or kabobs
- Whole grain pretzels (soft or crunchy)
- Low-fat or air popped popcorn
- Nuts*
- Fresh fruit-trays, salads, or kabobs
- Trail mix made of nuts/seeds and dried fruit with no added sugar
- Graham crackers
- Baked whole grain tortilla chips with salsa or bean dip
- Roll-ups on whole grain tortillas (filled with lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)

* Check with your child's teacher regarding food allergies in the classroom

Non-Food Celebrations Ideas

- Games or crafts-ask parents to bring supplies for a game or craft project
- Dance party
- Guest readers
- Special show and tell
- Have a themed scavenger hunt around the school or site
- Let's trade! Ask parents to bring small items to trade, such as pencils, stickers or erasers
- Allow the birthday child to be the class or site assistant for the day to help with special tasks, such as making deliveries around the school or site or lead the line
- Make it an event! Allow the birthday child to wear a special sash or crown or carry a special item



Yes, we are committed to helping our classrooms stay healthy! **Please return the signed form to your child's teacher.**

Name of Student

Name of School

Name of Teacher/Grade/ Room #

Parent/Guardian Signature

Date