

- Celebrations at school provide a unique opportunity to help make healthful eating fun and exciting for children. With the increased awareness on food allergies, tolerances, medications and safety risk for our students, beginning this school year, we are enhancing our “Baked Goods from Home” guidelines. This new guideline applies to all food items brought into school for student consumption during the school day.
- The health of today’s school environment continues to improve. Students are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program and the School Breakfast Program. The Smart Snacks in School standards published by the USDA will build on those advancements by ensuring that all snack foods and beverages available for sale to students meet Calorie, Sodium, Fat and sugar limits and are tasty and nutritious. For further information regarding school meals go to: <http://www.fns.usda.gov/>
- We are no longer allowing items to be prepared or baked at home and brought into school for class parties. You may however purchase goodies from your local bakery, and supermarket. We are also providing a guide. Store bought items should be pre-wrapped and ingredients clearly indicated on the label. Our cafeteria staff has prepared a Student catering guide, in the event you would want our staff to provide for your child’s party. A variety of ice cream, cookies, pudding, pretzels, yogurt parfaits, chips, fruits and vegetables are available for pre-order. If you would like a cake or brownie mix prepared, please drop off your box mix, and we would be happy to assist.
- Fundraisers- During the school day, a food fundraiser will need to have written permission from the building principal, and the food service department to ensure the standards are met. The guidelines do not apply during non-school hours, on weekends, and off campus fundraising events.
- Student Menu Catering guides and ordering sheets are available at your buildings office.
- Please check with the teacher in advance, about allergies and/or specific restrictions before sending snacks for the class.

For more information, go to: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Whole grain snacks [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

Please contact Gerry Giarratana, Food Service Director, if you have any questions 610 847-5131 ext. 5002 or e-mail [ggiarratana@palisadessd.org](mailto:ggiarratana@palisadessd.org).