

Ideas para Fiestas Saludables en el Salón de Clase

El Distrito Escolar de San Mateo y Foster City promueve la comer saludablemente y actividad física. Las conductas saludables, ustedes pueden tener un impacto positivo en la asistencia diaria del estudiante, aprendizaje, conducta y ayudar a promover hábitos de vida saludables que durarán toda la vida.

Bocados Saludables

- Fruta fresca empacada
- Vegetales empacados
- Pretzels de grano entero y bajos en grasa y sal
- Edamame
- Queso en tiras bajo en grasa
- Galletas integrales
- Palomitas de maíz (hechas con aire)
- Galletas de arroz (grano entero)
- Salsa: humus o aderezo bajo en grasa
- Mezcla de cereal seco (ej.: Cheerios, Chex)
- Agua (con y sin gas) y 100% jugo de fruta



Postres Saludables

Limiten los postres a una o dos porciones pequeñas. Algunas opciones para postres son:

- Galletas de Granos Enteros Higos Newtons
- Ensalada de fruta comprada empacada
- Barras de 100% jugo de fruta
- Fruta bañada en chocolate



Celebraciones Saludables

- Hagan que moverse sea parte del evento
- Jugar charadas, juegos de grupo o juegos de meza
- Prueben algunas recetas saludat
- Planeen una búsqueda del tesoro
- Creen una pista con obstáculos
- Tengan una fiesta con baile
- Concurso con hula hoop
- Concurso para saltar a la cuerda



Fiestas Temáticas

Halloween

- Semillas de calabaza tostadas
- Uvas = Ojos de Ogro



Día de la Cosecha o Acción de Gracias

- Mezcla de fruta seca
- Bocadillos de Manzana o vegetales

Día de Valentín

- Fresas, frambuesas, o arándanos secos
- Bandeja vegetariana fresca con hummus de pimiento rojo asado

Primavera

- Ensalada de fruta con yogurt comprada empacada
- Zanahorias pequeñas
- Huevos Hervidos Duros

Ideas Para Cumpleaños

- Celebrar Cumpleaños una vez al mes
- En un círculo comparta agradecimiento/historias amables
- Ser el asistente del maestro por el día o ser el líder de fila
- Seleccionar el cuento de lectura para la clase o donar un libro
- Crear un libro de cumpleaños
- Compartir cronología de fotos de cumpleaños/a
- Calcomanías
- Lápices
- Marcador de libros



Por favor chequee con la maestra antes de traer comida o bebidas al salón, para poder respetar a los compañeros que tienen restricciones en sus dietas dado a necesidades de salud (diabetes, celíacos, alergia a comidas, intolerancia a comidas, colorantes en la comida, etc.) vegetarianos, vegano, y/o preferencias religiosas. La Guía de Bocadillos Seguros, que es actualizada regularmente, puede ayudarle a escoger comidas libres de nueces, soya, o huevos.

Distrito Escolar de San Mateo y Foster City ~ Póliza de Bienestar de Salud 5030

- La Junta de Gobierno reconoce que hay un enlace entre la salud del estudiante y los deseos de proveer un programa comprensivo promoviendo comer saludablemente y actividad física para los estudiantes del distrito.
- Se anima a los padres / tutores apoyar los esfuerzos del distrito en la educación de nutrición, considerando la calidad nutricional de cualquier bocado, que ellos podrían donar a las ocasionales fiestas en el salón.
- **Todos los artículos de comida traídos al campus...para celebraciones deben ser comprados en una tienda, artículos empacados previamente con una etiqueta enumerando los ingredientes, para que los estudiantes con alergias a comidas se puedan proteger de exposición accidental.**
- **No se permite servirle a los estudiantes comidas hechas en casa para minimizar el riesgo de enfermedades causadas por comida.**

Healthy Classroom Party Ideas

San Mateo-Foster City School District promotes healthy eating and physical activity. Healthy behaviors can have a positive impact on students' daily attendance, learning, behavior, and help influence life-long healthy lifestyle habits.

Healthy Snacks

- Fresh Packaged Fruit
- Packaged Vegetables
- Reduced-fat cheese
- Whole grain crackers
- Popcorn (air popped)
- Low-fat, low-sodium, whole-grain pretzels
- Edamame
- Dips: hummus or low-fat dressing
- Dry cereal mix (ex: Cheerios, Chex)
- Water (still or sparkling) or 100% fruit juice



Healthier Desserts

Limit desserts to one or two small portion items. Some dessert options are:

- Whole grain Fig Newtons
- 100% fruit juice bars
- Pre-packaged fresh fruit salad
- Strawberries with whipped cream
- Yogurt parfaits with yogurt, granola, and fruit



Healthy Celebrations

- Make moving part of the event
- Play charades, group or board games
- Plan a scavenger hunt
- Create an obstacle course
- Hold a dance party
- Hula hoop contest
- Jump rope contest
- Extra recess time



Themed Parties

Halloween

- Roasted pumpkin seeds
- Grapes = *Ogre Eyeballs*

Harvest or Thanksgiving

- Fruit trail mix
- Apple or Veggie Chips



Valentine's Day

- Strawberries, raspberries, or dried cranberries
- Fresh veggie tray with roasted red pepper hummus

Spring

- Pre-packaged, fresh fruit salad with yogurt dip
- Baby carrots
- Boiled eggs

Birthday Ideas

- Celebrate birthdays once a month
- In a circle, share appreciations/kind stories
- Teacher's assistant for the day or line leader
- Choose and/or read class story; donate a book
- Create a birthday book
- Share photo timeline
- Birthday show and tell
- Special art activity or game
- Bookmarks, pencils, stickers



Please check with the teacher before bringing food or drinks into the classroom so we can be mindful of classmates who have dietary restrictions due to medical needs (diabetes, celiac, food allergies, food intolerances to food dyes, etc.), vegetarians, vegans, and/or religious preferences. This regularly updated Safe Snack Guide can help in choosing foods free of peanuts, soy, or eggs:

<http://snacksafely.com/safe-snack-guide/>

San Mateo-Foster City School District Board Wellness Policy 5030

- The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students.
- Parents/Guardians are encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snacks which they may donate for occasional class parties.
- **All food items brought on campus...for celebrations should be store bought, prepackaged, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure.**
- **No home-cooked meals should be served to students at school parties or events in order to minimize the risk of food borne illness.**

MIDDLE/HIGH SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431.2, 49431.7, *California Code of Regulations* sections 15575, 15577, 15578, *Code of Federal Regulations* sections 210.11, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL foods sold to students by any entity.

Sold means the exchange of food for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

"Snack" foods must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

"Entrée" foods must be intended as the main dish and be a:

- Meat/meat alternate and whole grain rich food, **or**
- Meat/meat alternate and fruit or non-fried vegetable, **or**
- Meat/meat alternate alone (cannot be yogurt, cheese, nuts, seeds, or meat snacks = these are considered a "snack" food).

AND

A competitive entrée sold by District/School Food Service the day of or the day after it appears on the reimbursable meal program menu must be:

- ≤ 400 calories, **and**
- ≤ 35% calories from fat
- < 0.5 grams trans fat per serving

A competitive entrée sold by Food Service if NOT on the menu the day of or day after or any other entity (PTA, student organization, etc.) must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item (or have one of these as the first ingredient), **or**
- Be a combination food containing at least ¼ cup fruit or vegetable

AND meet the following nutrition standards:

- ≤ 35% calories from fat, **and**
- < 10% calories from saturated fat, **and**
- ≤ 35% sugar by weight, **and**
- < 0.5 grams trans fat per serving, **and**
- ≤ 480 milligrams sodium, **and**
- ≤ 350 calories

*** A whole grain item contains:**

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

CHECK YOUR DISTRICT'S WELLNESS POLICY FOR STRICTER RULES.

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

MIDDLE/HIGH SCHOOL-BEVERAGE RESTRICTIONS

References: *Education Code* Section 49431.5, *California Code of Regulations* Section 15576, *Code of Federal Regulations* sections 210.10, 210.11, 220.8, 220.12

A **middle/junior high** contains grades 7 or 8, 7 to 9, 7 to 10.

A **high school** contains any of grades 10 to 12.

Effective from midnight to one-half hour after the end of the official school day.

Applies to ALL beverages sold to students by any entity.

Sold means the exchange of beverages for money, coupons, vouchers, or order forms, when any part of the exchange occurs on a school campus.

A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, water, electrolyte replacement beverage/sports drink, or flavored water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 12 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 12 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)), **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 12 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size limit
5. Electrolyte Replacement Beverages (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. Water as first ingredient
 - c. ≤ 16.8 grams added sweetener/8 fl. oz.
 - d. 10-150 mg sodium/8 fl. oz.
 - e. 10-90 mg potassium/8 fl. oz.
 - f. No added caffeine
 - g. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)
6. Flavored Water (**HIGH SCHOOLS ONLY**)
 - a. Must be either ≤ 5 calories/8 fl. oz. (no calorie) OR ≤ 40 calories/8 fl. oz. (low calorie)
 - b. No added sweetener
 - c. No added caffeine
 - d. ≤ 20 fl. oz. serving size (no calorie) OR ≤ 12 fl. oz. serving size (low calorie)

All beverages must be caffeine-free (trace amounts are allowable).

ELEMENTARY SCHOOL-FOOD RESTRICTIONS

References: *Education Code* sections 49430, 49431, 49431.7; *California Code of Regulations* sections 15575, 15577, 15578; *Code of Federal Regulations* sections 210.11, 220.12

An **elementary school** contains no grade higher than grade 6.

Effective from midnight to one-half hour after the end of the official school day.

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Compliant foods

Must meet one of the following general food standards:

- Be a fruit, vegetable, dairy, protein, or whole grain item* (or have one of these as the first ingredient), or
- Be a combination food containing at least ¼ cup fruit or vegetable.

AND must meet the following nutrition standards:

- ≤ 35% calories from fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo, fruit, non-fried vegetables, seafood), **and**
- < 10% calories from saturated fat (except nuts, seeds, reduced-fat cheese or part skim mozzarella, dried fruit and nut/seed combo), **and**
- ≤ 35% sugar by weight (except fruit**, non-fried vegetables, dried fruit and nut/seed combo), **and**
- < 0.5 grams trans fat per serving (no exceptions), **and**
- ≤ 200 milligrams sodium per item/container (no exceptions), **and**
- ≤ 200 calories per item/container (no exceptions)

Paired foods:

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet ALL nutrition standards above.
- If two foods exempt from one or more of the nutrition standards are paired together and sold as a single item, the item must meet for trans fat, sodium, and calories.

* A whole grain item contains:

- The statement "Diets rich in whole grain foods... and low in total fat... may help reduce the risk of heart disease..." **or**
- A whole grain as the first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total grain weight (manufacturer must verify), **or**
- At least 51% whole grain by weight.

** Dried blueberries cranberries, cherries, tropical fruit, chopped dates, or chopped figs that contain added sugar are exempt from fat and sugar standards. Canned fruit in 100% juice only.

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A compliant beverage must be marketed or labeled as a fruit and/or vegetable juice, milk, non-dairy milk, or water AND meet all criteria under that specific category.

Compliant beverages:

1. Fruit or Vegetable juice:
 - a. ≥ 50% juice **and**
 - b. No added sweeteners
 - c. ≤ 8 fl. oz. serving size
2. Milk:
 - a. Cow's or goat's milk, **and**
 - b. 1% (unflavored), nonfat (flavored, unflavored), **and**
 - c. Contains Vitamins A & D, **and**
 - d. ≥ 25% of the calcium Daily Value per 8 fl. oz., **and**
 - e. ≤ 28 grams of total sugar per 8 fl. oz.
 - f. ≤ 8 fl. oz. serving size
3. Non-dairy milk:
 - a. Nutritionally equivalent to milk (see 7 CFR 210.10(d)(3), 220.8(i)(3)) must contain per 8 fl. oz.:
 - ≥ 276 mg calcium
 - ≥ 8 g protein
 - ≥ 500 IU Vit A
 - ≥ 100 IU Vit D
 - ≥ 24 mg magnesium
 - ≥ 222 mg phosphorus
 - ≥ 349 mg potassium
 - ≥ 0.44 mg riboflavin
 - ≥ 1.1 mcg Vit B12, **and**
 - b. ≤ 28 grams of total sugar per 8 fl. oz., **and**
 - c. ≤ 5 grams fat per 8 fl. oz.
 - d. ≤ 8 fl. oz. serving size
4. Water:
 - a. No added sweeteners
 - b. No serving size

All beverages must be caffeine-free (trace amounts are allowable).

Food On Campus Guidelines

In accordance with federal regulations to update and adopt Wellness Policies by June 30, 2017, the District has updated and adopted the revisions to Wellness Board Policy 5030. The following guidelines are for all foods available on campus during the school day and for District programs except for one of the four site designated parties.



- ☆ Schools make every attempt to have **nut-and seed-free zones** to avoid accidental exposure to students and staff with allergies.
- ☆ Students do not share food. Not sharing protects the safety of students with food allergies and dietary restrictions.
- ☆ Homemade items to be shared are strictly forbidden at all times.
- ☆ Food is not used as an incentive or reward for academic performance, accomplishments, or student behavior.
- ☆ Schools support the use of ***non-food celebratory activities***



Birthday Celebrations

- Each school recognizes students' birthdays uniquely. Some active, non-food celebrations include the following –
 - Sing a birthday song
 - Share appreciations/kind stories
 - Student shares photo timeline
 - Birthday show and tell or crown
 - Is teacher's assistant for the day or line leader
 - Student chooses and/or reads the class a story
 - Create a birthday book or poster
 - Special art activity or game

Food On Campus Guidelines

Class Parties

- Schools decide when and if class parties will take place during the school day based on individual site needs. Principals reserve the right to determine what is the least disruptive to their schools and instruction.
 - Parties that include food cannot take place at any time that interferes with National School Lunch, School Breakfast, or After-School Snack Programs.
- **No more than four food parties a year** are permitted, generally one per quarter.
- Parties will be communicated to staff and parents at the beginning of each school year.
- Food must be store-bought, pre-packaged, shelf-stable (not require refrigeration), and with label listing ingredients and small portions are requested.
 - These items should not require heating.
 - Pre-packaged items that do require refrigeration may be served only when brought to campus at the time of the event.
- Please check with your site as they may have other restrictions or items that are prohibited.



Cooking Projects

- They must serve an academic purpose related to the Common Core State Standards and adhere to state and federal nutrition standards and health and safety practices.
- All involved persons must have access to warm water to wash hands, wear a hair restraint and gloves.
- Hot plates, microwaves, and other similar appliances are not allowed in classrooms for cooking projects.
- Access to warm water and a separate sink for food item preparation must be available.
- Food served as a cooking project may not compete with breakfast/brunch, lunch, or snack programs.
- Knives may only be used by an adult and must be locked up when the adult is not using it.
- Wash all raw fruits and vegetables before using.
- Avoid touching food as much as possible. Use the proper utensils.
- Handle all utensils and serving equipment by handles and bases to avoid touching areas that will later come in contact with food.



Food Sales on Campus

- The sale of food items on campus can only take place 30 minutes after the last dismissal bell and must meet state and federal guidelines regarding food safety.
- The Board prohibits marketing and advertising of non-nutritious food and beverages on our campuses.



For more information, please review the California Department of Education Competitive Foods and Beverages Quick Reference Cards -- Public Schools: <http://www.cde.ca.gov/ls/nu/he/compfoods.asp>