Logansport Community School Corporation Wellness Policy Guidelines for Classroom Parties/Celebrations

With regard to classroom parties at the elementary level:

- As a school, we will have 2 all-school parties: Winter and Spring
- For ANY birthday celebration:
  - Classrooms will designate **one day per month** for birthday celebrations/parties.
  - Each school will determine what day the birthday parties will be scheduled.
  - Parents or relatives will NOT be permitted to drop off food for consumption during school hours on days not designated as the celebration day.
  - Birthday treats in take-home bags to be eaten outside of school are always welcome.
  - If you choose to contribute any food item for a class party:
    - Foods must be commercially prepared and packaged in the original container with food/nutrition labels listing all product ingredients.
    - We recommend at least one or more Smart Snack item/s be available at each celebration.

**What is a Smart Snack?**

Be a “whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and /or vegetable; or foods must also meet these additional requirements:

- Calorie Limits: ≤200 calories
- Sodium Limits: ≤200 mg
- Fat Limits: ≤35% Total Fat
- ≤10% Saturated Fat
- ≤5% Trans Fat
- Sugar Limits: ≤35% of weight from total sugars in foods

[https://foodplanner.healthiergeneration.org/products/](https://foodplanner.healthiergeneration.org/products/)

***Parents, if you have questions regarding Smart Snacks, here is a link to the Smart Snack calculator- [https://foodplanner.healthiergeneration.org/calculator/](https://foodplanner.healthiergeneration.org/calculator/)

***Feel free to call your school cafeteria manager for any assistance. (The link below has contact information.)

In a hurry? Let your school’s Food Service Department cater your student’s birthday celebration. Items on the menu include iced cupcakes, fresh fruit tray, cookies and more. For a complete menu and order form, please see the link provided.