**COUNTY ROAD SCHOOL CELEBRATION GUIDELINES**

We comply with the mandate for healthy snacks and appreciate your cooperation and support. Celebrations may include food and drinks.

Celebrations are:

Birthday Halloween Holiday Valentine’s Day End of Year

Birthdays are celebrated in the afternoon.

No food or drink may have sugar as the first ingredient\*.

**Other names for sugar are**:

Corn syrup Dextrin Fructose High Fructose corn syrup

Galactose Glucose Honey Lactose Malt

Maltose Maple syrup Molasses Sucrose

No candy at any time for any celebration.

Any product containing more than 0% trans fat (hydrogenated or partially hydrogenated oils) per serving may NOT be served.

Many children have food allergies and special dietary needs – parents must discuss ingredients for any celebration with the nurse at least one week before an event.

**Birthday child’s parent must contact the classroom teacher via email or note at least one week before the birthday to discuss the intended food and drink**.

All treats must have: No sugar as the first ingredient,

 No more than 8 grams of total fat per serving,

 No more than 2 grams of saturated fat per serving.

Water or 100% fruit juice are the only beverages allowed.

If you have any questions about the requirements, please email the nurse at williamsm@nvnet.org.